



RALSTON WHITE RETREAT

RALSTON WHITE RETREAT-SAMPLE MENU

Green Salad, Starch, Vegetable, Dessert and Artisan Bread are chosen by our culinary staff to accompany your dinner choice of entree for an exciting and nutritious meal. We will work with you with regards to SERIOUS dietary restriction requests. We are more than happy to design your menus for you! Meals are served buffet style. Coffee/Tea service and a fresh fruit bowl are available all day.

Breakfasts

Hot and cold cereals, fruit juice, homemade granola, yogurt, toast, peanut butter, jellies, bagels w/cream cheese and seasonal fresh fruit are served with all breakfasts and brunches.

***Frittata** - choice of vegetarian and/or ham and cheese. Served w/roasted potatoes and your choice of homemade muffins or scones.*

***Homemade Whole Grain Pancakes** - Served w/seasonal fruit sauce and pure maple syrup. Cottage cheese and hard-boiled eggs are also provided.*

***Baked Apple Breakfast Bread Pudding or Traditional French Toast** - Served w/seasonal fruit sauce and pure maple syrup. Cottage cheese and hard-boiled eggs are also provided.*

***Scrambled Eggs** - Served w/roasted potatoes and your choice of homemade muffins or scones. Sausage patties are provided upon request.*

Continental Breakfast

Bagels w/cream cheese, toast, homemade muffins or scones, seasonal fresh fruit, yogurt, cottage cheese, hard boiled eggs, oatmeal and cold cereal bar are provided.

Brunch

Choice of either frittata or scrambled eggs breakfasts plus smoked salmon w/condiments and hearty green salad.



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Lunches

Chef's Pasta Choice - Served w/homemade bread and green salad.

Pad Thai - Served w/vegetables, chicken or shrimp. Also served w/cucumber salad.

Middle Eastern - Tabouli, hummus, tuna salad w/ pita bread. Also served w/green salad and cucumber raita dressing.

Soup and Salad - Homemade soup or chili. Served w/grilled chicken breasts and green salad. Also served w/homemade bread or tortilla chips and condiments.

Baked Polenta w/Sausages and Artichokes - Served w/homemade bread and green salad.

Sandwich Buffet - Assorted meats and cheeses served w/rolls, chef's salad choice, chips and condiments.

Salad Buffet - Chicken Cobb Salad, Caesar Salad w/grilled chicken/salmon or Chinese Chicken Salad served w/homemade bread.

Dinners

Roasted Pork Loin - w/applesauce.

Roasted Chicken - w/Parmesan-Panko crumbs.

Sesame Teriyaki Salmon/Chicken/Tofu - w/parsley-lemon zest.

Grilled & Roasted Beef Tri Tip - w/sour cream horseradish sauce.

Turkey Meatloaf - w/BBQ Sauce.

South Indian-Style Curry - w/Chicken & Vegetables/Tofu.

Roasted Butternut Squash Lasagna - w/Goat Cheese-Parmesan Béchamel, Sage & Breadcrumbs.

Sausage or Vegetarian Mushroom Lasagne - w/Parmesan Béchamel.

Chicken or Vegetable Enchiladas - w/enchilada sauce and queso.

Taco and Burrito Bar - w/chicken or beef and roasted vegetable