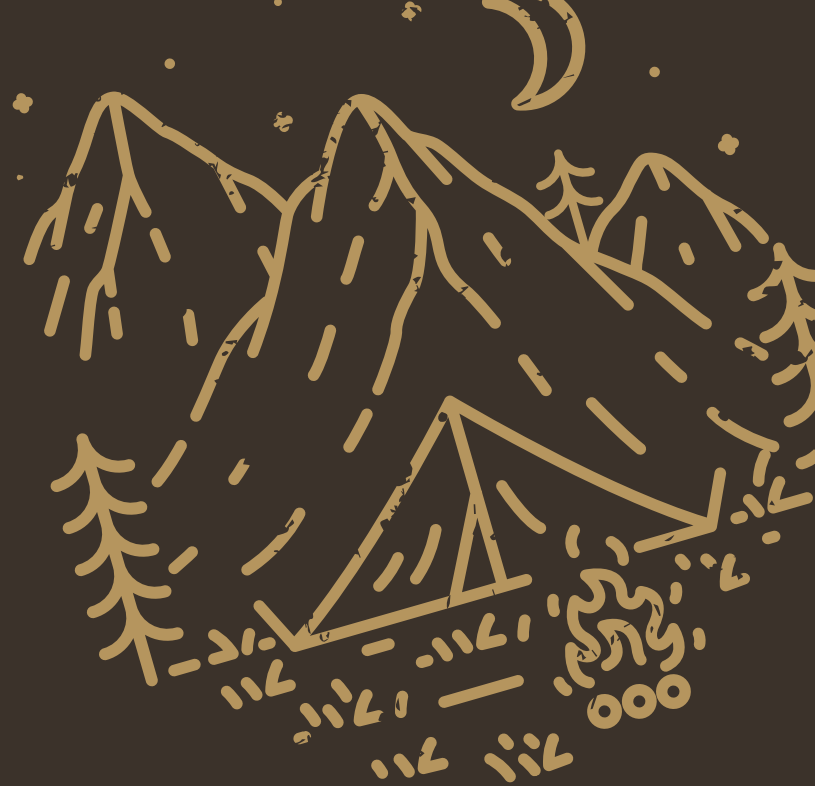


Men's Overnighter

September 17th-19th



Food

17.

Brekky:
Catered

Lunch:
Catered

6:00 PM
Dinner

18.

7:30 AM
Brekky

10:00 AM
Snack

11:30 AM
Lunch

6:00 PM
Dinner

19.

7:00 AM
Snack

8:15 AM
Brekky

1:00 PM
Lunch

Beverage

GENERAL AREAS

- Bubly, assorted
- Pop
 - Coke
 - Diet Coke
 - Ginger Ale
- Water Bottles + Dispenser

REFRESH STATION

- Gatorade / Lytes sachets
- Protein Powder sachets



Dinner

6:00 PM

- Jerk chicken
- Coco bread
- Rice and Peas
- Coleslaw
- Succatash Side
- Apple Crumble



Brekky

7:30 AM

- Avocado Toast
- Hash Browns
- Scrambled Eggs
- Salad
- Protein Smoothie
- Coffee
- Tea



Snack

10:00 AM

- Fruit Platter
- Protein Balls/Bars
- Yogurt Cups
- Smoothie
- Tea



Lunch

11:30 AM

- Roast Chicken
- Shawarma
- Coleslaw
- Corn Bread
- Grilled Corn
- Potato Salad



Dinner

6:00 PM

- Brisket / Tritip
- Roast Chicken
- Mashed potato
- Macaroni Salad
- Green Salad
- Roast Veggies
- Berry Cup



