

You and Creator Spiritual Retreat

Breakfast – Saturday & Sunday

Eggs, Bacon, Sausage, Potatoes

Oatmeal, maple syrup

Cinnamon rolls

Lunch – Saturday & Sunday

Salad greens, tomatoes

Salad dressing, croutons, toppings

Wraps, Bread

Turkey, Ham

Cheeses- American, Swiss, Pepper Jack

Mayo, mustard

Chips

Avocado, salsa, hummus

Dinner – Friday, Saturday & Sunday

Salad greens, tomatoes

Salad dressing, croutons, toppings

Friday – Pizza, Wings

Saturday – Rotisserie Chicken, Rice

Sunday – Tacos, Burritos, Nachos (Beef & Chicken)

Drinks – Water, Green Tea, Cranberry Juice

Desserts & Snacks