

# RIDER MENU

**SATURDAY, JULY 20, 2024**

**BREAKFAST PROVIDED BY ATCO:**

**Croissant Sandwich**

(eggs, cured ham and cheddar cheese)

**Build Your Own Oatmeal**

(dried cranberries & sultanas, shredded coconut, pumpkin and sunflower seeds, cinnamon, honey)

**Yogurt Parfait Station**

(berries, dried fruit, shredded coconut, mixed seeds, cinnamon, honey)

**Granola Bars**

**Danish Pastries & Muffins**

**Assortment of Fresh Fruit**

(bananas, oranges, apples, pears, pineapple, grapes, melon)

**Coffee + Tea + Juice**

**ENBRIDGE LUNCH STOP (ON ROUTE ONLY):**

**Spolumbo's Sandwiches** (variety)

**Cookies**

**Fruit**

**Water + Electrolyte Drink**

**DINNER PROVIDED BY KIM'S CATERING:**

**Baked Ziti**

(Beef Based with Red Sauce or Grilled Chicken with White Sauce  
Vegetarian + Gluten Friendly Options available)

**Homemade Breadsticks**

**Ceaser Salad, Garden Salad or Spinach Salad**

(with strawberries, blueberries and feta cheese)

**Dessert**

**Water + Pop**

# RIDER MENU

Vegetarian + Gluten Friendly Options available

**SUNDAY, JULY 21, 2024**

**BREAKFAST PROVIDED BY ATCO:**

**Breakfast Burrito**

(red & green peppers, egg, cheese, flour tortilla)

**Build Your Own Oatmeal**

(dried cranberries & sultanas, shredded coconut, pumpkin and sunflower seeds, cinnamon, honey)

**Yogurt Parfait Station**

(berries, dried fruit, shredded coconut, mixed seeds, cinnamon, honey)

**Granola Bars**

**Danish Pastries & Muffins**

**Assortment of Fresh Fruit**

(bananas, oranges, apples, pears, pineapple, grapes, melon)

**Coffee + Tea + Juice**

**ENBRIDGE LUNCH STOP (ON ROUTE ONLY):**

**Spolumbo's Sandwiches** (variety)

**Cookies**

**Fruit**

**Water + Electrolyte Drink**

**DINNER PROVIDED BY JANE BOND:**

**Smoked Beef Brisket or Pulled Pig**

(Variety of BBQ Sauces)

**Dinner Bun**

**Roasted Vegetable or Garden Salad**

(Balsamic Vinaigrette, artichokes, seeds, strawberries, candied pecans, fried capers)

**Desserts**

**Water + Pop**

