

3ABN FALL CAMP MEETING 2026

Plant-Based Menu

September 24–26, 2026

BREAKFAST

Friday & Sabbath**

Hot Oatmeal

Served with a selection of wholesome toppings.

Granola

Assorted Plant-Based Milks

A variety of dairy-free milk options.

Fresh Seasonal Fruit

Whole-Grain Breads & Bagels

Peanut Butter & Almond Butter

Fruit Preserves

Assorted Nuts & Dried Fruit

***Friday and sabbath, sausage and tofu. One each day*

Beverages

Dandy Blend with plant-based creamer and assorted herbal teas.

Sunday breakfast: Pumpkin and regular pancakes, apple sauce and breakfast sausages

FRIDAY LUNCH

Harvest Chili & Baked Potato Bar

Three-Bean Vegetable Chili

A hearty plant-based chili prepared with a flavorful combination of beans, vegetables, tomatoes, herbs, and spices.

Oven-Baked Potato Bar

Freshly baked potatoes served with an assortment of plant-based toppings.

Toppings

Plant-based shredded cheese • Dairy-free sour cream? • Fresh green onions • Diced tomatoes • Sliced olives
• Fresh salsa

Homestyle Cornbread

Fresh Garden Salad

Served with a selection of dressings.

Dessert

Apple Crisp.

SABBATH LUNCH

Special Sabbath Meal

Soy curls stew

Savory plant-based chick'n seasoned with aromatic herbs.

Rice & Cranberry Pilaf

Rice pilaf prepared with cranberries and toasted sliced almonds.

Steamed sweet corn.

Spring Mix Salad

Fresh Spring greens with tomatoes, cucumber and red onion.

Fresh Dinner Rolls

Dessert

Carrot Cake

SATURDAY EVENING SNACK

Hot dogs

Baked beans

Chips

Fresh Seasonal Fruit

MENU NOTE

Our culinary team is committed to preparing and serving the menu as presented, with careful attention to quality, consistency, and the overall dining experience. Every effort will be made to maintain the planned menu without changes.

However, due to product availability, operational needs, or other unforeseen circumstances, the culinary team reserves the right to make necessary substitutions or adjustments. Any changes will be thoughtfully selected to maintain the quality, nutritional value, and plant-based standards of the original menu.

Prepared by Chef Inés and the Culinary Team

Plant-Based Cuisine