

# MEALS

\*We've attempted to choose meal options that fit a variety of dietary needs.

\*Everything that is gluten-free will be indicated with a (GF) below. Our facility and catering services cannot guarantee that cross-contamination will not occur.

\*If you are not able to eat anything that is being provided, you may bring your own food and drink. Use the "Dietary Restriction" registration payment option. (Please understand, this means you will not eat or drink anything that is provided for the duration of the retreat.)

## FRIDAY

The dinner entrée you choose when you register will be plated for you at the beginning of the buffet; then you'll make the remaining selections yourself.

Beef brisket au jus (GF)

Wild caught salmon with creamy horseradish dill sauce (GF)

Grilled chicken breast with butter-basil sauce (GF)

Tossed salad with apples, almonds, and blue cheese with raspberry vinaigrette on the side (GF)

Roasted carrots with thyme (GF)

Roasted potatoes (GF)

Rolls and butter

Lemonade, iced tea, and water

Coffee and hot tea

Assorted desserts (GF option will be available.)

## SATURDAY

There will be an assortment of light breakfast refreshments available the hour before our morning session. Self-serve.

Muffins

Scones

Pastries

Yogurt cups (GF)

Fresh fruit (GF)

Coffee and hot tea

Lunch will be a Mexican Buffet

Rice, chicken, fajita veggies, salad lettuce, cheese, guacamole, chips and salsa and other toppings  
(The majority of the buffet options will be GF.)

\*\*PLEASE NOTE: these menu options may be subject to change.