

19<sup>th</sup> NORTH CENTRAL REGION SATHYA SAI CONFERENCE AND RETREAT (2009)  
FOOD MENU

<< Subject To Change Without Notice >>

SATURDAY BREAKFAST (1 hour): 7:00 AM to 8:00 AM

- Cereals (Raisin Bran), Granola, Cheerios with Milk
- Raisin-Cinnamon Bread, Sliced Raisin-Cinnamon Bagels low fat Cream Cheese, Margarine/Butter
- Tri-tators with Salsa/Ketchup

SATURDAY LUNCH (1 1/4 hours): Noon to 1:15 PM

- Veggie Burger
- Mixed chopped salad with shredded romaine, carrots. Sliced cucumbers, red cabbage Chick peas (Dressings: French *without* eggs, balsamic vinegar, Italian)
- Lemon Rice with Shredded Cucumber Yogurt
- Vanilla/Strawberry Ice Cream, Fresh Cut Fruits

SATURDAY DINNER (1 1/4 hours): 6:00 PM to 7:15 PM

- Lentil Soup (with onions, tomato, celery) and Cumin Rice (Jeera).
- Mixed Chopped Salad - same as lunch (Dressings: French *without* eggs, balsamic vinegar, Italian)
- Pasta Mostaccioli with French Bread or Bread Sticks
- Corn Kernels
- Ice Cream, Eggless Yellow Cake

19<sup>th</sup> NORTH CENTRAL REGION SATHYA SAI CONFERENCE AND RETREAT (2009)

FOOD MENU

<< Subject To Change Without Notice >>

SUNDAY BREAKFAST (1 hour): 7:00 AM to 8:00 AM

- South Indian Upma with onions and mixed vegetables
- Raisin-Cinnamon Bread, Sliced Raisin-Cinnamon Bagels with plain Cream Cheese (Low Fat) Margarine, Butter
- Cereals (Raisin Bran), Granola, Cheerios with Milk, Hot Oat Meal

SUNDAY LUNCH (1 1/4 hours): Noon to 1:15 PM

- Veggie Lasagna
- Mixed Chopped Salad
- Vegetable Fried Rice (no mushrooms) with Plain Yogurt
- Ice cream, Fresh Fruits.

SUNDAY DINNER (1 1/4 hours): 6:00 PM to 7:15 PM

- Vegetarian Chili with Whole Wheat Tortilla
- Cheese / Vegetable topping Pizza (Rosati Thin Crust)
- Mixed Chopped Salad (same as Saturday)
- Italian Vegetable Medley (Broccoli, Cauliflower, Carrots)
- Fresh Cut Fruits, Ice Cream

**19<sup>th</sup> NORTH CENTRAL REGION SATHYA SAI CONFERENCE AND RETREAT (2009)**

**FOOD MENU**

**<< Subject To Change Without Notice >>**

**MONDAY BREAKFAST (1 hour) : 7:00 AM to 8:00 AM**

- Cereals: Raisin Bran, Granola, Cheerios with Milk, hot oatmeal.
- Cinnamon Raisin Bread and Bagles with lowfat Cream cheese Margarine, Butter.
- Tri-Taters with salsa/ketchup

**MONDAY LUNCH (Available at 10:00 AM onwards in Dining Hall)**

- Sub Sandwich with Grilled Vegetables, Yogurt and Fruit