



## Menu Options & Selections

The Following Are Menu Options for Our Guests

We Can Always Customize for Your Events!



## To Your Health!

Our menu is designed to provide great tasting meals that are whole, natural, home-cooked, and well balanced. Our goal is to select local and organic produce, and purchase our meats, dairy and eggs from local sustainable farmers who do not use growth enhancing hormones, or antibiotics, and raise their animals humanely, whenever possible. We do our best to support our local purveyors and farmers because we believe it is the right thing to do.

## Meal Times ~

Meal times are scheduled for 8 am, 12:30 pm, and 6 pm, unless otherwise requested.

## Dietary Limitations ~

If members of your group are in need of specific meal adjustments due to medical dietary limitations, we will do our best to accommodate. If we are unable to accommodate your requests completely, we will make available space in our kitchen for storage of personal foods, and make that area accessible so that all meals may be enjoyed comfortably and completely with the group.

## Requesting Changes to the Existing Menu ~

Please note that if there are any adjustments you would like to see made to the existing menu, we are happy to discuss these. For the most part, adjustments that are cost-comparable are simple to implement at no additional cost.

Enjoy and thank for choosing Cedar Ridge.



# Camper Fare

Simple, clean, home-cooked meals

BREAKFAST	
1.	<p>Scrambled Eggs: <input type="checkbox"/> cheese OR <input type="checkbox"/> garden vegetables</p> <p>Hot-baked mini muffins</p> <p>Fruit (fresh, seasonal, &amp; local when possible)</p> <p>Soy, rice, or dairy milk</p> <p>Coffee, tea, &amp; juices</p>
2.	<p>Hard-Boiled Eggs</p> <p>Steel-cut oatmeal, &amp; cold cereal selection with fixing's</p> <p>Fruit (fresh, seasonal, &amp; local when possible)</p> <p>Soy, rice, or dairy milk</p> <p>Coffee, tea, &amp; juices</p>
3.	<p>Whole Grains, Cold Cereal, &amp; Granola selection</p> <p>Assorted low fat yogurts</p> <p>Fruit (fresh, seasonal, &amp; local when possible)</p> <p>Soy, rice, or dairy milk</p> <p>Coffee, tea, &amp; juices</p>
4.	<p>Egg &amp; Cheese Sandwich served on whole wheat English muffin</p> <p>Hash browns</p> <p>Fruit (fresh, seasonal, &amp; local when possible)</p> <p>Soy, rice, or dairy milk</p> <p>Coffee, tea, &amp; juices</p>
5.	<p>Pancakes: <input type="checkbox"/> buckwheat OR <input type="checkbox"/> buttermilk</p> <p>Scrambled eggs</p> <p>Fruit (fresh, seasonal, &amp; local when possible)</p> <p>Soy, rice, or dairy milk</p> <p>Coffee, tea, &amp; juices</p>
6.	<p>Bagel selection with cream cheese, &amp; peanut butter</p> <p>Assorted low fat yogurts</p> <p>Fruit (fresh, seasonal, &amp; local when possible)</p> <p>Soy, rice, or dairy milk</p> <p>Coffee, tea, &amp; juices</p>



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Simple, clean, home-cooked meals

LUNCH	
1.	Wholegrain Spaghetti with marinara sauce: <input type="checkbox"/> beef OR <input type="checkbox"/> vegetarian Green salad with house dressings Hot baked garlic bread Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter Ice tea, & lemonade
2.	BBQ Burgers on whole grain bun: <input type="checkbox"/> beef OR <input type="checkbox"/> veggie Baked beans Green salad with house dressings Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter Ice tea, & lemonade
3.	All Beef Hotdogs on whole grain bun Green salad with house dressings Fruit salad Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter Ice tea, & lemonade
4.	BLT Sandwiches on whole wheat bread Homemade tomato soup Veggie sticks Whole fruit Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter Ice tea, & lemonade
5.	Taco Bar with all the fixing's (hard shell tacos): <input type="checkbox"/> beef OR <input type="checkbox"/> grilled vegetables Whole fruit Homemade cookie: <input type="checkbox"/> chocolate chip <input type="checkbox"/> peanut butter Ice tea, & lemonade
6.	Baked Potato Bar with all the fixing's Green salad with house dressings Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter Ice tea, & lemonade



# Camper Fare

Simple, clean, home-cooked meals

DINNER	
1.	Old Fashioned Meatloaf: <input type="checkbox"/> beef OR <input type="checkbox"/> vegetarian Skin-on mashed potatoes Steamed vegetables Bread selection (whole wheat, sourdough, & rye) Chocolate brownie Ice tea, hot tea, & lemonade
2.	Shepherd's Pie: <input type="checkbox"/> beef OR <input type="checkbox"/> vegetarian Green salad with house dressings Multigrain rolls Apple crisp Ice tea, hot tea, & lemonade
3.	Asian Vegetable Stir-fry: <input type="checkbox"/> chicken OR <input type="checkbox"/> tofu <input type="checkbox"/> Brown rice OR <input type="checkbox"/> Rice noodles Seasonal fruit salad Vanilla ice-cream scoop Ice tea, hot tea, & lemonade
4.	Vegetable Lasagna Green salad with house dressings Multigrain rolls Lemon bar Ice tea, hot tea, & lemonade
5.	Baked Ham Scalloped potatoes Green beans Multigrain rolls Carrot-cake cupcake Ice tea, hot tea, & lemonade
6.	Roasted Turkey Breast Skin-on mashed potatoes Mixed vegetables Multigrain rolls Chocolate cupcake Ice tea, hot tea, & lemonade



