

2016 LADIES' RETREAT MENU

NOTE: Substitutions for Dairy Free, GF, & Preservative Free
can only be reserved ahead of time. Please note brochure for details

FRIDAY DINNER

Lemon Pepper Chicken
Brown Rice
Chicken Gravy
Gluten Free Chicken Gravy
Leafy Green Salad
Ranch Dressing
Broccoli
Dessert
Plain Baked Chicken
Water
Coffee, Cream, Sugar

SABBATH BRUNCH

Breakfast Burritos
Whole Wheat Flour Tortillas
Gluten Free Tortillas
Scrambled Eggs
Turkey Sausage
Cheese
Cantaloupe Slices
Cereal
Gluten Free Cereal upon request
Ketchup
Salsa
Orange Juice, 2% Milk & Water
Coffee, Cream, Sugar

SABBATH DINNER

Roast Beef
Whipped Potato
Brown Gravy
Gluten Free Gravy
Green Beans
Warm rolls, w/ butter
Gluten Free Rolls
Green Salad
Caesar Dressing
Water
Additional salad items provided by us
Pomegranate seeds, chopped nuts
assorted cut veggies, avocado chunks, dressing
punch and desserts (include GF)

SUNDAY BREAKFAST

Scrambled eggs
Cheese
Turkey Bacon
Hash browns
Cereal
Gluten Free Cereal upon request
Ketchup
Salsa
Milk, Orange Juice & Water
Coffee, Cream, Sugar

SUNDAY LUNCH

Deli Buffet:
Hoagies and Croissants
Gluten Free Hoagies
Shaved Turkey
Shaved Roast Beef
Sliced Cheddar Cheese
Sliced Provolone Cheese
Lettuce & Tomato
Potato Salad
Tortilla Chips
Salsa
Mayonnaise & Mustard
Water & Punch
Coffee, Cream, Sugar