

Immeasurably More

Menu Options for the 2017 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

Friday Night Boxed Lunch

- Turkey or Ham Sandwich on a homemade bun served with lettuce, tomato, condiments
 - Potato Salad
 - Chips
 - Cookie
 - Soft drink (Coke or Diet Coke) or Water
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Saturday and Sunday Breakfast: Continental Breakfast

- Hot/cold cereals
 - sausage gravy & biscuits
 - yogurt
 - hard boiled eggs
 - oranges, apples
 - mini donuts, mini fritters, banana bread, zucchini bread, pumpkin bread, bagels, white/wheat bread
 - Drink choice: coffee, juice, tea and milk
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Saturday Lunch: Soup & Salad Bar

- Chili or Chicken Noodle Soup
 - Tossed salad with assorted toppings
 - Pasta salad
 - 3-Bean Salad
 - Brownie
 - Drink choice: coffee, tea, lemonade or water
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Saturday Dinner:

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



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GLUTEN FREE

Friday Night Boxed Lunch

- Chef salad with gluten-free dressing
 - Potato Salad
 - Soft drink (Coke or Diet Coke) or Water
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Saturday and Sunday Breakfast: Continental Breakfast

- Hard boiled eggs
 - oranges, apples
 - Drink choice: coffee, juice, tea and milk
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Saturday Lunch: Soup & Salad Bar

- Tossed salad with assorted toppings
 - 3-Bean Salad
 - Drink choice: coffee, tea, lemonade or water
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Saturday Dinner:

- Roast Beef or Turkey
- Real mashed potatoes (no gravy)
- Green beans
- Tossed salad
- Drink choice: coffee, tea, lemonade or water



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VEGETARIAN

Friday Night Boxed Lunch

- Chef salad (no meat)
- Potato Salad
- Chips
- Cookie
- Soft drink (Coke or Diet Coke) or Water

Saturday and Sunday Breakfast: Continental Breakfast

- Hot/cold cereals
- yogurt
- oranges, apples
- mini donuts, mini fritters, banana bread, zucchini bread, pumpkin bread, bagels, white/wheat bread
- Drink choice: coffee, juice, tea and milk

Saturday Lunch: Soup & Salad Bar

- Tossed salad with assorted toppings
- Pasta salad
- 3-Bean Salad
- Brownie
- Drink choice: coffee, tea, lemonade or water

Saturday Dinner:

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

