Ladies Retreat Menu

* Friday
  + Dinner
    - Bear Paw Spaghetti
    - Salad Bar
      * LSM
      * Bacon Bits
      * Tomatoes
      * Croutons
      * Red Peppers
      * Red Onions
      * Carrots
      * Cucumbers
      * Cheese - shredded cheddar
      * Broccoli
      * Sun Flower Seeds
      * Ranch
      * Italian
      * Huckleberry Vinegrette
    - Bread
* Saturday
  + Breakfast
    - Ham and Eggs
    - Crepes
    - Oatmeal
    - Fruit
  + Lunch
    - Soup
      * Taco
      * Chicken Curry
      * Roasted Vegetable Barley
    - Salad Bar
    - Bread
  + Dinner
    - Chicken Pesto Parmesan
    - Grilled Veggies
    - Garlic Mashed Potatoes
    - Waldorff Salad
* Sunday
  + Breakfast
    - Pumpkin Oatmeal
    - Fruit
    - Ygurt