

2016 Pisgah Stage Race Menu

Day 1: Chicken Vegetable Curry w/ Dal and Rice

Day 2: Blackened Salmon w/ Red Beans and Quinoa,
Corn Maque Choux

Day 3: Braised Sirloin and Roasted Garlic, Mashed
Cauliflower, Mix Lettuce Salad

Day 4: Koto Kapama (Cinnamon Chicken) w/ Baked
Israeli Couscous and Kale Salad

Day 5: Spinach and Mushroom Stuffed Pork Roulade
w/ Roasted Butternut Squash

Day 6: Chili Beef and Broccoli in Citrus Sauce w/
Thai Noodle Salad