



## McDOUGALL INTENSIVE WEEKEND MENU PLAN

### DAY 1

#### DINNER BUFFET

McDOUGALL SALAD BAR

- ITALIAN DRESSING & STRAWBERRY SALAD DRESSING

SOUP - ITALIAN VEGETABLE

ITALIAN SCALLOPED POTATOES

PASTA BOWLS:

- BROWN RICE PASTA - SPAGHETTI

- WHOLE WHEAT PASTA - PENNE **G**

- STEAMED BROCCOLI, STEAMED CAULIFLOWER, STEAMED CARROTS

- STEAMED ZUCCHINI & YELLOW SQUASH

- FRESH SIDES OF PARSLEY AND BASIL LEAVES

- ARRABBIATA SAUCE

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

PARMESAN CHEESE SUBSTITUTE **CD HF**

DIJON MUSTARD

FRUIT SALAD

HERB TEA, DECAF ICED TEA

KEY	
<b>CD</b>	Calorie Dense
<b>HF</b>	High Fat
<b>G</b>	Contains Gluten
<b>LC</b>	Liquid Calories

### DAY 2

#### BREAKFAST BUFFET

ASSORTED SLICED FRUIT

STEEL CUT IRISH OATMEAL

SEASONAL FRESH BERRIES

SOY MILK **LC**, ALMOND MILK **LC**, OAT MILK **LC**, CASHEW MILK **LC**

CINNAMON, MACE, NUTMEG

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

COLD CEREALS:

- SHREDDED WHEAT **CD G**, UNCLE SAM CEREAL **CD G**, GRAPENUTS **CD 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 & PINEAPPLE MANGO DRESSING

SOUP - SPLIT PEA

ASIAN BOWLS

- STEAMED BROWN RICE & QUINOA

- STEAMED SNAP PEAS, CARROTS, BROCCOLI, BEAN SPROUTS

- CHOPPED KALE & RED PEPPERS, JAPANESE SWEET POTATOES, SHIITAKE MUSHROOMS

- BAKED TOFU **HF**

- FRESH CHOPPED SCALLIONS & DAIKON RADISH SPROUTS

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

BASKET OF ASSORTED FRESH FRUIT

HERB TEA, DECAF ICED TEA



### DINNER BUFFET

McDOUGALL SALAD BAR

- GREEN CHILI ORANGE DRESSING & BALSAMIC VINAIGRETTE NO. 2

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**, SLICED LIMES FOR DRESSING, SALSA

- GREEN ENCHILADA SAUCE

DIJON MUSTARD, TABASCO SAUCE

BROWNIES **CD G**

FRESH BERRIES

RASPBERRY SAUCE

HERB TEA, DECAF ICED TEA

### DAY 3

#### BREAKFAST BUFFET

ASSORTED SLICED FRUIT

STEEL CUT IRISH OATMEAL

SEASONAL FRESH BERRIES

SOY MILK **LC**, ALMOND MILK **LC**, OAT MILK **LC**, CASHEW MILK **LC**

CINNAMON, MACE, NUTMEG

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

COLD CEREALS:

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

SHREDDED POTATO PANCAKES WITH SCALLIONS

- APPLESAUCE

FRUITY BAKED OATMEAL SQUARES

SALSA, KETCHUP, BARBECUE SAUCE, DIJON MUSTARD

#### LUNCH BUFFET

McDOUGALL SALAD BAR

- THAI CHILI DRESSING & BALSAMIC VINAIGRETTE NO. 1

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