

SAMPLE MENU

ADULT RETREAT CENTER

FRIDAY DINNER

6:00PM

baked ham, scalloped potatoes, green beans, broccoli/cheese/rice casserole, chicken noodle soup, bread, salad bar, upside down pineapple cupcakes, ice cream

SATURDAY BREAKFAST

8:00AM

baked french toast, eggs, bacon/sausage, hash browns, fruit, yogurt, bagels, juice, coffee

SATURDAY LUNCH

12:30PM

Italian beef/sausage sandwiches, sauteed peppers, penne noodles, potato wedges, salad bar, fruit, brownies

SATURDAY DINNER

6:00PM

fried chicken, mashed potatoes, baked mostaccioli, Capri veggie, rolls, salad bar, warm apple crisp w/ ice cream, chocolate cake