



Menu Options for the 2018 Women's Retreat

Please note: Your selection of meal plan applies to all meals. You may not switch meal choices at the conference center. Refrigerators are available in each room.

TRADITIONAL

Optional Friday Night Boxed Lunch—Cost \$14

- Turkey or Ham Sandwich on a homemade bun served with lettuce, tomato, condiments
- Plus Potato Salad, Potato Chips, Cookie and Bottled water

Saturday and Sunday Breakfast: Continental Breakfast

Subject to change each day, but will have a variety of items like:

- Hot/cold cereals
- Sausage gravy & biscuits
- Yogurt
- Hard boiled eggs
- Fresh fruit
- Mini donuts, breakfast breads, bagels, white/wheat bread
- Drink choice: coffee, juice, tea and milk

Saturday Lunch: Taco Bar

- Taco meat (beef)
- Taco shells
- Variety of toppings like lettuce, cheese, sour cream, tomatoes and peppers
- Chips & salsa
- Nacho cheese
- Brownie
- Drink choice: coffee, juice, tea and milk

Saturday Dinner:

- Roast Beef or Turkey
- Real mashed potatoes & gravy
- Homemade noodles
- Baby carrots
- Tossed salad with dressing
- Dinner rolls
- Pie
- Drink choice: coffee, tea, lemonade or water





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GLUTEN FREE

Optional Friday Night Boxed Lunch —Cost \$14

- Chef salad with gluten-free dressing (ranch, lemon-poppy seed or French)
 - Potato Salad and Potato Chips
 - Bottled water
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Saturday and Sunday Breakfast: Continental Breakfast

Subject to change each day, but will have a variety of items like:

- Hard boiled eggs
 - Fresh fruit
 - Drink choice: coffee, juice, tea and milk
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Saturday Lunch: Taco Bar

- Taco meat (beef)
 - Variety of toppings like lettuce, cheese, sour cream, tomatoes and peppers
 - Chips & salsa
 - Nacho cheese
 - Drink choice: coffee, juice, tea and milk
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Saturday Dinner:

- Roast Beef or Turkey
- Real mashed potatoes (No gravy)
- Baby carrots
- Tossed salad with gluten-free dressing (ranch, lemon-poppy seed or French)
- Drink choice: coffee, tea, lemonade or water





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VEGETARIAN

Optional Friday Night Boxed Lunch —Cost \$14

- Chef salad (no meat)
 - Potato Salad, Potato Chips, Cookie
 - Bottled water
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Saturday and Sunday Breakfast: Continental Breakfast

Subject to change each day, but will have a variety of items like:

- Hot/cold cereals
 - Yogurt
 - Fresh fruit
 - Mini donuts, breakfast breads, bagels, white/wheat bread
 - Drink choice: coffee, juice, tea and milk
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Saturday Lunch: Taco Bar

- Taco shells
 - Variety of toppings like lettuce, cheese, sour cream, tomatoes and peppers
 - Chips & salsa
 - Nacho cheese
 - Brownie
 - Drink choice: coffee, juice, tea and milk
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Saturday Dinner:

- Steamed vegetables served over rice
- Tossed salad
- Pie
- Drink choice: coffee, tea, lemonade or water

