

# MENU

Weekend Retreat At Camp Zeke

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# Dinner

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FRIDAY, JUNE 13, 2014

SEASONAL SALAD BAR

Tomatoes, Carrots, Pickles, Chickpeas, Beans,  
Tofu, Baby Corn, Mushrooms, Beets, Snap Peas,  
Peppers, Hot Peppers, Olives, Cucumbers

MAIN COURSE

Organic Thai Red Curry (GF, DF)  
Organic Asian Noodle Stir Fry (GF, DF)  
Salmon with Baby Potatoes and Dill  
Breaded Fish Filet (kids)  
Cream of Mushroom Soup

DESSERT

Assorted Cakes and Pastries

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# Breakfast

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SATURDAY, JUNE 14, 2014

DRINKS

Coffee, Tea, Orange Juice, Milk, Soy Milk

CEREAL BAR

Assorted Cereals, Oatmeal, and Toppings (raisins,  
brown sugar, bananas, etc.)

### ISRAELI BREAKFAST BAR

Cheese, Toast, Bagels, Lox, Cream Cheese and Other Spreads, Tomatoes, Cucumber, Hummus, Fruit

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# Lunch

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SATURDAY, JUNE 14, 2014

### SEASONAL SALAD BAR

Tomatoes, Carrots, Pickles, Chickpeas, Beans, Tofu, Baby Corn, Mushrooms, Beets, Snap Peas, Peppers, Hot Peppers, Olives, Cucumbers, Tuna

### MAIN COURSE

Organic Mexican Casserole (GF)  
Organic Vegetable & Black Bean Enchiladas (GF, DF)  
Organic Cheese Enchiladas  
Tilapia with Mexican Fiesta Rice  
Baked Potato with Scallions  
Farm-to-Table Vegetable Soup

### DESSERT

Assortment of Pastries and Cakes

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# Mid-Day BBQ/Snacks

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Hot Dog and Burger Barbecue,  
Granola Bars, Fruit, Pretzels, Coffee, Tea

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# Dinner

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SATURDAY, JUNE 14, 2014

SEASONAL SALAD BAR

Tomatoes, Carrots, Pickles, Chickpeas, Beans,  
Tofu, Baby Corn, Mushrooms, Beets, Snap Peas,  
Peppers, Hot Peppers, Olives, Cucumbers

MAIN COURSE

Organic Garden Vegetable Lasagna (GF)  
Organic Garden Vegetable Dairy Free Lasagna (GF,DF)  
Pesto Tortellini  
Macaroni and Cheese (kids)  
Cod with Creamed Mashed Potatoes  
Minestrone Soup

DESSERT

Assortment of Pastries and Cakes

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# Late Night Red Carpet

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SATURDAY, JUNE 14, 2014

## HORS D'OEUVRE

Vegetables and Dips, Vegetable Chips,  
Assorted Pastries, Dried Fruits, Cheese and Crackers

## DRINKS

Wine and Assorted Juices

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# Breakfast

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SUNDAY, JUNE 15, 2014

## DRINKS

Coffee, Tea, Orange Juice, Milk, Soy Milk

## CEREAL BAR

Assorted Cereals, Oatmeal, and Toppings (raisins,  
brown sugar, bananas, etc.)

## ISRAELI BREAKFAST BAR

Cheese, Toast, Bagels, Lox, Cream Cheese and Other Spreads, Tomatoes,  
Cucumber, Hummus, Fruit

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# Lunch

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SUNDAY, JUNE 15, 2014

## SEASONAL SALAD BAR

Tomatoes, Carrots, Pickles, Chickpeas, Beans,  
Tofu, Baby Corn, Mushrooms, Beets, Snap Peas,  
Peppers, Hot Peppers, Olives, Cucumbers

## BARBECUE

Hamburgers, Hot Dogs, Veggie Burgers, Chicken,  
Baked Beans, Corn, Coleslaw, Potato Salad,  
Baked Potato, Tomatoes, Onions, Pickles,  
Ketchup, Mustard, Relish

## DESSERT

Watermelon and Fresh Fruit



Granola Bars, Fruit, Yogurt, Pretzels, Coffee, Tea,  
Cheese and Crackers