

Family Retreats

Sample Menu Items

(Special Dietary Requests Available)

	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day
B R K F S T	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Fruit Sections	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce	Orange Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon	Apple Juice French Toast Warm Syrup Fruit Sections Jimmy Dean Sausages	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad
	Available at every breakfast: Hot & Cold Cereals, Bread, Margarine, Jam, Honey, Hot Chocolate, Coffee, Tea, Real Juice, Creamers and Milk. (Toast available upon request)						
L U N C H	Salad and Soup of the Day Grilled Turkey & Cheese Toast Paninis Hash brown Sticks Carrot & Celery Sticks	Salad and Soup of the Day Homemade Whole Wheat Pepperoni/Cheese and Deluxe Pizza Ranch Dip	Salad and Soup of the Day Fish and Chips French Fries Carrot Sticks	Salad and Soup of the Day Mexican Chicken Fajitas Whole Wheat & White Flour Tortilla Shredded Cheese Shredded Lettuce Salsa Sauce & Sour Cream	Salad and Soup of the Day Meatball Subs With Cheese Homemade Buns Potato Pompoms Pickles Assorted Condiments	Salad and Soup of the Day Diced Chicken Warmed Pita Bread Rice Pilaf Tzatziki Sauce Diced Tom/Cucumber Vegetable Tray & Dip	COOK OUT Hamburgers/Hot Dogs on Buns French Fries & Onions Rings Assorted Condiments Vegetable Tray & Ranch Dip (carrots, broccoli, cauliflower, etc)
	Available at Every Lunch: Dessert, Condiments, Fruite Drink, Cold Water, Milk, Coffee, Tea, Creamers and Drink						
D I N N E R	Salad of the Day Homemade Lasagna (with mushroom, onions peppers & celery) Focaccia Bread	Salad of the Day Cajun Chicken (sauce on side) Seasoned Rice Pilaf Fresh Mixed Vegetables Homemade Bread	Salad of the Day Roast Beef au Jus Roast Potatoes Buttered Green Beans Steamed Cauliflower Horseradish	Salad of the Day Arribata Penne with Fresh Roasted Vegetables and sausage Garlic Bread Parmesan Cheese	Salad of the Day B.B.Q Chicken (extra bbq sauce on side) Baked Potatoes/Sour cream Corn-on-the-cob	Salad of the Day Roast Turkey & Gravy Bread Dressing Mashed Potatoes Steamed Broccoli Cranberry Sauce	Salad of the Day Homemade Bread Grilled Chicken Breast Garlic & Paprika Roast Potatoes Glazed Baby Carrots
	Available at Every Dinner: Dessert, Condiments, Cold Water, Milk, Coffee, Tea, Creamers and Drink (Pop and drinks available and sold served separately)						
	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day
B R K F S T	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad
	Available at every breakfast: Hot & Cold Cereals, Bread, Margarine, Jam, Honey, Hot Chocolate, Coffee, Tea, Real Juice, Creamers and Milk. (Toast available upon request)						
L U N C H	Salad and Soup of the Day Tangy Coleslaw Shaved Roast Beef with Melted Cheese Homemade Buns Potato Chips	Salad and Soup of the Day Chicken Quesadillas (use 1/2 whole wheat and 1/2 white tortilla) Nacho Chips Salsa Sauce Sour Cream	Salad and Soup of the Day Turkey B.L.T Club Sandwiches (bacon, turkey, lettuce, tomatoes) Homemade Bread Hash brown Sticks Vegetable Tray & Dip	Salad and Soup of the Day Chicken Burgers Homemade Whole Wheat Buns Sliced Tomatoes Lettuce Leaves Mayonnaise Oven Fries	Salad and Soup of the Day Homemade Whole Wheat Pepperoni/Cheese and Deluxe Pizza Ranch Dip	Salad and Soup of the Day Beef Burritos Assorted Flour Tortillas Shredded Cheese Shredded Lettuce Salsa Sauce & Sour cream	COOK OUT Hamburgers/Hot Dogs on Buns French Fries & Onions Rings Assorted Condiments Vegetable Tray & Ranch Dip (carrots, broccoli, cauliflower, etc)
	Available at Every Lunch: Dessert, Condiments, Fruite Drink, Cold Water, Milk, Coffee, Tea, Creamers and Drink						
D I N N E R	Salad of the Day Homemade Vegetarian Three Cheese Lasagna Parmesan Cheese Focaccia Bread	Salad of the Day Roast Beef Roast Potatoes Buttered Green Beans Horseradish	Salad of the Day Chicken Souvlaki Lemon Greek Potatoes Homemade Bread Pita Pockets Tzatziki Sauce	Salad of the Day Shepard's Pie Homemade Buns Gravy	Salad of the Day B.B.Q. Chicken (extra bbq sauce on side) Italian Sausages Baked Potatoes/Sour cream Corn-on-the-cob	Salad of the Day Roast Pork & Gravy Mashed Potatoes Steamed Broccoli	Salad of the Day Tossed Salad Homemade Bread Chicken Breast Rice Pilaf Steamed Cauliflower
	Available at Every Dinner: Dessert, Condiments, Cold Water, Milk, Coffee, Tea, Creamers and Drink (Pop and drinks available and sold served separately)						