

## *Sample Menus*

Our experienced and dedicated staff will create a menu that is delicious and nutritious, with options that meets your retreat group's dietary needs including vegan, vegetarian, gluten free, or allergen-free options. The menus below provide an idea of the types of meals served at Camp Stevens. Water is provided at all meals.

## *Breakfasts*

All breakfasts include cold cereal, yogurt, fresh fruit, tofu or vegetable scramble, and homemade bread, oatmeal, and granola.

- Blueberry Buttermilk Pancakes or Protein Pancakes with Raspberries; Butter and Syrup; Turkey Sausage
- Frittata with Turkey Bacon, Mushrooms, and Spinach; Cheddar Cheese Scones; Hash Browns
- Pecan Rolls, Hash Browns; Hardboiled or Scrambled Eggs
- Breakfast Burritos with Tortillas, Egg, Potatoes, Cheese, Salsa, and Avocado

## *Lunches*

All include fresh fruit, salad, and homemade bread.

- Chili with Quinoa; Cornbread with Honey Butter; Baked Potatoes with Shredded Cheese and Sour Cream
- Coconut Curry with Garlic Naan
- Calzones with Veggies and Pesto; Veggies and Hummus
- Chicken Caesar Salad; Sweet Potato Fries
- Ciabatta Sandwiches with Tomato, Basil, and Mozzarella; Tomato Curry Soup with Orzo
- Melty Turkey and Cheese Sandwiches; Roasted Garden Tomatoes; Cauliflower Soup
- Chicken Burritos; Black Beans; Mexican Rice; Fresh Salsa; Sour Cream, Guacamole, Chips

## *Dinners*

All dinners include salad, dessert, and homemade bread.

- Chicken Enchiladas; Beans, Rice, Salsa, Chips, Guacamole
- Pesto Pasta with Chicken; Garlic Breadsticks; Roasted Cauliflower with Parmesan and Garlic
- Polenta Casserole; Sautéed Zucchini; Roasted Butternut Squash
- Lentil Walnut Loaf; Roasted Brussel Sprouts and Carrots; Rosemary Bread
- Parmesan Dijon Chicken; Mashed Potatoes; Green Beans; Rosemary Walnut Bread
- Spaghetti and Meatballs; Roasted Rainbow Carrots; Garlic Focaccia Bread

## *Salads*

Spinach Salad with Goat Cheese, Pecans, and Roasted Beets, and Balsamic Dressing; Romaine Salad with Blue Cheese Dressing; Kale Salad with Butternut Squash and dressing; Spring Salad Mix with Oranges and Pepita Dressing; Mixed Salad with Carrots, Tomatoes, Cucumbers, Celery, and Vinaigrette Dressing

## *Desserts*

Cranberry Cake with Fresh Whipped Cream; Cookies – Chocolate Chip, Snickerdoodle, Mint Chocolate; Dark Chocolate Goat Cheese Brownies; Apple Crisp; Pumpkin Cheesecake; Banana Cake with Cream Cheese Frosting