

# Menu Request Form

As part of the retreat planning process, we give you, the group leader, the opportunity to submit menu requests for your event. The lists below include customary items that we serve to guest groups. You are welcome to go through each list and circle items that would be of interest to your group and/or cross off items that should not be served (i.e. if your group does not eat pork, then please cross off the pork options or make an appropriate note on the page).

You are not required to submit this form, but if you plan to do so, please submit it at least 1 month prior to the start date of your event. **Please be aware that while we will give consideration to your requests, we do not necessarily guarantee to honor all requests made**, since market concerns and/or the requests of other groups need to also be considered.

**BREAKFAST** - includes a Bread, Cereal, Egg dish, Meat selection, and potato selection. Fresh fruit is also available at each breakfast, along with coffee, tea, juice, etc.

<p><b><u>Breads:</u></b></p> <ul style="list-style-type: none"> <li>-Donuts</li> <li>-Coffee Cake</li> <li>-Banana Bars</li> <li>-Danish</li> <li>-Toast</li> <li>-English Muffins</li> <li>-Bagels</li> <li>-Pop Tarts</li> <li>-Biscuits</li> <li>-Pancakes</li> </ul>	<ul style="list-style-type: none"> <li>-Blueberry Pancakes</li> <li>-French Toast</li> <li>-Texas Toast</li> <li>-Waffles</li> <li>-Belgian Waffles</li> </ul> <p><b><u>Cereal:</u></b></p> <ul style="list-style-type: none"> <li>-Assorted Cereals</li> <li>-Hot Oatmeal w/ or w/o Brown Sugar &amp; Raisins</li> <li>-Grits w/ Butter</li> </ul>	<p><b><u>Eggs:</u></b></p> <ul style="list-style-type: none"> <li>-Scrambled Eggs w/ Cheese</li> <li>                  w/ Bacon</li> <li>                  w/ Ham</li> <li>-Baked Quiche</li> <li>-Stuffed Egg Pockets</li> </ul>	<p><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>-Pork Sausage Links/ Patty</li> <li>-Sausage Gravy w/ biscuits</li> <li>-Scrapple</li> <li>-Ham strips/steaks</li> <li>-Turkey Sausage Links/Patty</li> <li>-Corned Beef Hash</li> </ul>	<p><b><u>Potatoes:</u></b></p> <ul style="list-style-type: none"> <li>-Seasoned Potato Cubes</li> <li>-Shredded Hashbrowns</li> <li>-Shredded Hashbrowns w/ Cheese</li> <li>-Hash Brown Patty</li> </ul>
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**LUNCH** - includes a Casserole or Soup, a Sandwich or Baked/Fried Item, a Fry or Chip, and a Salad Bar .

<p><b><u>Casserole/Soup:</u></b></p> <ul style="list-style-type: none"> <li>-Taco Salad</li> <li>-Baked Pasta</li> <li>-Macaroni and Cheese</li> <li>-Tomato Soup</li> <li>-Chicken and Noodles</li> <li>-Quiche</li> <li>-Chili</li> <li>-Vegetable Beef Soup</li> <li>-Chicken Noodle Soup</li> <li>-Chili Macaroni casserole</li> </ul>	<p><b><u>Sandwich/Fried Item:</u></b></p> <ul style="list-style-type: none"> <li>-Hamburger &amp; Hotdog</li> <li>-Sub/Lunchmeat Bar</li> <li>-Cheese Steaks</li> <li>-Chicken or Fish</li> <li>-Chicken Nuggets</li> <li>-Taco Bar</li> <li>-Pizza</li> <li>-Wet Burritos</li> <li>-Grilled Cheese</li> <li>-Bratwurst/Sausage</li> <li>- Hamburger BBQ</li> </ul>	<p><b><u>Fry/Chip</u></b></p> <ul style="list-style-type: none"> <li>-French Fries</li> <li>-Onion Rings</li> <li>-Sweet Potato Fries/Wedges</li> <li>-Poppers</li> <li>-Potato Chips</li> <li>-Corn Chips</li> <li>-Pretzels</li> </ul>
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**DINNER** - includes a main entrée (as listed below), a salad bar, a dessert, and additional items to compliment the main entrée (i.e. starches, vegetables, etc).

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| <ul style="list-style-type: none"> <li>• Spaghetti w/Meatballs and Sausage</li> <li>• Chicken Fritters</li> <li>• Meatloaf</li> <li>• Baked Chicken – Seasoned or BBQ</li> <li>• Baked Meat Lasagna and/or Vegetable Lasagna</li> <li>• Roast Beef au jus</li> </ul> | <ul style="list-style-type: none"> <li>• Sliced Roast Honey Ham</li> <li>• Sliced Roast Pork</li> <li>• Fried or Baked Fish</li> <li>• Fried Chicken</li> <li>• Stir Fry Chicken w/Vegetables in Teriyaki or Schezwan (Spicy)</li> </ul> |
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Group Name: \_\_\_\_\_ Retreat Dates: \_\_\_\_\_

**IMPORTANT NOTE:** If your group has guests attending that may have Dietary limitations (i.e. food allergies, diabetic, vegetarian and/or vegan, etc), it is recommended that these guests plan to bring food along to supplement what RMC will provide. There is access to a frig/freezer, microwave, and sink in the Dining Area that they are welcome to access for preparing supplemental food. RMC does not guarantee that we can meet the needs of specific dietary limitations, due to the large volume of guests that we serve, as well as the “oft-specific” preparation that is required in many of these cases.