

THE
MORAN
Constitutional
RELAY

MENU

5, 6, 7 OCTOBER 2018

FRIDAY DINNER

Lasagna, with vegan and gluten-free options available

Garlic roasted broccoli

Iced tea, milk, soda, lemonade (beverages available at all dinners)

SATURDAY BREAKFAST

Oatmeal bar: Oatmeal with assorted toppings (vegan)

Waffle bar: Make your own (GF option available)

Hard boiled eggs

Bagels with assorted spreads (vegan options available)

Yogurt & Granola (GF option available)

Bacon

Fruit

Orange juice, coffee, tea, milk, and hot chocolate

SATURDAY DINNER

Penne pasta with marinara (vegan) and chicken alfredo sauces and meatballs (GF available)

Salad of spinach, apple, walnut, and quinoa - Feta cheese optional

Garlic bread

SUNDAY BREAKFAST

The menu is the same as for Saturday Breakfast

SUNDAY POST RACE

Taco bar, with beef and lentil-walnut (vegan) filling options

Coffee sponsored by:

