



## Sample Mama and Son Menu

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<p><u>Dinner</u>            Roasted Beef with Gravy            Grilled Vegetables with Tofu            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>            Chicken Fajitas            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>            Beef Lasagna            Vegan Lasagna            Garlic Bread            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.