# Retreat Classic

Wholesome & hearty Northwest cuisine

## BREAKFAST

1.	Whole-grain Tortilla wraps with eggs, potatoes, & seasonal veggies: <input type="checkbox"/> with ham Homemade muffins: <input type="checkbox"/> apple cinnamon OR <input type="checkbox"/> classic blueberry OR <input type="checkbox"/> morning glory <input type="checkbox"/> seasonal fruit salad OR <input type="checkbox"/> sliced fruit Soy, rice, or dairy milk Coffee, hot tea selection, & juices
2.	Homemade Wholegrain Cinnamon Roll French Toast with real maple syrup Scrambled eggs: <input type="checkbox"/> cheese OR <input type="checkbox"/> garden vegetables House vanilla maple yogurt Soy, rice, or dairy milk Coffee, hot tea selection, & juices
3.	Egg Bake: <input type="checkbox"/> cheddar & broccoli OR <input type="checkbox"/> feta, spinach, & tomatoes Sausage: <input type="checkbox"/> meat link OR <input type="checkbox"/> veggie patty <input type="checkbox"/> seasonal fruit salad OR <input type="checkbox"/> sliced fruit Soy, rice, or dairy milk Coffee, hot tea selection, & juices
4.	Pancakes with real maple syrup: <input type="checkbox"/> buttermilk OR <input type="checkbox"/> buckwheat OR <input type="checkbox"/> blueberry OR <input type="checkbox"/> banana Scrambled eggs: <input type="checkbox"/> cheese OR <input type="checkbox"/> garden vegetables House vanilla maple yogurt with berry compote Soy, rice, or dairy milk Coffee, hot tea selection, & juices
5.	Deep Dish Quiche: <input type="checkbox"/> vegetable OR <input type="checkbox"/> bacon, broccoli, & cheddar OR <input type="checkbox"/> three cheese, tomato, & basil Rosemary roasted potatoes <input type="checkbox"/> seasonal fruit salad OR <input type="checkbox"/> sliced fruit Soy, rice, or dairy milk Coffee, hot tea selection, & juices
6.	Seven Grain Hot Cereal with fixings of maple syrup, honey, walnuts, brown sugar, & butter Hard-boiled eggs Homemade muffins: <input type="checkbox"/> apple cinnamon OR <input type="checkbox"/> classic blueberry OR <input type="checkbox"/> morning glory <input type="checkbox"/> seasonal fruit salad OR <input type="checkbox"/> sliced fruit Soy, rice, or dairy milk Coffee, hot tea selection, & juices
7.	Eggs Benedict Florentine Rosemary roasted potatoes <input type="checkbox"/> seasonal fruit salad OR <input type="checkbox"/> sliced fruit Soy, rice, or dairy milk Coffee, hot tea selection, & juices
8.	Scrambled Eggs: <input type="checkbox"/> cheese OR <input type="checkbox"/> garden vegetables Sausage: <input type="checkbox"/> meat link <input type="checkbox"/> veggie patty <input type="checkbox"/> seasonal fruit salad OR <input type="checkbox"/> sliced fruit Soy, rice, or dairy milk Coffee, hot tea selection, & juices



