

# Camp Arcadia Women's Retreat Menu 2019

		Friday	Saturday	Sunday	
Breakfast	<b>8:00- 9:00</b>		<i>Served</i>	<i>Served</i>	
	Coffee cake Breakfast Sandwich Fruit Yogurts & Cereals	Pancakes Eggs* Bacon* Syrup* Oatmeal bars Fruit, yogurts, cereals	Fritatas* Scones Sausage links* Fresh Fruit* Yogurt & Cereals		
Lunch 12:30			<i>Served</i>	<i>Served</i>	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.
			Ciabatta turkey sandwiches Basil pesto* Spinach salad* Fruit* Chips* Cookie	Chicken Salad Sandwich on Ciabatta Pretzels Fruit Salad Cookie	
	<b>Gluten free accommodation for this meal</b>				
	<b>Vegetarian Option</b>		Veggie hummus Wrap	Chick pea Salad	
Dinner	<b>Served 6:30</b>		<b>Served 6:30</b>		
	Flatbread Pizza Kale Chips Pasta Salad Fresh Fruit Chocolate Rum Cake  OR  Korean Pork Tacos	Pasta Bolognese Fingerling Potatoes* Asparagus* Caesar Salad Bread Chocolate Mousse*			
<b>Vegetarian</b>	Veggie Flatbread OR	Pasta with Marinara Sauce			* (asterisk) <b>Gluten Free</b>

	Option	Veggie Fajitas			
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