

2018 Summer Retreat Meal Plan

Please Note: 1) Not all items in cafeteria are included in our meal plan e.g. ice cream, chips, candy bars, Starbucks coffee, bottled beverages, Gluten Free Zone, etc. These items, and all other items not included in summer meal plan, will be available for purchase
2) Food items listed below are subject to change.

BREAKFAST

Choose 1 appetizer:

Oatmeal
Cold Cereal
Fruit
Yogurt
Toast
Bagel
English Muffin
Mini Muffin
Mini Pastry
Whole Fruit
Sunrise Sandwich

Choose 1 complimentary pastry

Choose your entrée combination by picking 1 item from each column:

Scrambled Eggs	+	Two (2) Bacon Strips	+	Two (2) Pancakes
Two (2) Sunrise Sandwiches		Two (2) Sausage Links		Two (2) Belgian Waffles
Breakfast Burrito		Two (2) Sausage Patties		Two (2) French Toasts
				Potatoes

Choose 1 beverage:

Maxwell House Coffee
Lipton Tea
Orange Juice
Unlimited Malibu's Finest H2O

LUNCH/DINNER

Choose 1 appetizer:

Bowl of Soup
Small Plate/Bowl from Salad Bar
Whole Fruit
Slice of Pizza
1/2 of any pre-made Sandwich or Wrap
Hamburger
French Fries

Choose 1 entrée combination:

Entrée from "Homestyle"
Entrée from "the Plate"
Entrée from "Fresh"
Two (2) halves of any pre-made Sandwich or Wrap
Two(2) pieces of Pizza
Large plate of salad from Salad Bar
Burger, Turkey Burger, Garden Burger, Boca Burger, Hot Dot, Chicken Breast Sandwich (includes french fries)
Quesadilla or Chicken Tenders (includes french fries)
Does not include build your own wrap, double burgers, bacon or guacamole

Choose 2 desserts:

Cookie
Cake
Jell-O
Brownie
Pudding
Rice Krispie Treat
Whole Fruit
Small ice cream cup

Choose 1 beverage:

Maxwell House Coffee
Lipton Tea
Fountain Soda
Lemonage
Unlimited Malibu's Finest H2O