



## Sample Parent and Child Menu

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<p><b><u>Dinner</u></b>            Roasted Beef with Gravy            Grilled Vegetables            Mashed Potatoes            Steamed Baby Carrots            Soup &amp; Salad Bar</p>	<p><b><u>Breakfast</u></b>            Scrambled Eggs            Bacon            Home Fries            Muffins            Fruit and Yogurt Bar            Assorted Cereals            Hot Oatmeal</p> <p><b><u>Lunch</u></b>            Taco Bar            Mexican Rice            Coleslaw            Soup &amp; Salad Bar</p> <p><b><u>Dinner</u></b>            Roasted Chicken            Eggplant Parmesan            Twice Baked Potatoes            Steamed California Veggies            Soup &amp; Salad Bar</p>	<p><b><u>Breakfast</u></b>            French Toast            Grilled Ham            Raspberry Strudel            Fruit and Yogurt Bar            Assorted Cereals            Hot Oatmeal</p> <p><b><u>Lunch</u></b>            Beef Lasagna            Veggie Lasagna            Garlic Bread            Soup &amp; 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.