

★ ECHO DINING HALL ★

FEATURES

breakfast 5:00am – 10:00am
 Summit 2 go lunch pick up 5:00am – 10:30am
 dinner 5:00pm – 10:00pm

7/17 breakfast: french toast with ham steaks
 veggie breakfast: vegetarian breakfast burrito
 and stateside classic: jambalaya over rice w cornbread
7/25 world's fare: orange peel chicken, vegetable, rice
 pub grub: burgers or bbq chicken sandwich
 veg-it-up: orange peel tofu

7/18 breakfast: bagel and toast bar with smoked salmon
 veggie breakfast: breakfast hummus thin
 and stateside classic: turkey, mash potato, green beans
7/26 world's fare: tandoori or chicken tikka masala
 pub grub: chicken tender or chicken fajita
 veg-it-up: tofu tikka masala

7/19 breakfast: sausage gravy with biscuit
 veggie breakfast: mediterranean veggie hash
 and stateside classic : meatloaf, potatoes, carrots
7/27 world's fare: rigatoni w/ sausage or penne carbanara
 pub grub: hot dog or chicken parm subs
 veg-it-up: southwest bbq black bean burger

7/20 breakfast: pancakes with sausage links
 veggie breakfast: freekeh bowl w almonds
 and stateside classic : rotisserie chicken, corn, beans
7/28 world's fare: noodle bowl
 pub grub: italian sausage or chicken philly steak
 veg-it-up: tofu and veggie noodle bowl

7/21 breakfast: turkey or pork sausage sandwich
 veggie breakfast: rooted breakfast bowl
 and _____
7/29 stateside classic : taco salad and burrito bar
 world's fare: stuffed shell or chicken alfredo
 pub grub : fish and chips or beef cheesesteak
 veg-it-up : lentil picadillo tacos or salad

7/22 breakfast: pepper and chorizo frittata
 veggie breakfast: breakfast quinoa with almonds
 and _____
7/30 bbq night: brisket or pork bbq or chicken wings
 sauce choices: red, golden, thai, curry, vinegar
 veg-it-up : squash & bean freekeh curry stew

7/23 breakfast: build your own breakfast taco
 veggie breakfast: meddie breakfast bowl
 and _____
7/31 stateside classic : cowboy mac or chicken pasta
 world's fare: bangers and mash
 pub grub : spicy chicken sandwich, corn dog
 veg-it-up: baked vegetable penne and mozz

7/24 breakfast: steak egg and cheese frittata
 veggie breakfast: vanilla almond sunrise cereal
 and _____
8/1 stateside classic : honey fried chicken
 world's fare: sweet and sour pork, vegetable, rice
 pub grub : meatball sub or fried chicken sandwich
 veg-it-up : sweet and sour tofu

DON'T MISS THIS



breakfast regulars

scrambled eggs, home fried potatoes, white and wheat bread, whole fruit, cereal, fruit and yogurt bar, milk, juice, tea, and coffee



summit2go lunch

protein cycle options will rotate:
cycle #1: tuna salad, turkey jerky, tortilla beef wrap, beef jerky, peanut butter, sunbutter

cycle #2 : chicken salad, teriyaki jerky, beef jerky, sweet and sour chicken sandwich, sunbutter, peanut butter

in addition to protein cycles, bread choices of tortillas, bagel, sliced bread, and crackers will be available daily.

additional snack bars, fruit, nut, trail mixes, desserts, and drink mix selections will be available

remember to bring your own bag



dinner regulars

daily selections of salad bar, whole fruit, side dishes, bread options, dessert, and beverages