



Adult Weekend Sample Menu

Perlman Retreat Center will work with your group to create a delicious and varied menu for your stay.

	Friday	Saturday	Sunday
Breakfast		Scrambled Eggs Hash Brown Potatoes Bagels with Cream Cheese Granola, Yogurt & Fresh Fruit Assorted Cereal with Milk Fruit Juice	Waffles & Syrup Bagels with Cream Cheese Granola, Yogurt & Fresh Fruit Assorted Cereal with Milk Fruit Juice
Lunch		Deli Sandwiches on Hoagie Rolls Potato Chips Condiments & Pickles Salad Bar Dessert	SunButter Satay served with Basmati Rice Vegetable Curry Spinach & Chick Pea Stew Salad Bar Dessert
Dinner	Oven Roasted Chicken Rosemary Potatoes Tender Baby Carrots Salad Bar Dessert	Vegetarian Lasagna Garlic Bread Sticks Caesar Salad Salad Bar Dessert	
All Meals Include: Coffee, Gourmet Flavored Teas, Fruit Bowl & Water Dairy Meals Include: Cappuccino, French Vanilla & Hot Chocolate <i>*Vegetarian or Vegan Options Available with Meat Meals Upon Request</i>		Options Available at an Additional Cost: <ul style="list-style-type: none"> ▪ Breakfast Pastries: Apple Turnovers, Muffins, Doughnuts ▪ Snacks: Wine with Cheese & Crackers; Chips & Salsa; Pretzels; Brownies; Cookies ▪ Lemonade Cups ▪ Organic Salad Bar ▪ Organic Fruit Bowl 	