Full Time Cohort 2012 RETREAT Plans

Dinner for Sunday night:

Pasta (whole wheat and gluten-free brown rice) with marinara sauce (vegetarian and dairy-free)

Meat on the side (meatballs and/or sausage)

Salad

Garlic bread (dairy-free)

Breakfast for Monday morning:

eggs (scrambled or maybe some hard boiled

bacon, bagels,

yogurt, granola,

fresh fruit. C

coffee, tea, and OJ

Lunch

Vegan lentil soup

Bread

Fruit

Tomatoes.