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**Weekend Retreat  
Menu Choices**  
(rev 8-Nov-17)

**Friday Dinner** - prepared by your group - *if your group would rather not cook, please contact us for other options*

- ☐ **Spaghetti**, Meatballs, Salad, Garlic Bread (*Note: vegetarians, the meatballs are in a separate sauce*)
- ☐ **Sloppy Joes**, hard boiled eggs, vegetables, dip, chips (*veggie burgers for vegetarians*)
- ☐ **BBQ pulled pork sandwiches**, hard boiled eggs, vegetables, dip, chips (*veggie burgers for vegetarians*)
- ☐ **No Dinner**

**Saturday Breakfast**- prepared by your group

- ☐ Cereal, Oatmeal, Toast, Fresh Fruit, Coffee, Tea, Milk, Orange Juice
- ☐ Pancakes, Sausage, Fresh Fruit, Coffee, Tea, Milk, Orange Juice

**Saturday Lunch** - prepared by your group

- ☐ **Packed lunch on the town**, each person will pack own lunch and put it in the provided coolers  
(*Daily lunch selections are ham/turkey or PB & J sandwiches. Each carload may take a community bag of chips/pretzels. Each car may take a bag/box of cookies and a bag of veggies. Lunch bags provided*).
- ☐ **No Lunch** (eating out)

**OR if staying @ Tau House**

- ☐ **BBQ pulled pork sandwiches**, hard boiled eggs, vegetables, dip, chips (*veggie burgers for vegetarians*)
- ☐ **Sloppy Joes**, hard boiled eggs, vegetables, dip, chips (*veggie burgers for vegetarians*)

**Saturday Dinner** - prepared by your group - *if your group would rather not cook, please contact us for other options*

- ☐ **Spaghetti**, Meatballs, Salad, Garlic Bread (*Note: vegetarians, the meatballs are in a separate sauce*)
- ☐ **Lasagna**, Salad, Garlic Bread (*Note: vegetarian or 5-cheese lasagna available upon request*)
- ☐ **Comfort Food!** Choose one meat<sup>1</sup> - one starch<sup>2</sup> - one vegetable<sup>3</sup> - rolls & dessert provided w/all choices
  - ☐ <sup>1</sup>Roasted Pork Loin (done in a slower cooker)
  - ☐ <sup>1</sup>Grilled or BBQ chicken breasts (done on outside gas grill or broiled in bad weather)
  - ☐ <sup>2</sup>Macaroni and Cheese
  - ☐ <sup>2</sup>Baked Potatoes
  - ☐ <sup>2</sup>Mashed Potatoes
  - ☐ <sup>3</sup>Green bean casserole (with mushroom soup and French's onions)
  - ☐ <sup>3</sup>Plain green beans, corn, peas or mixed vegetables
- ☐ **Franciscan Fiesta**, served with Mexican rice, lettuce, tomato, refried/black beans, chips and nacho dip, sour cream
  - ☐ Chicken Fajitas with onions and peppers
  - ☐ Beef tacos
- ☐ **No Dinner** (eating out)

**Sunday Breakfast** - prepared by your group

- ☐ Cereal, Oatmeal, Toast, Fresh Fruit, Coffee, Tea, Milk, Orange Juice
- ☐ Pancakes, Sausage, Fresh Fruit, Coffee, Tea, Milk, Orange Juice