

# Menu Options for the 2019 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 Dinner—ON YOUR OWN

Dinner on Friday is not included in your retreat fee. Please grab a friend and enjoy dinner at a local restaurant or pack a picnic dinner.

### Saturday and Sunday Breakfast: Continental Breakfast

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

- Waffle station
- Sausage gravy & biscuits
- Hashbrowns
- Homemade casserole
- Sausage
- Scrambled eggs
- Made-to-order omelette station
- Fresh fruit
- Donuts, pastries, muffins, cereals
- Drink choice: coffee, juice, tea and milk

### Saturday Lunch\*: Purchased Add-on for \$11.50

#### Option 1: Farmer's Boxed Lunch

- Your choice of HAM or TURKEY sandwich on homemade wheat bread with slice of cheese
- Fruit
- Potato chips
- Cookie
- Drink choice: Bottled water

\* Saturday lunch is on your own, if you do not purchase a boxed lunch.

#### Option 2: BLT Wrap

- Whole wheat wrap with country-style bacon, lettuce, tomato and mayo
- Fruit
- Potato chips
- Cookie
- Drink choice: Bottled water

### Saturday Dinner: Full Amish Buffet

- Pressure fried chicken
- Tender Roast Beef
- Mashed potatoes & gravy
- Fresh garden salad
- Chicken dressing
- Homemade green beans
- Dinner rolls
- Pie
- Drink choice: tea or lemonade



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## VEGETARIAN

### Friday Night Dinner—ON YOUR OWN

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### Saturday and Sunday Breakfast: Continental Breakfast

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

- Waffle station
- Hashbrowns
- Scrambled eggs
- Made-to-order omelette station
- Fresh fruit
- Donuts, pastries, muffins, cereals
- Drink choice: coffee, juice, tea and milk

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### Saturday Lunch\*: Purchased Add-on for \$11.50

\* Saturday lunch is on your own, if you do not purchase a boxed lunch.

#### Salad Lunch

- Salad with cucumbers, tomatoes, shredded carrots, sliced eggs and shredded cheese
- Salad dressing choice: French or Ranch
- Drink choice: Bottled water

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### Saturday Dinner: Rice Dish

- Sautéed vegetables served over seasoned rice
- Drink choice: tea or lemonade



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## GLUTEN-FREE

### Friday Night Dinner—ON YOUR OWN

Dinner on Friday is not included in your retreat fee. Please grab a friend and enjoy dinner at a local restaurant or pack a picnic dinner. **Please note:** there are not many GF restaurants in Shipshewana.

### Saturday and Sunday Breakfast: Continental Breakfast

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

- Gluten-Free waffles
- Scrambled eggs
- Made-to-order omelette station
- Fresh fruit
- Gluten-Free muffins
- Drink choice: coffee, juice, tea and milk

### Saturday Lunch\*: Purchased Add-on for \$11.50

\* Saturday lunch is on your own, if you do not purchase a boxed lunch.

#### Salad Lunch

- Salad with cucumbers, tomatoes, shredded carrots, sliced eggs and shredded cheese
- Salad dressing choice: GF French or GF Ranch
- Drink choice: Bottled water

### Saturday Dinner: Rice Dish

- Sautéed vegetables served over seasoned rice
- Drink choice: tea or lemonade

**\*\*\*For Gluten-Free guests:** The Blue Gate Garden Inn prepares all food in the same kitchen. Therefore, gluten items are prepared in the same kitchen as gluten-free items.\*\*\*

