



ZION WOMENS RETREAT

GUEST EXPECTED 28

SATURDAY 11/6/21

BREAKFAST 8AM

FRESH MELON DISH W/YOGURT CUP
APPLE, ORANGE, OR TOMATO JUICE
ASSORTED COLD CEREALS W/2% MILK
SCRAMBLED EGGS W/ CHEDDAR CHEESE
BLACK OAK HAM SLICES
HASH BROWN PATTIES W/KETCHUP
COFFEE, HOT TEA, OR HOT CHOCOLATE

LUNCH 12PM

FRUIT COCKTAIL DISH
CHICKEN FILET SANDWICH ON ROLL
LETTUCE, TOMATO, MAYONNAISE
SEASONED FRENCH FRIES W/KETCHUP
CHOCOLATE CHIP COOKIE
ICED WATER AND LEMONADE

DINNER 5PM

GARDEN SALAD W/ ASSORTED DRESSINGS
ROASTED CHICKEN BREAST W/SUPREME SAUCE
WHIPPED POTATOES & CANDIED CARROTS
FRENCH BREAD W/WHIPPED BUTTER
CHOCOLATE CAKE W/WHITE ICING
ICED WATER AND ICED TEA



SUNDAY 11/7/21

BREAKFAST 8AM

ASSORTED BERRY DISH W/ YOGURT CUP
APPLE, ORANGE, OR TOMATO JUICE
ASSORTED COLD CEREALS W/2% MILK
PANCAKES W/ MAPLE SYRUP
SAUSAGE PATTIES

LUNCH 30

BABY CARROTS & CELERY W/RANCH DIP
SALISBURY STEAK W/BORDELAISE SAUCE
RISSOLE POTATOES
WHOLE KERNEL CORN
APPLE PUFF PASTRY W/ICE CREAM CUP
ICED WATER AND ICED TEA

