



Miracle Distribution Center

Friday, September 20 – Sunday, September 22, 2019

Friday, September 20

Dinner 6 p.m.

Mandarin Orange Salad

Teriyaki Salmon

Brown Rice

Sautéed Spinach with Garlic

Chocolate Brownies



Miracle Distribution Center

Friday, September 20 – Sunday, September 22, 2019

Saturday, September 21

Breakfast 8 a.m.

Hard-Boiled Eggs
Steel-Cut Oatmeal (GF)
Cereals
2% and Almond Milk
Toast, English Muffins, and Jams
Peanut Butter
Individual Yogurt Cups
Fresh Seasonal Fruit

Lunch 12:30 p.m.

Noodle Bar:
Forbidden Rice Noodles (GF)
Sautéed Tofu
Shredded Cabbages
Sliced Cucumber and Carrots
Roasted Cauliflower and Butternut Squash
Fresh Mint, Lime Wedges
Peanut Sauce

Dinner 6 p.m.

Caesar Salad
Mushroom Bolognese with GF Pasta
Roasted Zucchini
Bread Basket
Carrot Cake



Miracle Distribution Center

Friday, September 20 – Sunday, September 22, 2019

Sunday, September 22

Breakfast 8 a.m.

Scrambled Eggs with Salsa

Cereals

2% and Almond Milk

Toast, English Muffins, and Jams

Peanut Butter

Individual Yogurt Cups

Fresh Seasonal Fruit

Lunch 12 noon

Ranch Salad – Romaine, Persian Cucumbers, Tomatoes

with Lemon Vinaigrette

Vegetarian Burgers

Sliced Tomatoes and Avocados

Burger Buns

Sweet Potato Fries



ROYAL WAY
SPIRITUAL RETREAT CENTER

Miracle Distribution Center

Friday, September 20 – Sunday, September 22, 2019

Snacks Served All Day

Fresh Seasonal Fruit Basket
Peanut Butter and Crackers (incl. GF)
Chocolate Chip Cookies