

# Time Laps Menu:

## Dinner:

*Salad: Spinach Salad with Fresh Berries, Craisins, Goat Cheese, and Sunflower Seeds  
with Strawberry Vinaigrette or Balsamic Vinaigrette*

*Main: Quinoa Orzo with Pesto Sauce, Roasted Carrots, Shaved Parmesan, and Grilled Chicken*

*Steamed Broccoli*

*Herb Roasted Potatoes*

## Breakfast:

*Peanut Butter and Banana Croissant Beignet Sandwiches*

*Sweet Potato Breakfast Casserole with Oats, Pecans, and Maple*

*Greek Yogurt, Trail Mix, Berries*

*Assorted Pastries/ Continental Breakfast items?: Banana Bread, Chocolate Waffles, Muffins,  
Danishes*

*Fruit Platter*

## Lunch:

*Pulled Pork Sandwiches with Carolina Gold*

*Apple Chicken Sausages*

*Baked Potato Bar*