

Possible Boxed meal menus at Franciscan Retreats June-December, 2020

These are just sample menus, as we work our way through this new challenge, they will be updated.

Saturday or Wednesday

Breakfast:

Hard Boiled Egg, Yogurt, Muffin, Fruit Cup
Selection of bottled juice
Coffee (both kinds) or Tea will be poured by
the Kitchen Staff

Lunch

Chef Salad / Dressing (French or Ranch)
Ham/Turkey Eggs Tomatoes/Cheese
Bread Stick, Dessert
Bottled water
Coffee (both kinds) or Tea will be poured by
the Kitchen Staff

Dinner

Baked Lasagna, Cesar Salad, Garlic Toast
Dessert
Bottled water
Coffee (both kinds) or Tea will be poured by
the Kitchen Staff

Saturday or Wednesday

Breakfast:

Mediterranean egg cups (contains eggs,
chicken, rice, spinach, tomatoes, olives and
Feta cheese), Sausage, Fresh Fruit; Pastry
Selection of bottled juice
Coffee (both kinds) or Tea will be poured by
the Kitchen Staff

Lunch:

Mini Ham & Cheese Sandwich, Broccoli
Salad, Bag of Chips, Dessert
Bottled water
Coffee (both kinds) or Tea will be poured by
the Kitchen Staff

Dinner:

Baked Turkey Breast, Wild Rice Medley,
Vegetable, Dinner Salad, Dessert
Bottled water
Coffee (both kinds) or Tea will be poured by
the Kitchen Staff

Breakfast (final day of the retreat)

Breakfast Strata (contains eggs, bread &
cheese), Bacon, Fruit, Hash Brown
Casserole, Quick Bread
Selection of bottled juice
Coffee (both kinds) or Tea will be poured by
the Kitchen Staff

Optional Box Lunch to go on

***Sunday—needs to be ordered by Saturday
Breakfast***

Sub Sandwich, Chips, Cookie, bottle of
water