

2 DAY Winter Retreat Menu Day 1

Serving 40 Guests

HOSPITALITY 7:45am-9:00pm

Serving 21 (1 gf, no vegan)

trail mix
fresh fruit
cheese & crackers
bread
peanut butter almond butter jam honey
clementines
candy

REFRESHER 1:30pm -9pm

Serving 40 (1 gf, 3 vegan)

fresh veggies: celery, carrots, cauliflower, cucumbers
sunflower seed pate
pimento cheese/crackers
raw soaked almonds
roasted shallot dip potato chips
Cookies

BREAKFAST 745am-1230 pm

Serving 21 Guests (1 gf, 3 vegan)

buckwheat blueberry coconut cake quinoa breakfast brownies
assorted breads & bagels cream cheese butter sliced tomatoes
assortment of cereals plain and vanilla yogurts granola
fruit salad

coffee

tea herbal tea
orange juice cranberry juice
milk chocolate milk soy milk rice milk
regular & diet Coke root beer

LUNCH 1:00pm-5:30pm

Serving 29: (1 gf, 2 vegans)

broccoli bisque ham topping
fresh bread, white and whole grain

Deli:
turkey ham roast beef
provolone swiss cheese muenster Cheese
lettuce tomato onion
mustard mayonnaise

vegan chicken salad
corn, quinoa & cucumber salad
optional: feta
raspberry coconut bars

BEVERAGES

coffee decaf, hot water tea herbal tea,
Assorted juices Coke Diet Coke root beer Dr. Pepper
milk water chocolate milk

Dinner 6:00pm-9:30pm

Serving 38 (2 GF 4 vegan)

The Food Fairy's beef chili
vegetarian veggie chili
rice
lime slaw
corn bread
assorted toppings:
cheese, vegan cheese, sour cream, scallions, hot sauce, pickled red onions

gluten free fudgy brownies