



NICARAGUA – TEAM CASAS MEAL PLAN

- All of your meals, transportation, and lodging are covered by your trip fees
- Three meals/day + purified water included
- Lunch on your excursion day is also included
- Reusable water bottle not included

Sample Menu

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Pancakes Scrambled Eggs Sausage Fruit Fresh Juice Coffee	Gallo Pinto (beans & rice) Scrambled Eggs w/ Cheese Corn Tortillas Fruit Coffee	Overnight French Toast Oatmeal Hard Boiled Eggs Fruit Fresh Juice Coffee	Quesadillas (corn tortillas, scrambled eggs, ham/sausage, cheese) Refried Beans Fruit Coffee	Scrambled Eggs & Chorizo w/ Cheese Corn Tortillas Refried Beans Banana Bread/Fruit Coffee	Cereal & Milk Oatmeal Toast Fruit Fresh Juice Coffee
Lunch		Sack Lunch	Sack Lunch	Sack Lunch	Sack Lunch	Lunch at Monty's	
Dinner	"Salpicon" (shredded beef, peppers, & onions) White Rice Tostones (twice friend plantain slices) Garden Salad	Chicken Breast w/Side Sauce Mashed Potatoes Baked Veggies	Spaghetti (with ground beef and tomatoe sauce on the side) Dinner Rolls Garden Salad	Pork Fajita Strips w/ Side of Chimichurri Grilled Veggies Gallo Pinto (beans & rice) Garden Salad	Chicken Legs & Thighs Baked Potatoes (w/ fixings) Baked Veggies	"Arroz a la Valencia" (traditional chicken and rice dish) Dinner Rolls Garden Salad	
Dessert	Sweet Squash (with honey) or Oatmeal Cookies	Dumppcake	Brownies	Nicaraguan Picos (traditional sweet bread)	Fried Sweet Plantains w/ Brown Sugar & Cinnamon	Jello	

We will do our best to accommodate any food allergies. Please email them to scheduling@casasporcristo.org no later than 30 days prior to your trip. If you have a gluten allergy, we will serve corn tortillas vs. bread (gluten-free bread does not exist in Nicaragua). We can accommodate the following dietary restrictions: shellfish allergy, nut allergy, lactose intolerance, and gluten intolerance. We can also accommodate a vegetarian diet, but not vegan.