

# Weekend Retreat Sample Menu

## *Snacks Available Throughout the Weekend*

Coffee/Tea/Ice Water/Iced Tea

### **Friday Dinner**

#### **Salad Course**

#### **Assorted Bread Baskets**

*Assorted Dinner Rolls*

#### **Baby Greens Salad**

*Spring Mix Baby Lettuce, Dried Cranberries, Mandarin Orange Slices. Raspberry Vinaigrette*

#### **Soup Course**

#### **Curried Lentil Soup**

#### **Main Course**

#### **Honey and Garlic Roast Chicken**

#### **Coconut Encrusted Tilapia**

*Mango Salsa*

#### **Moroccan Stew (Vegetarian)**

#### **Wild Rice**

#### **Fresh Seasonal Vegetable Medley**

#### **Dessert**

#### **Warm Apple Pie w/Whipped Topping**

#### **Beverages**

*Ice Water/Iced Tea/Hot Water for Coffee/Tea/Non-Dairy Creamer/Grape Juice*

### **Saturday Breakfast**

#### **Assortment of Cold Breakfast Cereals**

#### **Assorted Fruited and Plain Yogurts**

#### **Fresh Fruit Selection**

*Bananas, Oranges*

#### **Sliced Cheeses**

#### **Hard-Boiled Eggs**

#### **Assorted Bagels**

#### **Smoked Salmon**

#### **Assorted Spreads**

*Cream-Cheese, Whipped Butter, Tofu Cream Cheese, Jams*

#### **Sliced Tomatoes/Onions**

#### **Home-Baked Muffins**

*Blueberry, Chocolate Chip*

#### **Selection of Donuts**

#### **Juice Bar**

*Apple, Orange, Cranberry, Pineapple*

#### **Beverages**

*Regular Milk/Skim Milk/Soy Milk/Coffee/Tea*

## **Saturday Lunch**

### **Southwestern Chopped Salad**

*Chopped Romaine, Roasted Corn, Black Beans, Chopped Tomatoes, Cucumbers, Cilantro, Crispy Tortilla Strips, Chipotle Dressing*

### **Cumin and Lime Grilled Chicken Fajitas**

*Grilled Onions, Sautéed Peppers, Whole Grain Wraps*

### **Make Your Own Tacos**

*Hard and Soft Tortilla Shells, Seasoned Ground Beef or Vegetarian Version*

### **Salsa and Topping Bar**

*Chopped Lettuce, Tomatoes, Sautéed Peppers and Onions, Dairy-free Sour Cream, Pico Di gallo, Dairy Free Cheddar Cheese, Salsa, Guacamole, Tortilla Chips*

### **Vegetarian Bean Chili**

### **Mexican Rice**

### **Dessert**

### **Chocolate Frosted Yellow Cake**

### **Beverages**

*Ice Water/Iced Tea/Hot Water for Coffee/Tea/Non-Dairy Creamer*

## **Saturday BBQ Dinner**

### **All Beef Hamburgers on a Soft Roll**

*Ketchup, Lettuce, Tomatoes, Sliced Onions, Pickles*

### **Grilled All Beef Franks on a Bun**

*Mustard, Relish, Sauerkraut*

### **Corn on the Cob**

*Herbed Margarine*

### **Potato Chips**

*Individual Bags*

### **Marshmallows to Roast**

### **Beverages**

*Iced Tea/Ice Water*

## **Sunday Brunch**

### **Assortment of Cold Breakfast Cereals**

### **Hot Steal Cut Oatmeal**

*Raisins, Cinnamon & Brown Sugar*

### **Assorted Fruited and Plain Yogurts**

### **Fresh Fruit Display**

*Assorted Platter of Melons, Berries and Grapes*

### **Homemade Blueberry or Chocolate Chip Pancakes**

*Maple Syrup*

**Scrambled Eggs**

**Sliced Cheeses**

**Hard-Boiled Eggs**

**Assorted Bagels**

**Smoked Salmon**

**Egg Salad**

**Assorted Spreads**

*Cream-Cheese, Whipped Butter, Tofu Cream Cheese, Jams*

**Sliced Tomatoes/Onions**

**Selection of Donuts, Pastries and Muffins**

**Juice Bar**

*Apple, Orange, Cranberry*

**Beverages**

*Regular Milk/Skim Milk/Soy Milk/Coffee/Tea*

## **Light Lunch to Go**

**Assorted Gourmet Wraps & Sandwiches**

**Individual Bags of Potato Chips**

**Gourmet Cookies**

**Fresh Fruit Display**

**Assorted Sodas, Ice Water, Lemonade, Coffee, Tea and Decaf**