



The Optimists Antigua



BREAKFAST

Daily Breakfast Buffet 7 – 9am: scrambled eggs, home-fried potatoes, bacon, pancakes, oatmeal, muffins, bagels, toast, cream cheese, butter, peanut butter, jam, cereals, milk, granola, yogurt, fresh fruit juice (coffee available for adults)

Daily Hot Breakfast – scrambled eggs, home fries, bacon,

LUNCH

Daily Packed Lunches – daily sandwich to include ham & cheese, turkey & cheese, tuna salad or peanut butter & jam; along with 2 additional items and a bottle of water. Additional items include a variety of hard fresh fruits such as apples and pears, dried fruits and nuts, carrot and celery sticks, granola bars, cookies.

DINNER

Nightly Buffet Dinner 5 – 7pm

MONDAY 11th "PASTA NIGHT" – spaghetti bolognese, garlic bread and caesar salad. Dessert: ice cream

TUESDAY 12th "PIG ROAST" – ham, corn, mashed potatoes, and green salad. Dessert: fresh watermelon

WEDNESDAY 13th "BURGER NIGHT" – beef, chicken or veggie burgers with potato salad, green salad and potato chips, Dessert: chocolate brownies

THURSDAY 14th "CARIBBEAN NIGHT" – caribbean style chicken and rice with beans, vegetarian pasta salad. Dessert: banana bread

FRIDAY 15th "LASAGNA NIGHT" – beef or veggie lasagna, garlic bread and caesar salad. Dessert: ice cream

SATURDAY 16th "CURRY NIGHT" – chicken, fish, or tofu and veggie curry, rice, bread, mixed green salad. Dessert: chocolate brownies

SUNDAY 17th "STEAK NIGHT" – sirloin steak, gravy, french fries
Dessert: fresh watermelon

*Water will always be available from the water fountains.

*Vegetarian options and special dietary needs available on request.

Each night following dinner we will have special, pre-planned activities and events on the grass, in the event center until 8:00 pm. Including; ping pong, organized sports, fun competitions, a quiz night, a movie night and a few surprises!