Snack

7:00 AM

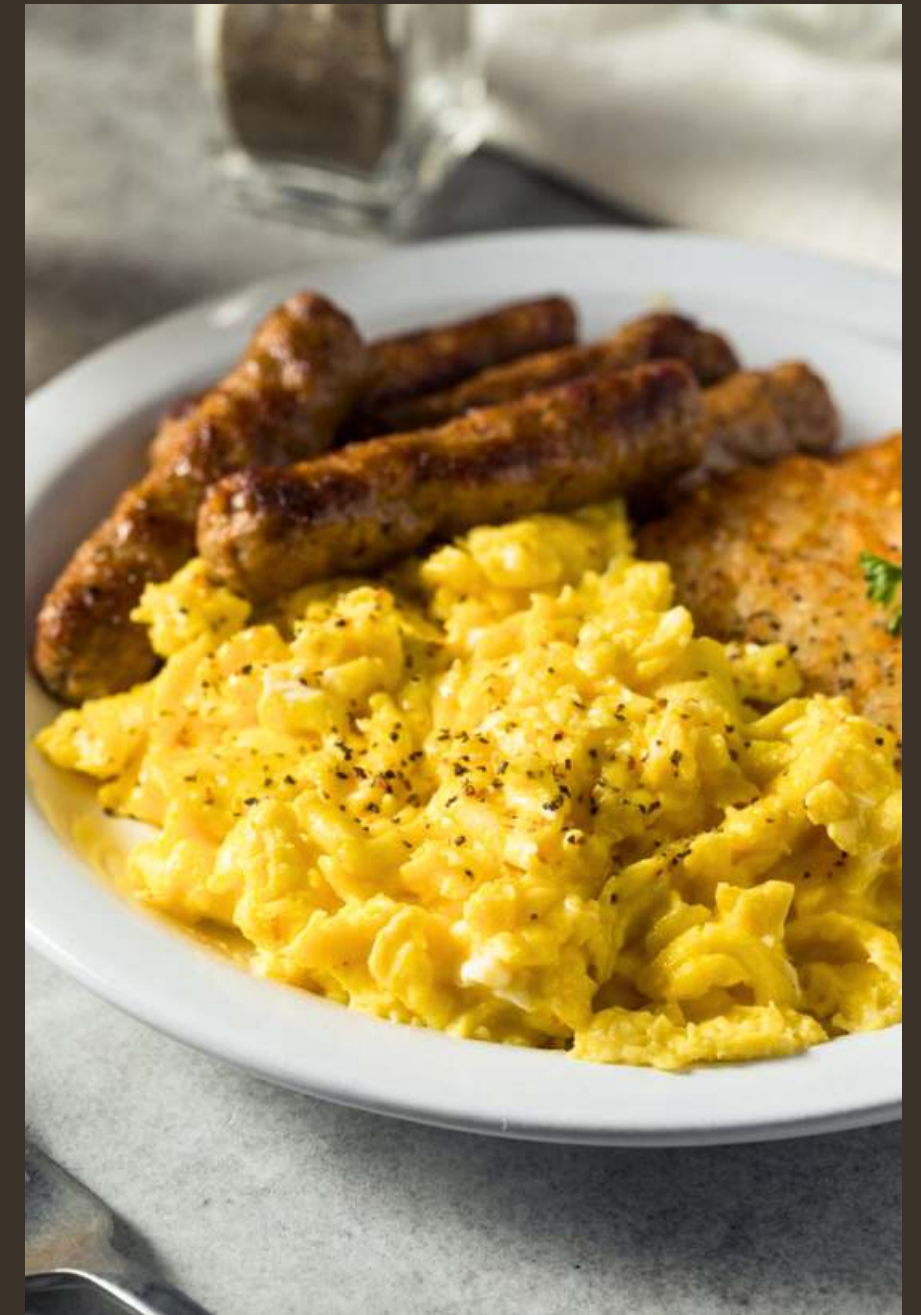
- Fruit Platter
- Protein Balls/Bars
- Yogurt Cup
- Tea



Brekky

8:15 AM

- Oatmeal
- Parfait deconstructed
- Sausages
- Scrambled Eggs
- Bread
- Grilled Tomato
- Potato Hash
- Salad
- Apple Juice
- Orange Juice
- Coffee
- Tea



Lunch

1:00 PM

- Burger
- Pulled Pork Sandwich
- Caesar Salad
- Fries
- Promised Land Salad

