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**Weekend Retreat
Menu Choices**
(rev 8-Mar-18)

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 meat¹ - one starch² - one vegetable³ - rolls & dessert provided w/all choices
 - ☐ ¹Roasted Pork Loin (done in a slower cooker)
 - ☐ ¹Grilled or BBQ chicken breasts (done on outside gas grill or broiled in bad weather)
 - ☐ ²Macaroni and Cheese
 - ☐ ²Baked Potatoes
 - ☐ ²Mashed Potatoes
 - ☐ ³Green bean casserole (with mushroom soup and French's onions)
 - ☐ ³Plain 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