

One day (overnight) Autumn Retreat

Serving 10 guests

6:30 pm Dinner for 8 (1 vegetarian)

Terri's super beef chili
vegetarian chili (for 1)

condiments: cilantro, onion, avocado, hot sauce, sour cream, cheese,
corn chips

lime scented collard & kale salad with jicama & oranges
corn bread & butter

vanilla poached plums with vanilla ice cream

8:15 AM Breakfast for 10 (2 vegetarian)

apple-cranberry breakfast crisps with
yogurt

hardboiled eggs with olive oil, paprika and parsley
whole-grain English muffins, butter, peanut butter, jam

9:45 AM Snack

cheese, Live almonds, fruit

12:00 noon Lunch for 10

(2 vegetarian)

Vegetarian Thai lentil soup-

Thai chicken patties w/pesto & Asian pear slaw

Vegetarian version of Burger

Chocolate Nibbles

2:30 pm "On-the-Road Bags"

Not all but some of these:

Apple or apple chips Mary's Gone Crazy crackers, or

Annie's cheddar bunnies,

Baby Bel or cheddar sticks, popcorn or toasted
pumpkin seeds, Hornby Bars from *Canada*