



# CONFERENCE & RETREAT SAMPLE MENU

Our fruits and vegetables are seasonal and all may not be available.



## BREAKFAST

- Scrambled Eggs
- Roasted Potatoes
- Turkey or Chicken Apple Sausage
- Hot Oatmeal or Cereal
- Fresh Fruit and Yogurt
- Toast
- Orange Juice, Milk, Tea & Coffee



## CONTINENTAL BREAKFAST

- Yogurt and Granola
- Homemade Muffins
- Fresh Fruit
- Orange Juice, Milk, Tea & Coffee



## DINNER

### PASTA BAR:

- Vegetarian or Meat Sauce
- Sautéed Vegetables
- Dinner Rolls

### CHINESE:

- Chicken or Vegetable Fried Rice
- Potstickers

### HOME-STYLE DINNER:

- Roasted Chicken
- Mashed Potatoes and Gravy
- Sautéed Vegetables

\*All dinners include salad bar and hot soup.



## LUNCH

- Taco bar with roasted chicken (chopped) rice, beans, guacamole, salsa, sautéed vegetables and tortillas
- Sandwich bar with a variety meats, cheese and toppings
- Tuna melts
- Pizza: Cheese, Pepperoni and Curry-infused kale/Vegetarian

\*All lunches include salad bar and hot soups.



## AFTERNOON SNACK

- Cheese and cracker platter
- Fruit plate
- Fresh Made Cookies
- Vegetable and Hummus Platter



## SPECIAL CONSIDERATIONS

The YMCA is able to accommodate most dietary restrictions and special needs including:

- Vegetarian
- Vegan
- Gluten-Free
- Dairy-Free
- Food Allergies