

Day/Date	Breakfast Location	Breakfast Menu	Dinner Location	Dinner Menu	Meatless Dinner Menu
Sun.7/22	Cortland	Fruit, yogurt, cold cereals, oatmeal, french toast, bacon, bagels, scrambled eggs, whole wheat English muffins, OJ, apple juice, milk, coffee, tea, condiments.	Auburn	Whole wheat baked ziti, meatballs in red sauce, vegetable, garden salad bread & butter, cookies, water, lemonade, coffee, milk, juice, hot tea	
Mon.7/23	Auburn	Scrambled eggs, sausage, bagels w/spreads, fruit, dry cereal, coffee, juice, milk, hot tea	Geneva	London broil, chicken stir fry, pasta w/red sauce, rice cranberry chicken salad, veggie dujour, soup & salad bar, dessert, beverage line	sweet n sour tofu
Tues.7/24	Geneva	Scrambled eggs w/wo cheese, french toast, sausage & bacon, Home fries, asst. baked goods, breads/bagels, fresh fruit, fruit salad, yogurt, cottage cheese, asst. cereals, beverage line-milk, juice, coffee, tea	Keuka	Garden salad w/dressings rolls, marinated chicken strips w/peppers/onions broccoli & cauliflower w/ carrots, watermelon, brownies & blondies, bev. cash wine bar	Vegetable fried rice
Wed.7/25	Keuka	Scrambled eggs, ham, hash browns, challah bread french toast, maple syrup, cream of rice, yogurts, hard boiled eggs fruit, granola, cottage cheese, bagels, bear claws, dry cereal, sour cream coffee cake	Watkins Glen	Ham, 3 bean salad, tossed salad, mixed summer squash, mashed potatoes, cakes, iced tea, lemonade.	Moroccan stew
Thurs.7/26	Watkins Glen	Scrambled eggs, bacon, toast	Watkins Glen	Riders dine on their own	

bagels, cream cheese, muffins,
french toast, pancakes, dry
cereals, oatmeal, fruit, yogurt,
milk, coffee, hot tea

Fri. 7/27

Watkins Glen

Ithaca

Scrambled eggs, bacon, toast
bagels, cream cheese, muffins,
french toast, pancakes, dry
cereals, oatmeal, fruit, yogurt,
milk, coffee, hot tea

Doug's Fish Fry, french
fries, baked beans, garden
salad, sweet corn, ice tea,
lemonade, beer.

Hummus, falafel, veggie
stew.

Sat. 7/28

Ithaca

Scrambled eggs, home fries,
sausage, bacon, oatmeal,
asst. muffins, bagels, fresh
fruit, beverage bar: juice,
milk, coffee, tea