



McDOUGALL INTENSIVE WEEKEND MENU PLAN

DAY 1

DINNER BUFFET

McDOUGALL SALAD BAR
 MY CAESAR SALAD
 SOUP - ITALIAN VEGETABLE
 ITALIAN SCALLOPED POTATOES
 WHOLE WHEAT PENNE PASTA
 BROWN RICE PASTA - SPAGHETTI
 VEGETABLES - ROASTED BROCCOLI, ROASTED CAULIFLOWER, ROASTED CARROTS, ROASTED ZUCCHINI,
 ROASTED YELLOW SQUASH
 FRESH SIDES OF PARSLEY AND BASIL LEAVES
 ARRABBIATA SAUCE
 MARINARA SAUCE
 FRUIT SALAD
 BASKET OF ASSORTED FRESH FRUIT
 HERB TEA, DECAF ICED TEA

DAY 2

BREAKFAST BUFFET

ASSORTED SLICED FRUIT
 ASSORTED BERRIES
 STEEL CUT IRISH OATMEAL
 RICE MILK, SOY MILK, ALMOND MILK
 CINNAMON, MACE, NUTMEG, BROWN SUGAR
 ASSORTED PUFFED CEREALS
 SHREDDED WHEAT, UNCLE SAM CEREAL, GRAPENUTS
 HASH BROWNS
 CREAMY WHITE BEAN MUSHROOM GRAVY
 FLUFFY PANCAKES
 REAL MAPLE SYRUP, APPLESAUCE
 SALSA, KETCHUP, BARBECUE SAUCE, DIJON MUSTARD

LUNCH BUFFET

McDOUGALL SALAD BAR
 SOUP - SPLIT PEA
 ASIAN BOWLS
 STEAMED BROWN RICE & QUINOA
 STEAMED SNAP PEAS, CARROTS, BROCCOLI, BEAN SPROUTS
 CHOPPED KALE & RED PEPPERS, JAPANESE SWEET POTATOES, OYSTER MUSHROOMS
 BAKED TOFU
 FRESH CHOPPED SCALLIONS & DAIKON RADISH SPROUTS
 SZECHWAN SAUCE, ASIAN GINGER SAUCE, PEANUT-HOISIN SAUCE
 BASKET OF ASSORTED FRESH FRUIT
 HERB TEA, DECAF ICED TEA



DINNER BUFFET

McDOUGALL SALAD BAR
 SOUP - QUICK BLACK BEAN SOUP
 VEGETABLE - BROCCOLI
 LAYERED TEX-MEX LASAGNA
 RED ENCHILADA SAUCE
BURRITO BOWLS
 BROWN RICE
 BAKED POTATOES - YUKON GOLD
 WHOLE BLACK & PINTO BEANS
 CORN, TOMATOES, SAUTEED MIXED BELL PEPPERS, SLICED BLACK OLIVES, SHREDDED ICEBERG LETTUCE
 DICED AVOCADO, LIME JUICE FOR DRESSING, SALSA
 GREEN ENCHILADA SAUCE
 FRUIT SALAD
 BASKET OF ASSORTED FRESH FRUIT
 HERB TEA, DECAF ICED TEA

DAY 3

BREAKFAST BUFFET

ASSORTED SLICED FRUIT
 ASSORTED BERRIES
 STEEL CUT IRISH OATMEAL
 RICE MILK, SOY MILK, ALMOND MILK
 CINNAMON, MACE, NUTMEG, BROWN SUGAR
 ASSORTED PUFFED CEREALS
 SHREDDED WHEAT, UNCLE SAM CEREAL, GRAPENUTS
 FRUITY BAKED OATMEAL SQUARES
 SHREDDED POTATO PANCAKES WITH SCALLIONS
 APPLE SAUCE, TOFU SOUR CREAM
 SALSA, KETCHUP, BARBECUE SAUCE, DIJON MUSTARD

LUNCH BUFFET

McDOUGALL SALAD BAR
 FAT-FREE HUMMUS with CRUDITES
 SOUP - HEARTY DAL
 VEGETABLE - ROASTED BRUSSELS SPROUTS
 MASHED POTATOES
 GOLDEN GRAVY
 RICH MUSHROOM GRAVY
 WHOLE WHEAT BUNS
 McVEGGIE BURGERS
 JEFF NOVICK'S SWEET POTATO CURRY BURGERS
 SAUTÉED ONION, TOMATOES, LETTUCE
 PICKLES, RELISH, KETCHUP, MUSTARD, TOFU MAYO, DIJON
 BASKET OF ASSORTED FRESH FRUIT
 HERB TEA, DECAF ICED TEA