

Weekend Retreat (TENTATIVE) Menu 2016*

Friday Evening:

Venison Chili
Cornbread

Saturday Continental Breakfast:

Joe's favorite...Vermont 7 Grain Hot Cereal
Assorted Fruits, Granola, & Yogurt
English Muffins & Jam

Saturday Lunch

BLT Wraps
Tater Tot's

Saturday Dinner

"Fred's Chicken"
(B/S thighs, sundried tomatoes, pesto, olives, feta)
Confetti Rice
Roasted Brussel Sprouts
Arugula Salad

Sunday Breakfast:

Southern Grits Casserole
(pork sausage, eggs, grits, & cheese)
Assorted Fruits, Granola, & Yogurt
English Muffins & Jam

* subject to change per Fred's discretion