



Sample Menu

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<p><u>Dinner</u> Roasted Beef with Gravy Grilled Vegetables with Tofu Sweet Mashed Potatoes Steamed Baby Carrots Cesar Salad Bar Mixed Bean Salad</p>	<p><u>Breakfast</u> Fried Eggs Bacon Home Fries Muffins Fruit and Yogurt Bar Assorted Cereals Hot Oatmeal</p> <p><u>Lunch</u> Ground Turkey Tacos Mexican Brown Rice Tuscan Bean Salad Coleslaw Creamy Squash Soup Salad Bar</p> <p><u>Dinner</u> Honey Lemon Thyme Chicken Eggplant Parmesan Twice Baked Potatoes Glazed Baby Carrots Salad Bar</p>	<p><u>Breakfast</u> 12 Grain French Toast Fresh Berries Grilled Ham Raspberry Strudel Fruit and Yogurt Bar Assorted Cereals Hot Oatmeal</p> <p><u>Lunch</u> Chicken Souvlaki Vegetable Stir Fry Steamed Rice Grilled Vegetables Hearty Bean Soup Salad Bar</p>

This menu is just 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. Please be sure to include them on your registration form.