

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

Breakfast

Riverfalls Griddle Cakes
Sausage & Bacon
Baked Apples
Vegetable Juice
•••
Granola-Yogurt

Breakfast

Company Strada
Bran Muffins
Fresh Fruit
Grapefruit Juice
•••
Granola-Yogurt

Breakfast

Fresh Vegetable Frittata
Br Sugar-Carrot Muffins
Fresh Fruit
Orange Juice
•••
Granola-Yogurt

Breakfast

WW Belgian Waffles
Warm Fruit Compote
Bacon
Vegetable Juice
•••
Granola-Yogurt

Breakfast

Baked Sherry Eggs
Cowboy Coffee Cake
Whole Wheat Toast
Frsh Fruit
Tomato Juice
•••
Granola-Yogurt

Breakfast

Egg/Chili Rollups
WW Toast
Orange Mango Juice
•••
Granola-Yogurt

Lunch

Homemade Vegetable Soup
Garlic Bread
Harvest Loaf Cake
Fruit in Season

Lunch

Salmon-Mushroom
Empanada
Tossed Greens
with
Balsam/Ginger dressing
Fruited Ice Tea

Bread Pudding

Lunch

Stuffed Baked Potato
to fill with
Chili, Cheese, Bacon
Sour Cream, Yogurt,
Scallions,
Broccoli,
Sauted Mushrooms
Fresh Fruit

Lunch

Chicken/Brown Rice Salad
served on a bed of
Fresh Greens
Herb Cheese Bread

Brownies
or
Substitute Bar Cookie

Lunch

Chlili
Cornbread
Cabbage Wedges
Assorted Peppers
Ginger Snaps

Lunch

Hacienda Happiness
Tossed Veg Salad
Peasant Bread

Date Nut Bread

Dinner

Clam Fettuccini
Sesame Broccoli
French Bread

Chocolate Mousse
or
Choc Mousse Brownie Pie

Dinner

Pork Tenderloin Roast
Baked Ruby Yams
Bulgar Pilaf
Asparagus, Snap Sugar Pea,
and Mushroom Saute
Raw Apple Cake

Dinner

Chicken Tortilla Casserole
Homemade Refried Beans
Composed Vegetable Salad
Tortilla Chips—Salsa Fresca

Blonde Brownies

Dinner

Beef Pot Roast
Carrots, Potatoes, Onions
Dumpings
Spinach Salad
Alsation Plum Tart
(only in season)
or Vanilla Ice Cream
with Mango Slices & Rum

Dinner

Smoked Trout or Salmon
Quiche
Carrots with Orange Zest
Tomato Wedges w Basil
Blackberry Cheesecake

Dinner

Turkey Breast
Stuffing
Baked Ruby Yams
Green Beans
WW Bread
Berry Cobbler

NOTES

NAME OF GROUP
RETREAT DATES

Mid-morning and Mid-afternoon snacks:

Red and Green Apples
Muffins or
Cookies or
Popcorn
Cofffee •Tea•Lemonade

Low fat milk, water and coffee should be offered at each meal
Note: Provide hard cooked eggs as extra, accommodation for vegetarians, those who need support for hypoglycemia

Items with red shadow=meat dishes
requiring a vegetarian alternative

Items with orange shadow=home baked
goods for which use CC proprietary
recipe or require an alternative

