

DRAFT 2019 FA Fellowship Convention Meal Plan

* No outside food is allowed in the dining room—only food prepared by the hotel is permitted

General information

- Serving sizes: consider your meals at the Convention an “eating out” occasion (amounts are approximate—not all items are weighed and measured individually)
- Butter, oil and vinegar, and salad dressing will be on the table at lunch and dinner
- Breakfast: hard-boiled eggs, oatmeal, and milk will be available upon request
- Lunch/dinner: cottage cheese, eggs, yogurt, tofu, and milk will be available upon request

Hospitality Suite

- If you did *not* purchase the meal plan, a limited number of microwaves and refrigerators are available throughout the weekend in our Hospitality Suite

Friday, October 25

Breakfast	Lunch	Dinner
<i>(Bring your own)</i>	<i>(Bring your own)</i>	4 oz. chicken 6 oz. carrots 6 oz. rice 6 oz. salad 6 oz. strawberries

Saturday, October 26

Breakfast	Lunch	Dinner
1.2 oz. shredded wheat 7 oz. plain, low-fat yogurt 1 apple 8 oz. low-fat milk <i>(upon request)</i>	4 oz. salmon 6 oz. green beans 6 oz. potatoes 6 oz. salad 1 pear	4 oz. beef 6 oz. zucchini 6 oz. rice 6 oz. salad 6 oz. strawberries

Sunday, October 27

Breakfast	Lunch	Dinner
1.2 oz. shredded wheat 7 oz. plain, low-fat yogurt 1 apple 8 oz. low-fat milk <i>(upon request)</i>	Bring your own or boxed lunch <i>(if purchased in advance)</i> 4 oz. chicken 6 oz. carrots 6 oz. potatoes 6 oz. salad 1 pear	Boxed meal to go <i>(if purchased in advance)</i> 4 oz. chicken 6 oz. carrots 6 oz. potatoes 6 oz. salad 1 pear