



Youth Weekend Sample Menu

Perلمان 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	Hot Dog on a Bun Potato Chips Condiments & Pickles 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: Cheese & Crackers; Chips & Salsa; Pretzels; Brownies; Cookies ▪ Lemonade Cups ▪ Organic Salad Bar ▪ Organic Fruit Bowl 	