

# MENU

## 2023 BC BIKE RACE

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Day 1 – July 3<sup>rd</sup>

### DINNER

Lamb Shanks  
Grilled Portobello Mushrooms

Served with:

Potatoes  
Couscous Salad  
Bread Roll & Butter

Fruit Salad & Assorted Dessert Squares



WHISTLER  
COOKS  
CATERING

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# MENU

## 2023 BC BIKE RACE

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Day 2 – July 4<sup>th</sup>

### BREAKFAST

French Toast  
Omelet  
Ham

Oatmeal  
Granola  
Yogurt

Fruit Salad  
Multigrain Bread & Preserves  
Variety of Juices

### DINNER

Beef Burgers  
Veggie Burgers

Served with:  
Pemberton Potato Salad  
Kale Salad

Fruit Salad  
Assorted pies



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# MENU

## 2023 BC BIKE RACE

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Day 3 – July 6<sup>th</sup>

### BREAKFAST

Waffles  
Hard Boiled Eggs  
Bacon

Oatmeal  
Granola  
Yogurt

Fruit Salad  
Multigrain Bread & Preserves  
Variety of Juices

### DINNER

Grilled Salmon  
Vegan Feijoada

Served with:  
Rice Pilaf  
Tabouleh Salad  
Salad Bar  
Bread Roll & Butter

Fruit Salad  
Carrot Cake



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# MENU

## 2023 BC BIKE RACE

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Day 4 – July 6<sup>th</sup>

### BREAKFAST

Pancakes  
Omelet  
Sausage

Oatmeal  
Granola  
Yogurt

Fruit Salad  
Multigrain Bread & Preserves  
Variety of Juices

### DINNER

Grilled Pesto Chicken

Vegan Falafels

Served with:

Rice Pilaf  
Coleslaw  
Pita Bread

Fruit Salad  
Assorted Dessert Squares

# MENU

## 2023 BC BIKE RACE

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Day 5 – July 6<sup>th</sup>

### BREAKFAST

French Toast  
Hard Boiled Eggs  
Ham

Oatmeal  
Granola  
Yogurt

Fruit Salad  
Multigrain Bread & Preserves  
Variety of Juices

### DINNER

BBQ Pork Ribs  
Grilled Portobello Mushrooms

Served with:

Potatoes  
Pasta Salad  
Salad Bar  
Bread Roll & Butter

Fruit Salad  
Assorted Cakes

# MENU

## 2023 BC BIKE RACE

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Day 6 – July 6<sup>th</sup>

### BREAKFAST

Waffles  
Omelet  
Bacon

Oatmeal  
Granola  
Yogurt

Fruit Salad  
Multigrain Bread & Preserves  
Variety of Juices

### DINNER

Beef Chili  
Vegan Chili

Served with:

Rice Pilaf  
Potato Salad  
Salad Bar  
Sour Cream & Shredded Cheese  
Bread Roll & Butter

Fruit Salad  
Assorted Dessert Squares



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# MENU

## 2023 BC BIKE RACE

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Day 7 – July 9<sup>th</sup>

### BREAKFAST

Pancakes  
Hard Boiled Eggs  
Sausage  
  
Oatmeal  
Granola  
Yogurt  
  
Fruit Salad  
Multigrain Bread & Preserves  
  
Variety of Juices

### DINNER

Whole Pig Roast  
Pulled Pork  
Vegan Falafels  
  
Served with:  
Corn on the cob  
Orzo and Cauliflower Salad  
Brioche Buns  
Salad Bar  
  
Fruit Salad  
Assorted Pies



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COOKS  
CATERING

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# MENU

## 2023 BC BIKE RACE

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Day 8 – July 10<sup>th</sup>

### BREAKFAST

Breakfast Sandwich  
Hard Boiled Eggs

Oatmeal  
Granola  
Yogurt

Fruit Salad  
Multigrain Bread & Preserves  
Variety of Juices