



WINTER
RETREAT MENU
FOR YOUR DINING
PLEASURE, HEALTH
AND ALERTNESS!

FRIDAY MORNING SNACK

Pumpkin Bread & Hand Fruit

FRIDAY LUNCH

Wild Chicken & Rice Soup

Tuna Salad

“Not Chicken of the Sea” Chickpea Salad

Gluten Free & Whole Wheat Wraps

Mesclun Green Salad w/ Vinaigrette

Organic Tortilla Chips

FRIDAY SNACK

Gluten Free Chocolate Chip Cookies

Savory Roasted Chickpeas

SATURDAY MORNING SNACK

Banana Bread & Hand Fruit

SATURDAY LUNCH

Vegan Chili

Assorted Sandwiches & Wraps

Mesclun Green Salad w/ Vinaigrette

Organic Potato Chips

SATURDAY SNACK

Chewy Chocolate Brownies

Sun Butter & Celery

SUNDAY MORNING SNACK

Pumpkin Bread & Hand Fruit

SUNDAY LUNCH

Potato Lentil Curry

Imperial Asian Chicken Salad

Curried Chickpeas w/ Tempe

Mesclun Green Salad w/ Vinaigrette

Organic Tortilla Chips

SUNDAY SNACK

Chocolate Chip Cookies

Roasted Almonds & Hand Fruit