



Group Retreat Sample Menu

Breakfast*

- 1) Scrambled Eggs: with bacon or sausage, fresh fruit, cereal, and homemade breads
- 2) Eggbake: with hash browns, oatmeal, fresh fruit, cereal
- 3) French Toast: with bacon or sausage, fresh fruit, cereal, and homemade breads
- 4) Baked Oatmeal: with bacon or sausage, fresh fruit, cereal, and homemade breads
- 5) Hashbrown Quiche: with fresh fruit, cereal, and homemade breads
- 6) Yogurt Bar: with fresh fruit, granola, nuts, etc.

* Traditional oatmeal can be added to the choices above.

Lunch

- 1) Homemade Soups: with a make-a-sandwich station
- 2) Baked Potato Bar: with broccoli and other toppings; salad; dessert
- 3) Taco Bar: build your own taco with items such as: ground turkey or beef, refried beans, salsa, cheese, lettuce, sour cream, black olives, diced tomatoes, salad dressings, etc.
- 4) Black Bean Enchiladas: with Spanish rice, salad, dessert
- 5) Picnic: such as hamburgers, potato salad, beans, etc.
- 6) Vegetable Chili: with cornbread, sandwich/salad fixings with options such as cheese, hummus, cucumbers, lettuce, onion, tomato, pickles, etc.

Supper

- 1) Stir-Fry: with a delicious mix of veggies; meat optional; rice
- 2) Shephard's Pie: with hamburger, turkey burger, chicken or turkey
- 3) Lemon-Garlic Cod: with chef's choice of side items including vegetable or salad, breadsticks, dessert
- 4) Chicken Cordon Bleu: with chef's choice of side items, salad, dessert
- 5) Turkey Dinner: with mashed potatoes, corn, salad, dessert
- 6) Vegetarian Lasagna: with garlic bread, salad, dessert

With advance notice, Dunrovin can provide accommodations for the following dietary restrictions: gluten-free, dairy-free, nut-free, vegetarian.