



Rustic Mama Retreats

Relax • Refresh • Reconnect

Ultimate Girls Getaway Sample Menu

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<p><u>Dinner</u> Roasted Red Pepper Soup (vegan)</p> <p>Roast Beef au jus Garlic Mashed Red Potatoes Vegan Moroccan Tagine White Rice Steamed Baby Carrots Salad Bar Rolls & Butter</p> <p>Homemade Butter Tarts</p> <p>Coffee, Tea & Juice Infused Cucumber Water Infused Lemon water</p>	<p><u>Breakfast</u> Scrambled Eggs Bacon Pom Pom Potatoes Buttermilk & GF Pancakes Fresh Fruit & Yogurt Bar Assorted Cereals Toast/Bagels Cream Cheese Coffee, Tea & Juice</p> <p><u>Lunch</u> Hearty Vegetable Soup (vegan) Beef Lasagna Garlic Bread Vegan Pesto Penne Pasta (GF) California Mix Vegetables Salad Bar</p> <p>Coffee, Tea & Juice Infused Cucumber Water Infused Lemon water</p> <p><u>Dinner</u> Carrot Ginger Soup (vegan) Chicken Breast Supreme Vegetable Fried Rice Vegan Sesame Orange Ginger Chick Pea Stir Fry Broccoli Salad Bar Rolls & Butter</p> <p>Chocolate Cake</p> <p>Coffee, Tea & Juice Infused Cucumber Water Infused Lemon water</p>	<p><u>Breakfast</u> Plain Omelet Grilled Ham Dollar Chip Potatoes Belgian Waffles/GF Waffles Fresh Fruit and Yogurt Bar Assorted Cereals Toast, English Muffins Coffee, Tea & Juice</p> <p><u>Lunch</u> Orzo Spinach Veg. Soup (vegan) Shepard's Pie Vegan Shepard's Pie Vegetable Stir Fry Brown Rice & Quinoa Sautéed Green Beans Salad Bar</p> <p>Strawberry Cheese Cake</p> <p>Coffee, Tea & Juice Infused Cucumber Water Infused Lemon water</p>

This menu is provided as a sample to show the variety of delicious meal options available. Actual menu at the Retreat may differ from above. Food allergies/intolerances or other dietary restrictions can be accommodated as long as we know in advance.