

MEAL PLANNER

Day 1 Day 2 Day 3

❖ Breakfast

Combo _____

❖ Lunch

Entrée _____

Side _____

Salad _____

OR

Combo _____

❖ Dinner

Entrée _____

Potato _____

Veggies _____

Dessert _____



Group Name _____

Contact Name _____

Phone No. _____

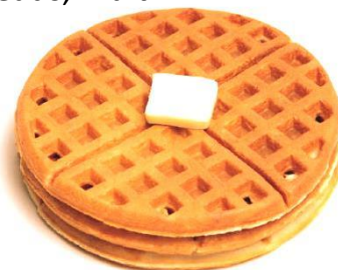
Email _____

Event Dates _____

BREAKFAST

Includes Juice,
Milk & Coffee

1. Waffles with Sausage, Fruit
2. French Toast with Sausage, Fruit
3. Biscuits and Gravy, Fruit, Eggs
4. Continental Breakfast – Rolls, Sweet Breads, Cold Cereal or Oatmeal, Fruit, Yogurt
5. Cheese Omelet, Sweet Breads, Fruit
6. Ham & Potato Quiche, Sweet Breads, Fruit



Special Dietary Needs?

Gluten-free, diabetic, or lactose-intolerant? Just let us know one week in advance and we can usually accommodate!

LUNCH

Includes Beverage and Fruit

Entrees (Choose One):

1. Pulled Pork Sandwich
2. Hamburger
3. Chicken Patty Sandwich
4. Brats
5. Corn Dogs

Sides (Choose One):

6. Chips
7. Tater Tots
8. French Fries
9. Baked Beans

Salads (Choose One):

10. Garden
11. Macaroni
12. Potato Salad
13. Pepperoni Pasta
14. Oriental Salad

Or Select a Tasty Combo:

15. Chef Salad, with Fresh Bread
16. Soup and Salad Bar, with Roll, (Chili and Soup of the Day)
17. Pizza, with Salad Bar
18. Taco in a Bag with Toppings, Cottage Cheese

DINNER

Includes Beverage, Salad, Fruit,
Fresh Bread

Entrees (Choose One):

1. Ham
2. Roast Beef
3. Barbequed Chicken
4. Chicken Fettuccini Alfredo*
5. Pasta with Meat Sauce*
6. Lasagna Rolls with Meat Sauce*

* No Potato

UPSCALE OPTIONS

Added Charge

9. Steak
10. Bacon-Wrapped Creamy Chicken

Potatoes (Choose One):

11. Mashed
12. Scalloped
13. Roasted Red
14. Wild Rice Pilaf

Vegetables:

15. Broccoli Normandy
16. Corn
17. Green Beans
18. Prince Edward Veggie Array
(Green & Wax Beans, Carrots)
19. Peas

Desserts:

20. Spice Cake, Cream Cheese
Frosting
21. Chocolate Cake, Chocolate
Frosting
22. Yellow Cake, Chocolate Frosting
23. Cheesecake
24. Apple Turnover
25. Pudding Tarts

GENERAL INFORMATION:

It is our pleasure to serve you and your group. Please let us help you plan a memorable and meaningful retreat.

These menu items are included in your standard retreat fees. Please select the menu items your group will enjoy for each meal and put the item number on the appropriate line.

For assistance or to discuss your retreat, contact the camp:

Phone (218) 682-2714 or
Email: mbcamp@uslink.com

Food Questions: mbcfood@tds.net

RETREAT MEAL



PLANNER