

Short Journey Retreat Center

Menu Options

HOT BREAKFAST OPTIONS

Option #1: Eggs, Bacon or Sausage, Grits, Buttermilk Biscuits

Option #2: Quiche, Bacon or Sausage, Buttermilk Biscuits

Option #3: Buttermilk Pancakes, Bacon or Sausage, Scalloped Apples

Option #4: French toast, Bacon or Sausage, Scalloped Apples

All options include Dry Cereals, Orange Juice, Milk, Regular/Decaf Coffee, Hot Tea, Hot Chocolate

CONTINENTAL BREAKFAST INCLUDES

Choice of breakfast pastries (Bagels, Muffins, Danishes, Donuts, Cinnamon Buns,
Yogurt, Fresh Fruit

Orange Juice, Regular/Decaf Coffee, Hot Tea, Hot Chocolate beverages

LUNCH OPTIONS

Option #1: Taco Bar

Option #2: Baked Potato Bar

Option #3: Open Sandwich Bar

Option #4: Chicken Fillet Sandwiches

Option #5: Low-Carbohydrate Sandwich Wrap

Option #6: Meatball Sandwiches

Option #7: Hamburgers

Option #8: Hot Dogs

All lunches served with side(s), dessert and beverages

AFTERNOON BREAK OPTIONS

Cookies or Brownies

Trail Mix or Chips

Assorted sodas and other beverages

DINNER OPTIONS

- Option #1: Stuffed Shells
- Option #2: Chicken Pan Pie
- Option #3: Meat and/or Veggie Lasagna
- Option #4: Roast Beef
- Option #5: Chicken Cordon Bleu
- Option #6: Italian Baked Chicken
- Option #7: Chicken Parmesan
- Option #8: Spaghetti and Meatballs

All options served with side(s), tossed salad, bread, dessert and beverages