

**OA Mountain of Miracles  
Sept 20-22, 2024**

**Menu**

**Chef Ryan will prepare our meals with no sugar and no butter, only minimal salt, olive oil, garlic, onion and herbs.**

**If any dietary restrictions are required, please specify on registration form so that your meal can be specially prepared. We will also need a headcount of “vegan vs meat” for amount for chef to prepare so please specify if you are vegan. Thank you.**

**Friday, September 20th**

**DINNER (\$17 per person)**

**A Fajita Bar includes (fajita seasoning will not include sugar or flour)**

\*soft tortillas both corn & flour

\*individual warm containers of shredded chicken, black beans, sauteed green peppers & onions and brown rice

\* Individual cold containers of shredded lettuce, diced tomatoes, sliced avocados, shredded cheese, sour cream and salsa (salsa must be free of sugar or sugar substitutes)

**A full salad bar** with various raw vegetables, raw almonds, sesame seeds, hard boiled eggs, balsamic vinegar and olive oil, sugar-free dressing. Plus bowl of individual fruit and/or any berries, sliced melon or pineapple.... No sugar added.

**Drinks include** sugarless black iced tea, sugar-free lemonade, black tea bags, herbal tea bags, & regular coffee, decaf coffee, water, half n half, artificial sweeteners such as stevia etc.

**Saturday, September 21st**

**BREAKFAST (\$11 per person)**

**Hot food includes:**

\*Scrambled eggs

\*Tofu

\*Turkey sausage and turkey bacon, no sugar

\*Gluten-free steel cut or long cooking oatmeal, not packaged and cooked in a pot only with water

\*Grits (plain)

**Cold food includes:**

- \*shredded cheese
- \*salsa
- \*Plain yogurt (no sugar)
- \* Crushed raw walnuts
- \*Raisins, plain
- \*Sugar-free maple syrup
- \* Bananas, apples and oranges
- \* Any fresh fruit such as berries, melon (no sugar added)
- \*Whole wheat and gluten-free bread for toast
- \*Peanut butter, plain (just crushed peanuts)
- \*Almond butter, plain (just crushed almonds)
- \* Butter
- \* Soy-based butter/ margarine

**Drinks include** 100% orange & grapefruit juice, regular coffee, decaf coffee, black tea bags, herbal tea bags, half and half, water, artificial sweeteners such as stevia etc.

**LUNCH (\$14 per person)**

Homemade soups include

- \*Lentil soup (vegan & gf friendly) (no corn, potatoes or rice added)
- \*Vegetable soup (vegan & gf friendly) (no corn, potatoes or rice added)
- \*Fresh chicken & brown rice in separate containers for optional addition to soup
- \*Oyster/soup crackers & gluten free crackers, no sugar

**A full salad bar** with various raw vegetables, raw almonds, sesame seeds, hard boiled eggs, balsamic vinegar and olive oil, sugar-free dressing. Plus bowl of individual fruit and/or any berries, sliced melon or pineapple.... No sugar added.

**Drinks include** sugarless black iced tea, sugar-free lemonade, black tea bags, herbal tea bags, & regular coffee, decaf coffee, water, half n half, artificial sweeteners such as stevia etc.

**DINNER (\$17 per person)****Hot food includes:**

- \*Salmon (steamed or grilled)
- \*Baked potatoes
- \*Baked sweet potatoes
- \*Tofu
- \*Black beans, no sugar
- \*Steamed vegetables (variety of seasonal vegetables such as squash, zucchini, mushrooms, onions, kale or spinach)

**Cold food Includes:**

**A full salad bar** with various raw vegetables, raw almonds, sesame seeds, hard boiled eggs, balsamic vinegar and olive oil, sugar-free dressing. Plus bowl of individual fruit and/or any berries, sliced melon or pineapple.... No sugar added.

**Drinks include** sugarless black iced tea, sugar-free lemonade, black tea bags, herbal tea bags, & regular coffee, decaf coffee, water, half n half, artificial sweeteners such as stevia etc.

**Sunday, September 22, 2024**

**BREAKFAST (\$11 per person)**

**Hot food includes**

- \* Baked frittata (eggs, vegetables, no cheese)
- \*Tofu
- \*Turkey sausage & turkey bacon, no sugar
- \*Gluten-free steel cut or long cooking oatmeal, not packaged and cooked in a pot only with water
- \*Grits (plain)

**Cold food includes:**

- \*shredded cheese
- \*salsa
- \*Plain yogurt (no sugar)
- \* Crushed raw walnuts
- \*Raisins, plain
- \*Sugar-free maple syrup
- \* Bananas, apples and oranges
- \* Any fresh fruit such as berries, melon (no sugar added)
- \*Whole wheat and gluten-free bread for toast
- \*Peanut butter, plain (just crushed peanuts)
- \*Almond butter, plain (just crushed almonds)
- \* Butter
- \* Soy-based butter/ margarine

**Drinks include** 100% orange & grapefruit juice, regular coffee, decaf coffee, black tea bags, herbal tea bags, half and half, water, artificial sweeteners such as stevia etc.