



SAMPLE MENUS AT SEVEN CIRCLES RETREAT CENTER
All with coffee, teas, ice tea (milk on request)

BREAKFAST

Mushroom and cheese egg frittata
Baked maple apple slices
Turkey sausages
Juice

LUNCH

Curried roasted vegetable wraps
Cucumber-yogurt salad
String cheese sticks
Date bars

DINNER

Asian sesame chicken with ginger
sauce
Jasmine rice
Stir-fry vegetables
Garden salad
Hawaiian wedding cake (pineapple and
coconut)

BREAKFAST

Country hash brown potatoes with
onions and peppers
Scrambled eggs with diced ham
Biscuits
Juice

LUNCH

Greek tortellini salad with artichoke
hearts, olives and feta cheese
Crusty rolls
Vegetable sticks and dip
Baklava

DINNER

Stuffed green peppers with fresh Italian
tomato sauce
Dinner rolls
Garden salad
Peach upside-down cake

BREAKFAST

Mexican omelets in tortillas with
avocado sauce
Cinnamon rolls
Juice

LUNCH

Creamy tomato-red pepper soup
Grilled cheese triangles
Coleslaw
Carrot cookies

DINNER

Barbequed salmon
Rice pilaf
Coleslaw
Pistachio cake

BREAKFAST

Waffles with chunky spiced apple-
cranberry sauce
Sausages
Juice

LUNCH

Asian chicken salad with mandarin
oranges and crispy noodles
Egg rolls
Almond cookies

DINNER

Turkey Meatloaf
Roasted potatoes
Peas and mushrooms
German chocolate cupcake
