

ECHO DINING HALL

FEATURES

breakfast 5:00a – 10:00a
Summit 2 go lunch pick up 5:00a to 10:30a
dinner 5:00p – 10:00p

7/17 **breakfast:** french toast with chicken tights

and

7/25 **dinner:** chicken stir fry with vegetables

7/21 **breakfast:** chicken breakfast sandwich

and

7/29 **dinner:** fish and chips

7/18 **breakfast:** bagel and toast bar with smoked salmon

and

7/26 **dinner:** roasted chicken tights with green beans and mashed potatoes

7/22 **breakfast:** pepper and spinach frittata

and

7/30 **bbq night:** chicken wings
sauce choices: red, golden, thai, curry, vinegar

7/19 **breakfast:** chicken gravy with biscuit

and

7/27 **dinner:** baked fish with red potatoes and carrots

7/23 **breakfast:** build your own breakfast taco

and

7/31 **dinner:** chicken pasta with vegetables

7/20 **breakfast:** pancakes with vegan sausage patties links

and

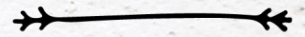
7/28 **dinner:** chicken philly steaks with potatoes and cole slaw

7/24 **breakfast:** steak egg and cheese frittata

and

8/1 **dinner:** beef philly steaks with corn on the cob and baked beans

DON'T MISS THIS



breakfast regulars

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



summit 2 go lunch

protein options will rotate:

lemon pepper tuna, plain tuna, salmon, peanut butter, sunbutter

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