



Friends for Life® Orlando 2022

July 5–10, 2022 • Disney's Coronado Springs Resort • Orlando, FL



Friends for Life Orlando 2022 Menus

Here are the 2022 menus for Friends for Life week. We work hard with our Disney team to make accommodations for allergies, provided we know ahead of time from your registration form. We've done our best to select nutritious and tasty menus. We are not able to offer substitutions. Carb counts will be available on Wednesday, July 6, 2022 and QR codes to download the information will be available at the buffet lines. **No nuts or nut products are in any food served at the conference due to allergies; onions need to be identified but are not prohibited.**

Wednesday, July 6th, 2022

Grand Opening Reception

Cheese	Crackers	GF Crackers
Vegetable Crudit� with Dip	Fresh Fruit with Dip	Chicken Fritters
GF Chicken Fritters	Ketchup, Honey Mustard, BBQ Sauce	Lemon Bars
GF/Vegan Lemon Bars	Chocolate Brownies	GF Brownies
Chocolate Covered Strawberries	Unsweetened Iced Tea	Sugar Free Fruit Punch
Lemonade	Coffee/Tea	

Espresso Bar:

An espresso bar will be available in the exhibit hall Wednesday—Friday, sponsored by our friends at Viatrix.

Thursday & Friday AM Breaks:

Unsweetened Iced Tea, Sugar Free Fruit Punch, Lemonade, and Coffee/Tea

Thursday & Friday PM Breaks

Frozen Mickey Bars (GF)	Ice Cream Sandwiches	SF Juice Bars (GF)
Unsweetened Iced Tea	Sugar Free Fruit Punch	Lemonade
Coffee/Tea		

Thursday, July 7th, 2022

Breakfast

Orange, Tomato and Apple Juice	Fresh Fruit	Fresh Berries
Cold Cereal	GF Cold Cereal	French Toast
GF French Toast	Maple Syrup	Lite Syrup
Assorted Jellies: Orange Marmalade, Grape, Strawberry	Sugar Free Preserves: Strawberry, Grape	Butter/Margarine
Ketchup	English Muffin	Bread: White and Wheat
GF Bread: White and Whole Grain	GF Bagel	Hot Oatmeal
GF Oatmeal	Brown Sugar	Scrambled Eggs
Hard Boiled Eggs	Bacon	Sausage Links
Country Style Potatoes	Milk: Whole, 1%, Soy, Lactose Free	Coffee/Tea

Lunch

Chicken Noodle Soup	GF Chicken Noodle Soup	Pasta Salad and Fresh Tomatoes
GF Pasta Salad and Fresh Tomatoes	Potato Salad	Green Salad with Tomatoes and Cucumbers
Ranch Dressing	Balsamic Vinaigrette	Potato Chips
Deli Meats: Roast Beef, Ham, Chicken Breast, Salami	Cheese: Swiss, Cheddar, American	Tuna Salad
Chicken Salad	Lettuce, Pickles, Tomato, Onion	Mustard, Mayo, Ketchup
Bread: White, Whole Wheat, Dinner Roll, Tortilla Wrap	GF Bread: White, Whole Grain, Tapioca Roll, Tortilla Wrap	Chocolate Sheet Cake
GF Chocolate Sheet Cake	Fresh Fruit Salad	Unsweetened Iced Tea
Sugar Free Fruit Punch	Lemonade	Milk: Whole, 1%, Soy, Lactose Free
Coffee/Tea		

FFL Banquet

Mixed Field Greens with Ranch, Balsamic or Italian Dressing	Sliced BBQ Beef Brisket	Salmon Fillet with Lemon Butter Sauce
Chicken Fritters	GF Chicken Fritters	Ketchup, Honey Mustard, BBQ Sauce
Mac and Cheese	GF Mac and Cheese	Kale Pesto Pasta Vegetable Primavera
GF Kale Pesto Pasta Vegetable Primavera	Broccoli and Cheese Casserole	Parker House Dinner Rolls
GF Tapioca Rolls	Butter/Margarine	Apple Crisp
GF Apple Crisp	Vanilla Ice Cream	Coconut Rice Pudding
Unsweetened Iced Tea	Sugar Free Fruit Punch	Lemonade
Coffee/Tea		

