

Women's Nature Ways Mid-Winter Retreat Menu

Friday

dinner: Thai coconut soup (chicken + vegetarian), Rice, Salad, Dessert

Saturday

breakfast: Oats + quinoa, Hard-boiled eggs, Fruit platter, Yogurt

lunch: Sandwich bar (cheese, sliced meat), Salad, Hummus + veggies, Chips / crackers, Fruit

dinner: Taco bar or Golden Pear Soup & Cornbread; Salad; Fruit platter or dessert

Sunday

breakfast: Oats + quinoa, Hardboiled eggs, Fruit platter, Yogurt

Coffee + teas provided, plus milk, non-dairy options, sweeteners