

Sample Menu for LLL Men's Retreat

B r e a k f a s t		Buffet (6:15-8:00)	Served (8:30)	Served (9:30)
	Thursday	Friday	Saturday	Sunday
		Scrambled Eggs Assorted Meats Fresh Buttermilk Biscuits & Sausage Gravy Assorted Fruits Cereals and Yogurts Assorted Juices	Whole Wheat Buttermilk Pancakes with Syrup & Compote Scrambled Eggs Assorted Meats Orange Juice	Sliced ham, scrambled eggs and hash browns Cut fruit salad Chocolate-almond scones, cranberry-orange scones, and blueberry muffins with local strawberry jam and butter Orange juice, milk and coffee
L u n c h		Served (12:30)	Served (12:30)	
	----->>> ready on Friday AM Golfer's box lunch of turkey sandwich, lettuce, tom, mayo, mustard, foil wrapped chips fresh fruit cookie in saran bottled water	Smoked turkey breast on baguette with provolone and mango chutney Broccoli salad with feta cheese, bacon and raisins Pototo chips Fresh fruit Cookie	Beef brisket on ciabatta baguette Three bean salad Potato chips Fresh fruit Cookie	
D i n n e r		Water ready by 2:00 for softball		
	Staff Dinner in Shanty 6:00 Mushroom Ravioli with peppers, mushrooms and onion Meat lasagna Salad	Served (6:00) House Bread & Mixed Greens Salad Chicken breast fillet with garlic cream sauce Sugar snap peas Wild rice Dessert	Served (6:00) House Bread & Mixed Greens Salad Roasted Pork & Sauerkraut Whipped Potatoes Vegetable Blend Dessert	
S n a c k	(5:00-9:00) LLL Brings Snacks Coffee & Hot Drinks in TP		Afterglow (10:00)	