

Retreat Menu Selections 2009



- Retreat menu selections must be confirmed 30 days prior to event.
- Every effort will be made to accommodate special dietary needs, if we know about them ahead of time.
- All meals served buffet style and outdoors (weather permitting.)

Lake Francis Resort

Retreat Menu A

Breakfast

(Choose one selection per meal)

- Biscuits & gravy, sausage links, and fried potatoes -OR-
 - Pancakes w/ warm toppings & bacon -OR-
- “Scrambler” - Ham, bell peppers, onions, & potatoes, scrambled w/ eggs & cheese

All breakfasts served with fruit, coffee, hot tea, & milk

Lunch

(Choose one selection per meal)

- Philly cheese steak sandwiches, coleslaw, & watermelon -OR-
- BBQ pork sandwiches, coleslaw, & corn on the cob -OR-

(Garden burgers available when requested ahead of time)

All lunches served with lemonade

Dinner

(Choose one selection per meal)

- Baked ham, scalloped potatoes, corn, & hot rolls -OR-
- Pot roast, mashed potatoes & gravy, carrots, & hot rolls -OR-
- Smoked chicken quarters, wild rice, green salad, & hot rolls

(“Vegetarian” substitutions will be made when requested ahead of time)

All dinners served with lemonade and cobbler

Good thru December 2009

Retreat Menu B

Breakfast

(Choose one selection per meal)

- Muffin and Pastry Assortment -OR-
- Scrambled eggs w/ potatoes & ham, & biscuits -OR-
- Biscuits & country sausage gravy & fried potatoes

All breakfasts served with coffee, hot tea, & milk

Lunch

(Choose one selection per meal)

- Bacon cheeseburgers & potato salad -OR-
- BBQ beef sandwiches, watermelon, & coleslaw -OR-
- Ham & turkey hoagies, chips, & macaroni salad

(Garden burgers available when requested ahead of time)

All lunches served with lemonade

Dinner

(Choose one selection per meal)

- Chicken parmesan, green salad, & garlic bread -OR-
- Turkey pot roast, mashed potatoes and gravy, & carrots -OR-
- BBQ tri-tip, baked beans, green salad, & hot rolls

Green salads are served with house dressing

(“Vegetarian” substitutions will be made when requested ahead of time)

All dinners served with lemonade and sherbet or ice cream

Good thru December 2009

Retreat Menu C

Breakfast

(Choose one selection per meal)

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

All breakfasts served with coffee, hot tea, & milk

Lunch

(Choose one selection per meal)

- BBQ beef sandwiches with macaroni salad -OR-
 - Cheeseburgers with potato salad -OR-
 - Nacho bar

(Garden burgers available when requested ahead of time)

All lunches served with lemonade

Dinner

(Choose one selection per meal)

- Spaghetti w/ meat sauce, green salad, & garlic bread -OR-
- Meatloaf, mashed potatoes w/ gravy. Green salad, & hot rolls -OR-
 - Mesquite grilled chicken, rice pilaf, & green salad

•

Green salads are served with house dressing

(“Vegetarian” substitutions will be made when requested ahead of time)

All dinners served with lemonade and brownies or cake

Good thru December 2009