



Kaplan Mitchell Retreat & Conference Center

Sample Saturday *Shabbat* Menu

BREAKFAST

CHEF'S SELECTION OF THREE COLD CEREALS AND MILKS
FRESH CUT SEASONAL FRUIT
OATMEAL WITH SIDES OF BROWN SUGAR AND RAISINS
YOGURT
BOILED EGGS
APPLE AND ORANGE JUICE
COFFEE AND HOT TEA VARIETIES
HOT CHOCOLATE

KIDDUSH LUNCH

ALBACORE TUNA SALAD
TRADITIONAL EGG SALAD
HUMMUS AND PITA CHIPS
NOODLE KUGEL WITH CORN FLAKE TOPPING
GREEK SALAD
ASSORTED BAGELS AND VARIETY OF BREADS
PLATTER OF SLICED TOMATOES, RED ONION AND PICKLES
CREAM CHEESE, BUTTER
FUDGE BROWNIES AND COOKIES
ICED TEA AND LEMONADE

LUNCH

MIXED GREENS BLEND WITH SEASONAL TOMATOES, SHREDDED CARROTS AND CUCUMBERS
SELECTION OF 3 SALAD DRESSINGS
ASSORTED BREADS AND MULTI GRAIN DINNER ROLLS
WHOLE SEASONAL FRUIT
GRILLED VEGETABLE LASAGNA WITH RICOTTA AND MOZZARELLA CHEESES
HOUSE BAKED BARS AND ASSORTED COOKIES
ICED TEA AND LEMONADE

DINNER

GARDEN SALAD WITH CUCUMBER, TOMATO, ONION AND CROUTONS
FRENCH, ITALIAN, RANCH DRESSINGS
CHALLAHS AND GRAPE JUICE
CHICKEN NOODLE SOUP WITH MATZO BALLS
OVEN FRIED CHICKEN
ROASTED NEW POTATOES WITH OLIVE OIL AND HERBS
SEASONAL RATATOUILLE
MISSISSIPPI MUD BARS AND COOKIES
HOT COFFEE AND TEAS

VEGETARIAN OPTIONS AVAILABLE WITH TWO WEEKS NOTICE