

mountain laurel

— THERAPY —

Women's Connection Retreat Tentative Menu

Menu items are subject to change. Substitutions can be made based on dietary requirements

FRIDAY, SEPTEMBER 27, 2024

Welcome Reception

*Caprese skewers (GF) - Mozzarella balls, cherry tomatoes and fresh basil drizzled with olive oil and smoked sea salt
Dried apricots stuffed with jalapeño and wrapped in crisp bacon (GF)
Crab-filled filo cups*

Dinner

*Chicken Parmesan served with penne pasta, homemade marinara and fresh Parmesan
Romaine salad with cherry tomatoes, carrots, red onions, cucumber and homemade balsamic dressing
Sautéed garlic green beans
Fresh garlic bread
Raspberry and lemon cake*

SATURDAY, SEPTEMBER 28, 2024

Breakfast

*Fresh fruit platter
Quiche Lorraine with caramelized onions, bacon and Swiss cheese
Cinnamon rolls with orange zest frosting*

Lunch

*Sandwich selection – Basil chicken salad OR turkey and provolone
Cucumber salad tossed with red onions and vinaigrette dressing
Assorted chips*

Dinner

*Surf 'n' turf taco bar – Margarita shrimp with jalapeños, cilantro, tequila, cumin, garlic, cilantro, lime juice and spices
OR seasoned, sliced chicken breast
Cotija cheese, lettuce, crema and homemade salsa
Flour and corn tortillas
Refried beans and Spanish rice
Chocolate caramel salted cake*

SUNDAY, SEPTEMBER 29, 2024

Brunch

*Fresh fruit platter
Bacon pillow biscuits with butter and preserves
Bacon, potato, egg and cheese casserole*
