



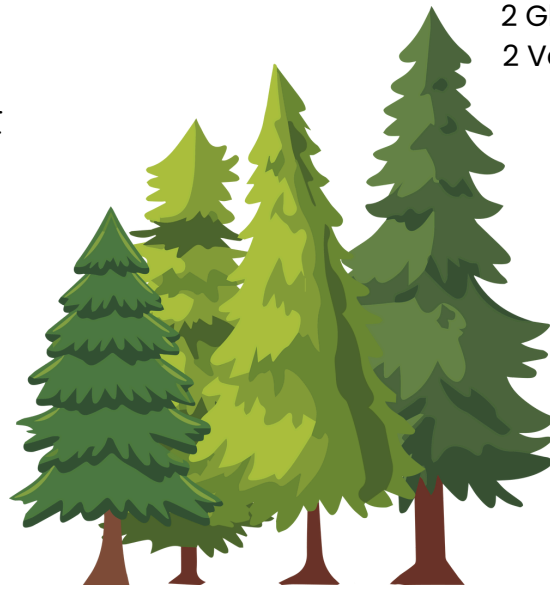
The Food

2 Gluten Free
2 Vegetarian

Yosemite Retreat Menu

Regular menu will not contain
mushroom or peanuts.

MENU IS SUBJECT TO CHANGE



REGULAR MENU

Thursday Dinner 6pm

Tuscan Chicken, Lemon Basil Pilaf,
Asparagus, Italian Salad, Garlic Bread

*There will be a Gluten Free option for the Bread &
croutons will be served on the side for anyone that
does not eat gluten

Dessert: Tiramisu

Friday Breakfast 8am

Caprese Quiche, Bacon, Breakfast Country
Potatoes and Fruit

*There will be a Gluten Free option for the
Quiche.

Friday Lunch Noon

Coconut Curry Veggies and Chicken, Pad Thai,
Cilantro Rice, Asian Garden Salad and Naan

VEGETARIAN MENU

Thursday Dinner 6pm

Tuscan Portobello, Lemon Basil
Pilaf, Asparagus w/ Italian
Salad, Garlic Bread

Dessert: Tiramisu

Friday Breakfast 8am

Caprese Quiche, Breakfast Country
Potatoes and Fruit

Friday Lunch Noon

Coconut Curry Veggies, Pad Thai, Cilantro
Rice, Asian Garden Salad and Naan

REGULAR MENU

Friday Dinner 5pm

BBQ Tri Tip w/ Au Jus and Horseradish Sauce, Garlic Rosemary Mashed Potatoes, Seasonal Veg Saute', Sourdough Bread w/ Whipped Herb Butter

Dessert: Chocolates Flourless Torte w/ Crème Anglaise and Berries

Saturday Breakfast 8am

Veggie Frittata, Sweet Potato Breakfast Potatoes, and Fruit

Saturday Lunch Noon

Vegetable Minestrone, Spinach, Arugula, Kale Salad w/ Fruit, Roasted Pepitas and Feta on the side, Dinner Rolls

Saturday Dinner 5pm

-Shrimp Piccata Scampi over Angel Hair Pasta, Sweet Onion, Green Beans, Baby Greens Salad w/ Lemon Tahini Dressing, Sour Dough

*There will be a Gluten Free option for dessert.

Dessert: Apple Crisp

Sunday Breakfast 8am

-Breakfast Burritos w/ Sausage, egg, cheese, potatoes, salsa and sour cream, Fresh Fruit and Yogurt Parfaits

VEGETARIAN MENU

Friday Dinner 5pm

Eggplant w/ Au Jus and Horseradish Sauce, Garlic Rosemary Mashed Potatoes, Seasonal Veg Saute', Sourdough Bread w/ Whipped Herb Butter

Dessert: Chocolates Flourless Torte w/ Crème Anglaise and Berries

Saturday Breakfast 8am

Veggie Frittata, Sweet Potato Breakfast Potatoes, and Fruit

Saturday Lunch Noon

Vegetable Minestrone, Spinach, Arugula, Kale Salad w/ Fruit, Roasted Pepitas and Feta on the side, Dinner Rolls

Saturday Dinner 5pm

Angel Hair Pasta, Sweet Onion Green Beans, Baby Greens Salad w/ Lemon Tahini Dressing, Sour Dough

Dessert: Apple Crisp

Sunday Breakfast 8am

All Vegetarians said they eat eggs therefore we will have -Breakfast Burritos w/ egg, potatoes, salsa, Fresh Fruit and Yogurt Parfaits