



**RETREAT  
WEEKEND  
SAMPLE  
MENU**



# FRIDAY DINNER

## Salad Course

*Assorted Dinner Rolls*  
*Baby Green Salad or Fresh Spring Salad Mix With  
Dried Cranberries and Raspberry Vinaigrette*

## Soup Course

*Curried Lentil Soup*

## Main Course

*Herb Roasted Chicken*  
*Moroccan Stew and Couscous (Vegan)*  
*Roasted Fingerling Potatoes*  
*Fresh Seasonal Vegetable Medley*

## Dessert

*Homemade Apple Pie with Whipped Topping*

## Beverages

*Iced Tea, Soy Milk, Coconut Milk, Coffee, Tea, Non-  
Dairy Creamer*



# SATURDAY BRUNCH

## Cereals

*Assortment of Cold Breakfast Cereal*

*Old Fashioned Oatmeal*

*Raisins, Brown Sugar, Cinnamon, Coconut Flakes, Chia Seeds*

## Parfait Bar

*Yogurt*

*Assorted Fruits and Plain*

*Fruit*

*Bananas and Oranges*

## Main Course

*Sliced Cheeses*

*Hard Boiled Eggs*

*Assorted Bagels*

*Selection of Donuts*

*Spreads*

*Cream-cheese, Whipped Butter, Tofu, Cream Cheese, Jam, Sunbutter*

## Juice Bar

*Apple, Orange, Cranberry*

## Beverages

*Iced Tea, Soy Milk, Coconut Milk, Milk, Coffee, Tea*

# SATURDAY DINNER

## Appetizers

### *Sliced Breads and Rolls*

*Rye, Whole Wheat, Pita, and Margarine*

### *Tortilla Chips*

*Mango Salsa, Fresh Guacamole, Salsa*

## Salad Bar

*Salad Greens, Cherry Tomatoes, Olives, Beets, Red Onion, Chickpeas, Red and Green Peppers, Sliced Mushrooms, Cucumbers, Roasted Corn, Dried Cranberries*

*Selection of Dressings*

## Main Course

### *Beef Tacos*

*Crispy Taco Shells, Seasoned Ground Beef, Shredded Lettuce, Chopped Tomatoes, Non-Dairy Sour Cream, Guacamole, Salsa*

### *Bean Chili (vegan)*

*Yellow Rice*

## Dessert

*Chocolate Brownies*

## Beverages

*Iced Tea, Soy Milk, Coconut Milk, Coffee, Tea, Non-Dairy Creamer*





# SUNDAY BRUNCH

## Cereals

*Assortment of Cold Breakfast Cereal*

*Granola with Fresh Berries*

*Old Fashioned Oatmeal*

*Raisins, Brown Sugar, Cinnamon, Coconut Flakes, Chia Seeds*

## Parfait Bar

*Yogurt*

*Assorted Fruits and Plain*

*Fruit*

*Bananas and Oranges*

## Main Course

*Blueberry and Chocolate Chip Pancakes*

*Whipped Topping and Maple Syrup*

*Sliced Cheeses*

*Hard Boiled Eggs*

*Selection of Donuts*

*Bread basket*

*Sliced Whole Wheat, White, and Rye*

*Spreads*

*Cream-cheese, Whipped Butter, Tofu, Cream Cheese, Jam, Sunbutter*

## Juice Bar

*Apple, Orange, Cranberry*

## Beverages

*Soy Milk, Coconut Milk, Whole Milk, Skim Milk, Coffee, Tea*