



# Retreat Food Menu



## Breakfast

Buffet style

Fruit, Yogurt, Coffee, Tea, Orange Juice

- Toast with eggs or Toast with Jelly
- Breakfast Egg Tacos with pico de gallo
- Pancakes
- Homefries

## Lunch

Opt 1: Cheese Quesidillas w/ onions

Opt 2; Salad Mixed greens, strawberries, walnuts, onion, cherry tomato, balsamic dressing

Guacomole, chips, pico de gallo, black bean corn salsa, with Chiltepin Sauce

## Dinner

### Night 1

Opt 1: Grilled Chicken, Rice, mixed vegetables

Opt 2: Grilled Shrimp, Rice, mixed vegetables

Opt3: Mixed vegetables, Rice, salad

### Night2

Taco Night (frijoles, salsa, cheese)

- Chicken
- Beef
- Veggie