

Alta Mons Standard Menu

Please return with your contract and deposit.

Group name _____

Date(s) _____

*Indicate date above each meal selection.
Choose one selection for the whole group.
Circle which item if given an
option, such as bacon or sausage.*

Meal Times: Breakfast 8:00am, Lunch 12:00, Dinner 5:30 pm.
If meals are needed at different times, please indicate and we will try to accommodate.

Cooks Choice Option: Choose to go "cooks choice", we select a menu for your group using food in stock and the freshest seasonal items. This option saves \$0.50 per person.

Breakfasts

Each comes with fruit, assorted cereal, milk, coffee, juice and tea.

___ 1. Date: _____ Time: _____

Crispy Bacon or Sausage, Scrambled Eggs, Biscuits with pepper gravy, Hash Browns

Veg Veggie Bacon or Veggie Sausage
GF G F biscuits, Diced Hash Brown Potatoes, Grits
D Sugar Free Toast

___ 2. Date: _____ Time: _____

Crispy Bacon or Sausage, Pancakes with syrup or French Toast with syrup, Scrambled Eggs

Veg Veggie Bacon or Sausage
GF Gluten Free Pancakes or GF French Toast
D Sugar Free French Toast or Pancakes with Sugar Free Syrup

___ 3. Date: _____ Time: _____

Crispy Bacon or Sausage, Scrambled Eggs, Assorted Oatmeal and Biscuits

Veg Veggie Bacon or Sausage
GF Gluten Free Biscuits and grits
D Sugar Free Toast

Approx Total No. of persons _____

Please indicate the number of persons for each dietary need below:

GI: Gluten Free _____ Halal _____
Veg: Vegetarian _____ Vegan _____
D: Diabetic _____ Lactose Intolerant _____

Please include all other dietary needs:

Lunches

Each comes with lemonade, coffee, tea, fruit and veggies, historic "Crockett Spring" water and dessert.

___ 1. Date: _____ Time: _____

Tangy Pork BBQ on a Bun with Cole Slaw

Veg Portabella Mushroom Burger with Garlic Spread
GF on Gluten Free Bread
D on Whole Wheat Bun

___ 2. Date: _____ Time: _____

Build Your Own Tacos or Taco Salad with Lettuce/Tomatoes/Cheese/Salsa/Sour Cream/Refried Beans

Veg Tacos with seasoned Beans

___ 3. Date: _____ Time: _____

Steak and Cheese Sub with Peppers and Onions

Veg Mushrooms, Onions, Peppers, cheese on Sub Bun
GF on Gluten Free toast
D on whole wheat bun

___ 4. Date: _____ Time: _____

Loaded Baked Potato with Bowl of Chili and Corn Bread,

Veg Homemade Veggie Chili
GF Gluten Free Corn Bread

___ 5. Date: _____ Time: _____

Fresh Hot Homemade Pizza with Assorted Toppings

Veg Veggie Pizza with Assorted Vegetables
GF Pizza on Gluten Free Pizza Crust
D Pizza on Whole Wheat Pizza Crust

___ 6. Date: _____ Time: _____

Alta Mons Club Sandwich Ham, Turkey, Roast Beef

Veg Breaded egg plant and tomato Napoleons
GF on Gluten Free Toast
D on Sugar Free Whole Wheat Toast

Dinners

Each comes with two vegetables, rolls or biscuits, salad with assorted dressings, fruit, coffee, tea, lemonade, historic "Crockett Spring" water.

___ 1. Date: _____ Time: _____

Pan Seared Pork Loin in apple gravy

Veg Breaded Eggplant with camp sauce
GF Pork and GF breads
D Pork in apple gravy

___ 2. Date: _____ Time: _____

Oven Baked OR Camp Sauce Bar-b-q Chicken

Veg Cheese struddle with eggplant mushrooms onions and peppers and cheese
GF Chicken over rice
D Chicken

___ 3. Date: _____ Time: _____

Italian Spaghetti with Meat Sauce

Veg Carrot Spaghetti with roasted garlic onions and mushrooms
GF GF noodles with roasted garlic and onions and peppers and mushrooms.
D Whole Wheat Noodles with meat sauce

___ 4. Date: _____ Time: _____

Smothered Country Fried Steak (with peppers and onions)

Veg Smothered Baked Tofu
GF Seasoned Cubed Steak over rice (non breaded)
D Country Fried Steak non smothered

___ 5. Date: _____ Time: _____

Baked Meat Lasagna

Veg Vegetable Lasagna
GF Lasagna made with GF noodles
D Lasagna made with Whole Wheat noodles

We strive to use the freshest organic and fairtrade products when possible.
We reserve the right to change and alter menu items to provide the best possible product.