**Retreat Reservation/Menu Selection Form**

(Please mail/ email this menu form at least 2 weeks prior to your stay.)

Group Name:

Leader Name

Phone

How many in your group?

Arrival Date

|  |
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| ***Arrival/Departure Options*** |
| ***Early Check-In*** 11 am w/ lunch $9.50/person (min. 5 guests) | Yes, for peopleNo |
| ***Late Check-Out*** 3 pm w/ lunch $12./person (min. 5 guests) | Yes, for peopleNo |

Departure Date

***Breakfast***

**Continental Breakfast** - yogurts, sausage, oatmeal, boiled eggs, cheese omelets, toast, fruit, biscuits and gravy

***Full Breakfast*** *is offered one morning of your choice.*

 *(eggs, bacon, toast, fried potatoes, waffles w/strawberries)*

*Which morning would you like the full breakfast? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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| ***Meal Selections*** |
| Please review the Lunch and Dinner Choices, then indicate in the chart below the ***Lunch Number*** and the ***Dinner Letter*** that you would like for each day of your stay.Let us know if anyone has dietary restrictions. We can accommodate you. See below  |
|  | ***Lunch*** | ***Dinner*** |
| ***Friday*** |  |  |
| ***Saturday*** |  |  |
| ***Sunday*** |  |  |
| ***Monday*** |  |  |
| ***Tuesday*** |  |  |
| ***Wednesday*** |  |  |
| ***Thursday*** |  |  |
| ***Dietary restrictions?******Name/Allergy*** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| ***Other comments or concerns?*** |  |

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| ***Lunch Choices*** |
| **1** | Lunch Meat/Cheese Sandwiches, Spinach Pasta Salad, Cottage Cheese w/Cranberries, Chips  |
| **2** | Hamburgers, Hot Dogs, Barbecue Beans, Fruit Salad, Chips |
| **3** | Homemade Soup, Grilled Cheese / Tomato Sandwiches , Chips |
| **4** | Baked Potato Bar w/fixins (sweet potato & russet) Caprese Salad, Apple Walnut/Craisin Salad  |

**B**

**E**

**D**

**A**

**C**

|  |
| --- |
| ***Dinner Choices*** |
| **A** | Tacos, (Chicken, Fish, Beef) Enchiladas, RefriedBeans, Mexican Quinoa Salad, & Dessert |
| **B** | Sirloin Kabobs with Veges, Baked Chicken, Rice, Bread, Salad & Dessert |
| **C** | Pot Roast, Mashed Potatoes, Salmon, Vegetables, Salad, & Dessert |
| **D** | Greek Lemon Chicken w/ Red and White Potatoes, Cod, Vegetables, Greek Salad, Bread and dessert |
| **E** | BBQ Pork Ribs, Basmati Rice, Garlic Shrimp, Vegetables, Bread, Salad & Dessert |
|  | Lasagna, Eggplant Parmesan, Mild Italian Sausage and Peppers, Garlic Bread, Salad & Dessert |

*Please email or mail your menu to me 2 weeks before your retreat.*

**F**

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 **Phone**: 28 476-4003 **Email**: Calligraph@aol.com