



Training Camp Menu

These meals are specifically designed to be served to training athletes. Each meal is approximately 600 calories and is designed to be low in fat, salt and sugars. All meals can be altered to meet specific dietary requirements.

Lunches

Minestrone Soup with Fresh Bread
Wild Arugula Salad-Lemon Juice and Olive Oil

Grilled Chicken-Brown Rice and Locally Grown Greens Salad
Artisanal Bread and Olive Oil

Lemon Roasted Chicken with Penne Pasta and Marinara Sauce
Arugula-Sundried Tomato Salad with Lemon-Olive Oil Vinaigrette

Soy Chorizo-Quinoa and Grilled Vegetable Burrito
Fresh Green Salad with Avocado-Lime Dressing

Fresh Vegetable-Gruyere Cheese Quiche
Red Pepper-Hearts of Romaine Salad with Rustic Garlic Croutons

Assorted sandwiches to include:

Roast Turkey-White Cheddar Cheese-Romesco Sauce on French Sourdough Bread
Grilled Vegetables and Mozzarella Cheese on Whole Grain Bread
Hearts of Romaine Salad with Red Onion vinaigrette

Dinners

Red Wine Braised Beef Stew with Roasted Fingerling Potatoes-Fresh Garlic and Herbs
Chopped Salad of Kale-Red Cabbage-Toasted Pumpkin Seeds and Lime Dressing

Chicken Cacciatore with Penne Pasta
Sweet Fennel and Celery Salad
Fresh Focaccia Bread

Chicken Fried Rice with Organic Egg, Celery, Kale, Green Onions and Cilantro

Turkey Chili Verde with Tortillas, Mexican Rice, Jicama-Cilantro Slaw

Chicken Tikka Masala-chicken simmered in a light curry yogurt sauce
Biryani-basmati rice, vegetables, raisins and cashews
Raita-seasoned yogurt sauce

Herbed Turkey Meatballs with Bitter Greens
Organic Pasta Marinara
Artisanal Bread and Olive Oil