



McDOUGALL INTENSIVE WEEKEND MENU PLAN

DAY 1

DINNER BUFFET

McDOUGALL SALAD BAR

- ITALIAN DRESSING & CREAMY CAESAR SALAD DRESSING **CD**

SOUP - ITALIAN VEGETABLE

ITALIAN SCALLOPED POTATOES

PASTA BOWLS:

- BROWN RICE PASTA - SPAGHETTI

- ROASTED BROCCOLI, ROASTED CAULIFLOWER

- ROASTED CARROTS, ROASTED ZUCCHINI

- ROASTED YELLOW SQUASH

- FRESH SIDES OF PARSLEY AND BASIL LEAVES

- MARINARA SAUCE

TOFU LASAGNA **CD** with MARY'S MARINARA SAUCE

DIJON MUSTARD

FRUIT SALAD

HERB TEA, DECAF ICED TEA

KEY	
CD	Calorie Dense
HF	High Fat
G	Contains Gluten

DAY 2

BREAKFAST BUFFET

ASSORTED SLICED FRUIT

STEEL CUT IRISH OATMEAL

SEASONAL FRESH BERRIES

RICE MILK, SOY MILK, ALMOND MILK

CINNAMON, MACE, NUTMEG

FAIR TRADE SUGAR **CD**, BROWN SUGAR **CD**

COLD CEREALS **ALL CD**:

- ASSORTED PUFFED CEREALS

- SHREDDED WHEAT **G**, UNCLE SAM CEREAL **G**, GRAPENUTS **G**

HASH BROWNS

- CREAMY WHITE BEAN MUSHROOM GRAVY

FLUFFY PANCAKES **CD G**

- REAL MAPLE SYRUP **CD**, APPLESAUCE

SALSA, KETCHUP, BARBECUE SAUCE, DIJON MUSTARD

LUNCH BUFFET

McDOUGALL SALAD BAR

- ORIENTAL SALAD DRESSING & TOFU GARLIC DRESSING **CD**

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 **HF**

- FRESH CHOPPED SCALLIONS & DAIKON RADISH SPROUTS

- ASIAN GINGER SAUCE, PEANUT-HOISIN SAUCE **CD**

BASKET OF ASSORTED FRESH FRUIT

HERB TEA, DECAF ICED TEA



DINNER BUFFET

McDOUGALL SALAD BAR

- GREEN CHILI ORANGE DRESSING & CREAMY CILANTRO GARLIC DRESSING **CD**

SOUP - QUICK BLACK BEAN

VEGETABLE - BROCCOLI

LAYERED TEX-MEX LASAGNA **CD**

- 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 **HF**, LIME JUICE FOR DRESSING, SALSA

- GREEN ENCHILADA SAUCE

DIJON MUSTARD, TABASCO SAUCE

BROWNIES **CD G**

FRESH BERRIES

HERB TEA, DECAF ICED TEA

DAY 3

BREAKFAST BUFFET

ASSORTED SLICED FRUIT

STEEL CUT IRISH OATMEAL

SEASONAL FRESH BERRIES

RICE MILK, SOY MILK, ALMOND MILK

CINNAMON, MACE, NUTMEG

FAIR TRADE SUGAR **CD**, BROWN SUGAR **CD**

COLD CEREALS **ALL CD**:

- ASSORTED PUFFED CEREALS

- SHREDDED WHEAT **G**, UNCLE SAM CEREAL **G**, GRAPENUTS **G**

SHREDDED POTATO PANCAKES WITH SCALLIONS

- APPLESAUCE, TOFU SOUR CREAM **CD**

FRUITY BAKED OATMEAL SQUARES

SALSA, KETCHUP, BARBECUE SAUCE, DIJON MUSTARD

LUNCH BUFFET

McDOUGALL SALAD BAR

- MANGO RASBERRY DRESSING & TOFU ISLAND DRESSING **CD**

SOUP - HEARTY DAL

VEGETABLE - ROASTED BRUSSELS SPROUTS

MASHED POTATOES

- GOLDEN GRAVY **CD**, RICH MUSHROOM GRAVY **CD**

BURGERS:

- WHOLE WHEAT BUNS - ALVARADO STREET BAKING COMPANY **CD G**

- JEFF NOVICK'S SWEET POTATO CURRY BURGERS

- McVEGGIE BURGERS **CD**

- SAUTÉED ONION, TOMATOES, LETTUCE

- PICKLES, RELISH, KETCHUP, YELLOW MUSTARD, DIJON MUSTARD, TOFU MAYO **CD**

BASKET OF ASSORTED FRESH FRUIT

HERB TEA, DECAF ICED TEA