



Retreat Menu Selections

Breakfast:

All breakfasts include oatmeal, cereal, fresh fruit, yogurt and milk

Homemade Pancakes and Sausage

Links

Breakfast Pizza

Scrambled Eggs and Hash Browns

French Toast Casserole and Fried

Apples with Sausage Patties

Buttermilk Biscuits and Gravy

Homemade French Toast Casserole
and Kielbasa

Belgian Waffles and Sausage Links

Lunch:

All lunches include our fresh salad bar and peanut butter & jelly sandwiches

Meatball Subs – shredded cheese, French fries, potato salad, and canned fruit

Taco Bar – hard and soft tortillas, nacho chips, cheese sauce, refried beans, lettuce, tomatoes, peppers, onions, cheese, salsa, sour cream, taco sauce, and churros

Homemade Pizza – pasta salad, pretzels, and canned fruit

Ham and Turkey Cold Cuts – lettuce, tomatoes, onions, cheese, chips, canned fruit, and pudding

Lunch Continued:

Mac & Cheese and Chicken Tenders
– applesauce, and ice cream cups

Hot Ham & Cheese and Soup –
crackers, and canned fruit

Pulled Pork Sandwiches and Waffle
Fries – sandwich toppings and
pudding

Dinner:

All dinners include carrots, celery, and peanut butter & jelly sandwiches

Hamburgers – toppings, baked
beans, and canned fruit

Ham and Cheesy Potatoes – green
beans, applesauce, and corn
bread

Spaghetti and Meatballs – garlic
bread, steamed broccoli, canned
fruit, and cookies

Italian Chicken and Mashed Potatoes
– gravy, corn, and gingerbread
cake

Homemade Beef Chili with cornbread
and pudding

Chicken Alfredo – breadsticks, broc-
coli, applesauce and cookies

Pizza Casserole – green beans,
canned fruit, and brownies