

Camp Arcadia RKD Men's Retreat Menu 2019

		Friday, Sept. 27	Saturday, Sept. 28	Sunday, Sept. 29	
		<i>ALL BREAKFASTS BUFFET STYLE IN THE DINING ROOM</i>			
Breakfast 7:30-9		Continental Breakfast Bagels & Cream Cheese Coffee Cake Cereal & Yogurt* Fresh Fruit*	Buttermilk Pancakes Bacon* Scrambled Eggs* Syrup & Fruit Compote* Fruit* & Pastries Cereals & Yogurts*	Meat & Veg Fritata* Sausage Links* Oatmeal Bar* Fruit* & Pastries Cereals & Yogurts*	
			Served in dining room	Served in dining room	
Lunch 12:30			Korean Pork Tacos Cilantro Lime Rice* Black Beans* Korean Cabbage Slaw Chips, Salsa, Guac, Cookie	Burgers & Brats* Potato Salad* Assort. Veggies & Dip* Chips* Lettuce, Tomato, Onion* Watermelon* Cookie	Cold cereals & yogurt are available each meal upon request. Cereal varieties available are homemade granola, raisin bran, toasted O's, Rice Chex, Frosted Flakes, Lucky Charms, crisp rice & Frosted Mini Wheats. Homemade peanut butter is available upon request.
	Gluten free accommodation for this meal				
	Vegetarian Option - please order Sat. night		Grilled Veggie Fajitas	Impossible Burger	
Dinner 6:30		Buffet in Wigwam 5-7:30	Served in dining room		
		Homemade Chili Cornbread Charcuterie Tray Veggie & Hummus Platter BBQ Chicken Flatbread Fresh Bread Brownie	Housemade Bread Caesar Salad Grilled Beef with garlic Mashed Sweet & Red Asparagus* Chocolate Mousse*		
	Vegetarian Option-please	N/A	Mushroom Ravioli w/ cream		

* (asterisk)
Gluten Free

order Sat