

# Shabbaton Retreat Sample Menu

## Shabbat

### SALAD & SOUP

Assorted Bread Basket  
Assorted Dinner Rolls, Challah Rolls

#### Hawaiian Salad

Romaine Lettuce, Pineapple, Mango, Strawberries, Dried Cranberries, Toasted Coconut, & Balsamic Vinaigrette

#### Curried Lentil Soup

### ADULT MAIN COURSE

Honey & Garlic Roasted Chicken  
Moroccan Stew (Vegetarian Option)  
Yellow Rice

Roasted Fingerling Potatoes  
Garlic Aioli

Fresh Seasonal Vegetable Medley

### CHILDREN MAIN COURSE

Chicken Fingers  
Honey Mustard & Ketchup

Sweet Potato Fries  
Sweet Corn



## DESSERT

Fresh Fruit Pies  
Apple & Blueberry

## BEVERAGES

Ice Water, Iced Tea, Fruit Punch, Coffee, Tea, Non-dairy  
Creamer, Soy Milk

# Saturday

## BREAKFAST

Assortment of Cold Cereals  
Assortment Fruit & Plain Yogurt

Fresh Fruit

Bananas & Oranges

Hard-boiled Eggs

Assorted Bagels

Spreads

Smoked Salmon Spread, Cream-cheese, Whipped Butter, Tofu Cream Cheese, Jams

Home-baked Muffins

Blueberry, Chocolate Chip

Selection of Donuts

## BEVERAGES

Whole Milk, Skim Milk, Soy Milk, Hot Cocoa, Coffee, Tea,  
Juice: Apple, Orange, Cranberry & Pineapple

## LUNCH

### Sliced Bread & Rolls

Rye, White, & Challah Rolls

### Tossed Salad

Romaine Lettuce, Red & Yellow Grape Tomatoes, Assorted Peppers, Red Onions, Baby Mushrooms, Black Olives, Cucumbers, & Balsamic Vinaigrette

### Tri-Color Fusilli Pasta Salad

Seasonal Vegetable & Herb Vinaigrette

### Cole Slaw

### Deli Meat Selection

Fresh Cuts of Roast Beef, Turkey, & Turkey Pastrami with Spicy Brown Mustard, Mayonnaise, Russian Dressing, & Cranberry Sauce

### Home Style Turkey Three-Bean Chili

Steamed White Rice

### Vegetarian Chili

### Tuna Salad

### Noodle Kugel

### Dipping Duo

Salsa & Guacamole with Pita & Tortilla Chips

## DESSERT

### Assorted Brownies

Chocolate Chip & Coconut

## BEVERAGES

Ice Water, Iced Tea, Coffee, Tea, Non-dairy Creamer

# Sunday

## BREAKFAST

Assortment of Cold Cereals

Steel Cut Oatmeal

Cinnamon & Sugar, Dried Cranberries, & Raisins

Assortment Fruit & Plain Yogurt

Fresh Fruit

Bananas & Oranges

Chocolate Chip & Blueberry Pancakes

Maple Syrup

Scrambled Eggs

Hard-boiled Eggs

Sliced Cheeses

Assorted Bagels

Spreads

Smoked Salmon Spread, Cream-cheese, Whipped Butter, Tofu Cream Cheese,  
Jams

Selection of Donuts

## JUICE BAR

Apple, Orange, Cranberry

## BEVERAGES

Whole Milk, Skim Milk, Soy Milk, Hot Cocoa, Coffee, Tea

## BBQ LUNCH

Tossed Garden Salad  
Homemade Croutons

Home-style Macaroni Salad

Dijon Red Potato Salad

All Beef Hot Dogs

Soft Hot Dog Bun, Sauerkraut & Assorted Condiments

All Beef Burger

Fresh Hamburger Bun & Assorted Condiments

Black Bean Burgers

Whole Wheat Rolls with Arugula & Roasted Garlic Mayo

BBQ Chicken

Fresh Sweet Corn on the Cob

Salt, Margarine & Parsley

Boston Baked Beans

Sweet & Savory BBQ Sauce

Potato Chips

Condiments

Shredded Lettuce, Tomatoes, Grilled Bermuda Onions, Fried Onions, Sweet Relish,  
Dill Pickles, Mustard, Ketchup, Mayo

## DESSERT

Sliced Watermelon

## BEVERAGES

Ice Water, Iced Tea, Coffee, Tea, Non-dairy Creamer

