

2 Day RETREAT MENU day 2 January 19, 2019

Serving 40 Guests

HOSPITALITY 8:45-8:00pm

Serving 19 (1 gf)

Trail Mix
Fresh Fruit
Cheese & Crackers
Peanut & Almond Butters
Jam & Honey
Bread
Candy

REFRESHER 8:45am-2pm

Serving 45 (3 gf, 4 vegan)

Fresh Veggies: celery, carrots, cauliflower, cucumbers
Sunflower Seed Pate
Raw soaked almonds
Salsa and corn chips
Lentil Soup with Optional Sausage
Asst fruit
Cookies

BREAKFAST 8:45am-1pm

Serving 35 Guests (3 gf, 2 vegans)

Buckwheat Blueberry Coconut Cake
Quinoa Breakfast Brownies
Asst. Breads & Bagels
Cream Cheese, butter
Sliced Tomatoes

Asst. Cereals
Plain and Vanilla Yogurts
Granola
Fruit Salad

Coffee
Tea
Herbal Tea

Orange Juice
Cranberry Juice
Milk
Chocolate Milk
Soy Milk
Rice Milk
Reg & Diet Coke

Root beer

HOT DINNER 2:00-6:15

Serving 48: 3 gf, 6 vegans

MAIN

Columbian Braised Chicken

Columbian Braised Tofu

**

Coconut Rice

Baked sweet potato halves

Steamed Green Beans

**

*** **

GF Apple Crisp

Chocolate avocado pudding

Fresh berries

BEVERAGES

Coffee, Decaf, Hot Water, Tea, Herbal Tea,
Juices, Coke, Diet Coke, Root Beer, Dr. Pepper,

Milk, Water, Milk, Chocolate Milk