Friday, July 8th, 2022

Breakfast

Orange, Tomato and Apple Juice	Fresh Fruit	Fresh Berries
Cold Cereal	GF Cold Cereal	Pancakes
GF Pancakes	Maple Syrup	Lite Syrup
Assorted Jellies: Orange Marmalade, Grape, Strawberry	Sugar Free Preserves: Strawberry, Grape	Butter/Margarine
Ketchup	English Muffin	Bread: White and Wheat
GF Bread: White and Whole Grain	GF Bagel	Hot Oatmeal
GF Oatmeal	Brown Sugar	Scrambled Eggs
Hard Boiled Eggs	Bacon	Sausage Links
Country Style Potatoes	Milk: Whole, 1%, Soy, Lactose Free	Coffee/Tea

Teen Breakfast at Animal Kingdom

Orange, Tomato and Apple Juice	Fresh Fruit	Fresh Berries
Cold Cereal	GF Cold Cereal	Assorted Jellies: Orange Marmalade, Grape, Strawberry
Sugar Free Preserves: Strawberry, Grape	Butter/Margarine	Ketchup
English Muffin	Bread: White and Wheat	GF Bread: White and Whole Grain
GF Bagel	Scrambled Eggs	Hard Boiled Eggs
Bacon	Sausage Links	Country Style Potatoes
Milk: Whole, 1%, Soy, Lactose Free	Coffee/Tea	

Lunch

Southwestern Salad: Romaine, Red and Green Peppers, Black Beans, Grape Tomatoes, Avocado	Cilantro Lime Vinaigrette	Chipotle Ranch Dressing
Mexican Corn Salad	Mojo Shredded Pork	Green Chile Ground Beef
GF Crumbled Beyond Burgers	Chipotle Chicken	Sauteed Peppers and Onions
Soft Flour Tortillas	GF Soft Corn Tortillas	Cheddar Cheese, Sour Cream, Salsa, Guacamole, Onions
Tomatoes, Cilantro, Shredded Lettuce, Limes	Refried Beans	Spanish Rice
Sugar Cookies	GF Cookies	Chocolate Brownies
GF Brownies	Unsweetened Iced Tea	Sugar Free Fruit Punch
Lemonade	Coffee/Tea	

Friday, July 8th, 2022...cont'd

T1D Adult Social Event

Antipasto Display	Fruit with Yogurt Dip	Tortilla Chips
Salsa Fresca, Queso, and Spinach Dip	Swedish Meatballs	Hand-dipped Vanilla Bean and Chocolate Ice Cream Sundae Bar
Unsweetened Iced Tea	Sugar Free Fruit Punch	Lemonade

Movie Night

Butter, Cheddar, and Caramel Popcorn	GF Popcorn	Unsweetened Iced Tea
Sugar Free Fruit Punch	Lemonade	

Dessert with Faculty

Coconut Rice Pudding	Chocolate Covered Strawberries	Brownies and GF Brownies
Whipped Cream	Mixed Berry Sauce	Sliced Fruit Display
Unsweetened Iced Tea	Sugar Free Fruit Punch	Lemonade
Coffee/Tea		

Saturday, July 9th, 2022

Carnival Night

Apple Slices with Caramel Dipping Sauce	Confetti Rainbow Popcorn (GF)	Mickey Pretzels
Corn Tortilla Chips (GF)	Nacho Cheese	Red Velvet Cupcakes
GF Cupcakes	Unsweetened Iced Tea	Sugar Free Fruit Punch
Lemonade	Coffee/Tea	

Teen Dance

Build Your Own Trailmix Bar	Fresh Fruit Salad	Cheese
Crackers	GF Crackers	Buttered Popcorn
GF Popcorn	Unsweetened Iced Tea	Sugar Free Fruit Punch
Lemonade		

Sunday, July 10th, 2022

Farewell Breakfast

Orange, Tomato and Apple Juice	Fresh Fruit	Bananas
Hot Oatmeal	GF Oatmeal	Brown Sugar
Cold Cereal	GF Cold Cereal	Milk: Whole, 1%, Soy, Lactose Free
Greek Yogurt	Glazed Donut Holes	GF Donut Alternative
Mickey Waffles	GF Mickey Waffles	Bananas Foster Sauce
Maple Syrup	Lite Syrup	Scrambled Eggs
Cheddar Cheese	Ketchup	Hard Boiled Eggs
Bacon	Sausage Links	Country Style Potatoes
Peppers and Onions	Coffee/Tea	Mimosas