

Kathleen's Fall Retreat Menu 2015

Friday, September 18th

~Dinner~

*Homemade Salsa and Tortilla Chips***

Rubbed Kale Salad with Lemon, Apples and

*Cranberries** (Parmesan on the side)*

*Three Bean Chipotle Chili***

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Cumin-Lime Chicken Breasts

*Chili-Garlic Tofu***

*Sautéed Veggies and Rice***

*Fajita Fixins (warm corn tortillas, grated cheddar, shredded
lettuce, tomatoes, onions, jalapeños, greek yogurt)**

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*Kitchen Sink Oatmeal Cookies and Milk**

Saturday, September 19

~Breakfast~

*Granola and Yogurt**

*Cereal and Milk or Almond Milk**

*Fruit Salad***

*Hard Boiled Eggs**

*Toast with Butter, Jam and Peanut Butter**

Coffee & Tea

Juice (Orange, Cranberry & Grapefruit)

~Lunch~

*Carrot Dill Soup**

*Quinoa Tabouli Salad** (with Feta on the side)*

*Marinated Chickpeas***

*Creamy Potato Salad**

Assorted Sandwiches and Wraps

~Dinner~

*Crudités and Crostini with Black Olive Spread**

*Mixed Greens with Sherry-herb Vinaigrette***

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Horseradish Crusted Pork Loin

Chef's Choice of Seafood

*Mushroom and Quinoa Stuffed Squash** (with Maple Cream on
the side)*

*Roasted Fennel and Potatoes***

*Sautéed Brussel Sprouts***

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Fruit with Whipped Cream and Dark Chocolate

Sunday, September 20th

~Breakfast~

*Granola and Yogurt**

*Cereal and Milk or Almond Milk**

*Fruit Salad***

*Baked Egg Strata**

Toast with Butter, Jam and Peanut Butter

Coffee & Tea

Juice (Orange, Cranberry & Grapefruit)

~Lunch~

*SURPRISE (i.e. whatever is left over that I'll turn into
lunch :-)*

Anytime Snacks (available throughout the weekend)

Whole Fruit (Bananas, Oranges, Pears, Apples)

Nuts

Hummus

Pretzels and Chips

Energy Bars