

BTS Seminar Daily Meal Plan

Day 1 – Arrival

Welcome Cocktail hHour w/ light Appetizers and Rum Punch

Dinner – Belizean Stewed Chicken, Tour Guide Fish, Rice & Beans, Coleslaw, Plantains

Dessert – Belizean Cold Cake

Day 2

Breakfast – Authentic Belizean Breakfast (Eggs, Bacon, Fry Jacks, refried beans), fresh fruits, juices, coffee, tea

Dinner – Pineapple Glazed Pork Tenderloin, Shrimp Kebabs, Mashed Potatoes, Garden Salad

Dessert – Coconut Cream Pie

Day 3

Breakfast – Pancakes, Bacon, Eggs, fresh fruits, juices, coffee, tea

Dinner – Blackened Fish, Chicken Kebobs, Saffron Rice, Sunshine Carrots

Dessert – Pineapple Upside-down Cake

Day 4

Breakfast – Huevos Rancheros, fresh fruits, juices, coffee, tea

Dinner – Stuffed Chicken, Sautéed Shrimp, Scalloped Potatoes, Garden Salad

Dessert – Lemon Pie

Day 5 - Departure

Breakfast – French Toast, fresh fruits, juices, coffee, tea