



Weekend Retreat Menu Choices

(rev 30-Sep-16)

Friday Dinner - prepared by your group - *if your group would rather not cook, please contact us for other options*

- Spaghetti**, Meatballs, Salad, Garlic Bread (*Note: vegetarians, the meatballs are in a separate sauce*)
- Sloppy Joes**, hard boiled eggs, vegetables, dip, chips (*veggie burgers for vegetarians*)
- BBQ pulled pork sandwiches**, hard boiled eggs, vegetables, dip, chips (*veggie burgers for vegetarians*)
- No Dinner**

Saturday Breakfast- prepared by your group

- Cereal, Oatmeal, Toast, Fresh Fruit, Coffee, Tea, Milk, Orange Juice
- Pancakes, Sausage, Fresh Fruit, Coffee, Tea, Milk, Orange Juice

Saturday Lunch - prepared by your group

- Packed lunch on the town**, each person will pack own lunch and put it in the provided coolers
(*Daily lunch selections are ham/turkey or PB & J sandwiches. Each carload may take a community bag of chips/pretzels. Each car may take a bag/box of cookies and a bag of veggies. Lunch bags provided.*)
- No Lunch** (eating out)

OR if staying @ Tau House

- BBQ pulled pork sandwiches**, hard boiled eggs, vegetables, dip, chips (*veggie burgers for vegetarians*)
- Sloppy Joes**, hard boiled eggs, vegetables, dip, chips (*veggie burgers for vegetarians*)

Saturday Dinner - prepared by your group - *if your group would rather not cook, please contact us for other options*

- Spaghetti**, Meatballs, Salad, Garlic Bread (*Note: vegetarians, the meatballs are in a separate sauce*)
- Lasagna**, Salad, Garlic Bread (*Note: vegetarian or 5-cheese lasagna available upon request*)
- Comfort Food!** Choose one meat¹ - one starch² - one vegetable³ - rolls & dessert provided w/all choices
 - ¹Roasted Pork Loin (done in a slower cooker)
 - ¹Grilled or BBQ chicken breasts (done on outside gas grill or broiled in bad weather)
 - ²Macaroni and Cheese
 - ²Baked Potatoes
 - ²Mashed Potatoes
 - ³Green bean casserole (with mushroom soup and French's onions)
 - ³Plain green beans, corn, peas or mixed vegetables
- Franciscan Fiesta**, served with Mexican rice, lettuce, tomato, refried/black beans, chips and nacho dip, sour cream
 - Chicken Fajitas with onions and peppers
 - Beef tacos
- No Dinner** (eating out)

Sunday Breakfast - prepared by your group

- Cereal, Oatmeal, Toast, Fresh Fruit, Coffee, Tea, Milk, Orange Juice
- Pancakes, Sausage, Fresh Fruit, Coffee, Tea, Milk, Orange Juice