

MEAL PLAN FOR 2009 NATIONAL YOUTH CONFERENCE

| DAY | BREAKFAST | LUNCH | DINNER |
|------------------|-----------|---|--|
| Thurs. Aug. 6 | n/a | n/a | n/a |
| Fri. Aug. 7 | Fasting | | Caribbean style Rice and peas with either jerk chicken or ox tail (please choose either ox tail or jerk chicken) and vegetables |
| Sat. Aug. 8 | n/a | Lunch Buffet from Hotel (minestrone soup, mixed green salad, assorted sandwiches and wraps, dessert squares, coffee / tea) | GREEN MANGO: Spicy noodle, basil noodle, curry lamb, cashew chicken, cabbage salad |
| Sun. Aug. 9 | n/a | Waakye (rice & beans with either goat meat and fried fish) or hamburger with coleslaw | n/a |

NOTES

- For dinner on Friday Aug. 7, each participant should choose either Rice and peas with Ox tail or Rice and peas with Jerk Chicken by Sunday August 2
- For lunch on Sunday Aug. 9, each participant must choose either waakye (rice and beans) or hamburger
- Please notify your youth leader if you are allergic to any of these foods by Sunday August 2
- Participants are encouraged to bring extra snack if they so require. We want to minimize incidences of people going outside to buy outside food .
- There may be some light breakfast provided on Saturday or Sunday morning