# Retreat Classic

## Wholesome & hearty Northwest cuisine

LUNCH	
1.	<p>Homemade Seasonal Soup: <input type="checkbox"/> vegetarian OR <input type="checkbox"/> meat-based</p> <p>Whole food salad, &amp; sandwich bar</p> <p>Natural potato chips</p> <p>Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter OR <input type="checkbox"/> oatmeal raisin OR <input type="checkbox"/> molasses OR <input type="checkbox"/> trail mix</p> <p>Ice tea, hot tea selection, &amp; lemonade</p>
2.	<p>Homemade Enchiladas: <input type="checkbox"/> vegetarian OR <input type="checkbox"/> chicken</p> <p>Brown rice</p> <p>Green salad with house dressings</p> <p>Homemade cookie: <input type="checkbox"/> chocolate chip <input type="checkbox"/> peanut butter <input type="checkbox"/> oatmeal raisin <input type="checkbox"/> molasses <input type="checkbox"/> trail mix</p> <p>Ice tea, hot tea selection, &amp; lemonade</p>
3.	<p>Calzones with Marinara Sauce: <input type="checkbox"/> vegetarian OR <input type="checkbox"/> turkey sausage</p> <p>Roasted red pepper pasta salad</p> <p>Housemade Caesar salad</p> <p>Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter OR <input type="checkbox"/> oatmeal raisin OR <input type="checkbox"/> molasses OR <input type="checkbox"/> trail mix</p> <p>Ice tea, hot tea selection, &amp; lemonade</p>
4.	<p>White Bean &amp; Fennel Cassoulet</p> <p>Housemade parmesan croutons</p> <p>Cedar Ridge salad</p> <p>Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter OR <input type="checkbox"/> oatmeal raisin OR <input type="checkbox"/> molasses OR <input type="checkbox"/> trail mix</p> <p>Ice tea, hot tea selection, &amp; lemonade</p>
5.	<p>Thai Chicken with basil, &amp; fresh vegetables</p> <p>Jasmine rice</p> <p>Asian cabbage coleslaw</p> <p>Sliced fresh fruit</p> <p>Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter OR <input type="checkbox"/> oatmeal raisin OR <input type="checkbox"/> molasses OR <input type="checkbox"/> trail mix</p> <p>Ice tea, hot tea selection, &amp; lemonade</p>
6.	<p>Hearty Pizza: <input type="checkbox"/> Mediterranean OR <input type="checkbox"/> Italian turkey sausage</p> <p>Apple coleslaw</p> <p>Cedar Ridge salad</p> <p>Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter OR <input type="checkbox"/> oatmeal raisin OR <input type="checkbox"/> molasses OR <input type="checkbox"/> trail mix</p> <p>Ice tea, hot tea selection, &amp; lemonade</p>
7.	<p>Tortilla Melt: <input type="checkbox"/> tuna OR <input type="checkbox"/> cheddar cheese, tomato, &amp; green onions</p> <p>Chipotle potato salad</p> <p>Marinated sliced tomatoes with cucumbers, &amp; red onions</p> <p>Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter OR <input type="checkbox"/> oatmeal raisin OR <input type="checkbox"/> molasses OR <input type="checkbox"/> trail mix</p> <p>Ice tea, hot tea selection, &amp; lemonade</p>
8.	<p>Fajitas: <input type="checkbox"/> vegetarian OR <input type="checkbox"/> chicken OR <input type="checkbox"/> beef</p> <p>Refried pinto &amp; red beans</p> <p>Green leaf Mexican salad with corn, cilantro, cheddar, &amp; black olives</p> <p>Homemade cookie: <input type="checkbox"/> chocolate chip OR <input type="checkbox"/> peanut butter OR <input type="checkbox"/> oatmeal raisin OR <input type="checkbox"/> molasses OR <input type="checkbox"/> trail mix</p> <p>Ice tea, hot tea selection, &amp; lemonade</p>



# Retreat Classic

## Wholesome & hearty Northwest cuisine

DINNER	
1.	Pot Roast with seasonal vegetables Rosemary garlic mashed potatoes Mixed green salad with feta, hazelnuts, dried cranberries, & house vinaigrette Housemade wholegrain dinner rolls Seasonal fruit crisp a la mode Coffee, hot tea selection, & hot chocolate or lemonade (Wine bid available upon request)
2.	Lemon Pepper Pacific Cod Brown rice, & steamed vegetables Mixed Green salad with toasted almonds, parmesan, & citrus vinaigrette Lemon tart Coffee, hot tea selection, & hot chocolate or lemonade (Wine bid available upon request)
3.	Hearty Harvest Stew: <input type="checkbox"/> vegetarian OR <input type="checkbox"/> beef Garlic mashed potatoes with sour cream Mixed Green salad with bleu cheese, or house vinaigrette Chocolate avalanche cake Coffee, hot tea selection, & hot chocolate or lemonade (Wine bid available upon request)
4.	Roasted Quarter Chicken with Spinach Linguine with lime dill sauce Mixed green salad with feta, hazelnuts, dried cranberries, & house vinaigrette Housemade wholegrain dinner rolls Berry mousse Coffee, hot tea selection, & hot chocolate or lemonade (Wine Bid Available Upon Request)
5.	Roasted Kabobs: <input type="checkbox"/> vegetarian OR <input type="checkbox"/> chicken OR <input type="checkbox"/> beef Wild rice, & Cedar Ridge salad Rosemary focaccia bread Dark chocolate mousse Coffee, hot tea selection, & hot chocolate or lemonade (Wine bid available upon request)
6.	Rosemary Lemon Chicken Breast with steamed vegetables <input type="checkbox"/> Wild rice pilaf OR <input type="checkbox"/> Quinoa pilaf <input type="checkbox"/> Housemade soup OR <input type="checkbox"/> Cedar Ridge salad Housemade whole grain rolls Lemon mousse with raspberry drizzle Coffee, hot tea selection, & hot chocolate or lemonade (Wine bid available upon request)
7.	<input type="checkbox"/> Roasted Turkey OR <input type="checkbox"/> Baked Tofu Mashed potatoes with gravy: <input type="checkbox"/> turkey gravy OR <input type="checkbox"/> vegetarian gravy Steamed vegetables, & sweet potatoes Pumpkin pie Coffee, hot tea selection, & hot chocolate or lemonade (Wine bid available upon request)
8.	Housemade Tuna Casserole with parmesan croutons Green beans with slivered almonds Housemade wholegrain dinner rolls Strawberry rhubarb crumble a la mode Coffee, hot tea selection, & hot chocolate or lemonade (Wine bid available upon request)