

RETREAT MENU: OA Retreat November 8-10, 2019

*VEGETARIAN PROTEIN OPTION FOR ALL MEALS: **PLAINLY COOKED LENTILS.**

*Separately cooked chicken, meat, fish

*Variety of Herbal teas

*Beverages for all meals: skim milk, unsweetened almond milk, **herbal tea, lemon wedges, regular and decaf coffee.**

Friday dinner: 5:30PM: baked fish, potato wedges, roasted zucchini, onions and peppers, green salad, olive oil, unsweetened rice vinegar, fresh fruit (to be determined by what is fresh at the time).

Saturday breakfast: 8AM: plain oatmeal, plain shredded wheat, plain yogurt, hard-boiled eggs, fruit, lentils

Saturday lunch: 12:30PM: roasted pork loin, red potatoes, cooked carrots, green salad, celery sticks, oil, vinegar, fresh fruit, lentils

Saturday dinner: 5:30PM: baked chicken, brown rice, broccoli, salad, oil, vinegar, fresh fruit, lentils, beverages as above. All meals are served buffet-style.

Sunday breakfast: 8AM: plain oatmeal, plain shredded wheat, plain yogurt, hard-boiled eggs, fruit, lentils

There will be butter available and salt and pepper on the tables. If you like to add spices to your food, please bring your own, or if you have need of special food items not on the menu (example: a metabolic between meals or something taken with medication), please bring from home. There is a refrigerator in the dining room for those who need to use one.