

Menu A

Breakfast

- Biscuits & country sausage gravy & bacon
- Pancakes w/ syrup & bacon
- “Scrambler” – Ham, bell peppers, onions & potatoes, scrambled w/ eggs & cheese

Lunch

- Philly cheese steak sandwiches, coleslaw & watermelon
- BBQ pork sandwiches, coleslaw & watermelon

Dinner

- Pot roast, mashed potatoes & gravy, carrots & hot rolls
- Smoked chicken quarters, wild rice, broccoli salad & hot rolls
- Tri-tip, baked beans, waldorf salad & hot rolls

All dinners served with cobbler

Menu B

Breakfast

- Scrambled eggs w/ potatoes, ham & biscuits
- Biscuits & country sausage gravy & sausage links
- French toast stix w/ syrup & bacon

Lunch

- Bacon cheeseburgers & potato salad
- Nacho bar

Dinner

- Chicken parmesan, green salad & rice pilaf
- Baked ham, scalloped potatoes, corn & hot rolls
- Build-your-own chicken fajita salad w/ warm tortillas & dressings

All dinners served with brownies or cake

Menu C

Breakfast

- Biscuits & country sausage gravy
- French toast stix w/ syrup & sausage links
- Hot oatmeal with cold cereals

Lunch

- Cheeseburgers with potato salad
- Cold ham & turkey sandwich bar & macaroni salad

Dinner

- Spaghetti w/ meat sauce, green salad & garlic bread
- Mesquite grilled chicken, rice pilaf & green salad

Green salads are served with house dressing

All dinners served with sherbet or ice cream

Choose your menu and one meal choice for your group per meal.

All breakfasts are served with coffee, hot tea & milk. Menu A breakfast also includes fruit.

All lunch and dinners are served with lemonade and iced tea.

All menu selections must be confirmed 30 days prior to event.



All meals served buffet style and outdoors (weather permitting.)

Every effort will be made to accommodate special dietary needs, if we know about them ahead of time.



Retreats at Lake Francis include all meals and lodging. For standard two-night rentals, five meals are included.

A minimum of 40 guests is required during main season; 25 guests for off season (October through April.)

Rate Chart

MENU	Number of guests per cabin		
	4-5	6-7	8-9
A	\$92.95	\$88.00	\$83.00
B	\$82.95	\$78.00	\$73.00
C	\$74.95	\$70.00	\$65.00

Prices above are per person per day.

To calculate the cost per person, per day choose Menu A, B, or C and the number of guests per cabin. Example: B Menu with 6-7 guests per cabin would be \$78.00 per person, per day.

Tax and gratuity are included. No charge for children 2 and under. Standard dinnerware consists of paper plates and plastic cutlery. Upgraded dinnerware \$3.00 per person extra.



Lake Francis Resort and YOU Send Kids to Camp!

Lake Francis Resort, The Palace Restaurant, and Camp Rockin' U are operated by Environmental Alternatives (EA) a non-profit, charitable organization dedicated to building stronger families. EA provides residential care for over 600 foster kids in Northern California.

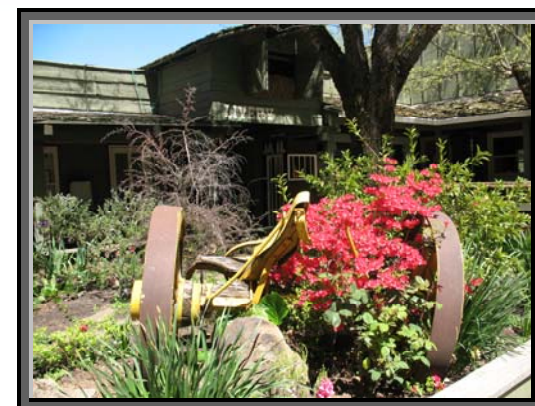
We believe that every child should have a summer camp experience full of fun, adventure, and mystery. However, many under-privileged kids will never know the excitement of Camp Rockin' U. As a non-profit institution, all proceeds from Lake Francis Resort's many operations go to providing a Camp Rockin' U experience for foster children. While all children are welcome at camp, getting those special kids to camp takes the assistance of people like you.

Simply by using the various amenities offered at Lake Francis Resort, you automatically help kids. The more often you come to camp, the closer you make that adventure a reality for kids. Bring your group for a meal or rent the conference facilities, and your enjoyment puts foster children into the memory making experience of summer camp. So, tell your friends, talk to your pastor, convince your club leadership, persuade your civic organization, and plan your next event at Lake Francis Resort.

You can also make a tax-deductible donation earmarked for kids at Camp Rockin' U. You can give a monetary gift or donate useful items such as a canoe or sporting equipment. Perhaps your club or civic group would consider sponsoring one or more camperships or a specific program at Camp Rockin' U. Instead of accepting an offered discount on your Lake Francis Resort fees, tell the staff you want to designate that portion to Camp Rockin' U. Every little bit helps!

Check it out! www.camprockingu.com

Retreat Menu Selections and Rates 2011



Lake Francis Resort

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