

# THE RETREAT

## Menu

### *Day One*

#### **Dinner**

Cilantro Chicken  
Stuffed Bell Peppers  
Arugula-Spring Mix  
Lemon-Lime Rice  
Grilled Vegetables

### *Day Two*

#### **Breakfast**

Egg Frittata  
Oatmeal  
Homestyle Potatoes  
Bacon  
Fresh Fruit Salad

#### **Lunch**

Carne Asada Taco Bar  
Vegetable Medley  
Fruit Salad  
Salad Bar

#### **Dinner**

Oven-Baked Spaghetti di Zucca  
Turkey Meatballs  
Pan Roasted Veggies, and Brussel Sprouts  
Chickpea Salad

*Please note, menu is  
subject to change.  
We will keep you updated  
as changes occur.*

### *Day Three*

#### **Breakfast**

Power Bowls  
Blueberry Scones  
Oatmeal  
Bacon  
Fresh Fruit Salad

#### **Lunch**

Yellow Chicken Curry  
Basmati Rice  
Honey Baked Sweet Potatoes with Roasted  
Almonds  
Salad Bar

#### **Dinner**

Beef Shish-Kabob  
Vegetable Shish-Kabob  
Rice Pilaf  
Sauteed Vegetable Medley  
Hummus and Crudites  
Gazpacho

### *Day Four*

#### **Breakfast**

Salmon Lox Bar  
Oven Baked Panned Eggs  
Hash Browns  
Bacon  
Fresh Fruit Salad

#### **Lunch**

Homemade Garlic Tomato Basil Soup  
Cucumber-Avocado Salad  
Salad Bar