Retreat Menu

2026 Gander Brook Singles Retreat

BREAKFAST

Available each day: Yogurt, Bagels, White & Wheat Toast, Fruit, and Tater Tots.

SATURDAY

Your Choice of Breakfast Burritos
or Naked Breakfast Burrito Bowls

SUNDAY

Your Choice of French Toast or
Egg Casserole

MONDAY: Breakfast Left Overs

LUNCH

Available each day: Salad, Raw Veggies, Ranch Dip & Chips

SATURDAY

Your Choice of Mac & Cheese or
Tuna Salad / Sandwiches

SUNDAY

Your choice of Tacos or Taco Salad
with all the fixings

DINNER

FRIDAY

Soup & Sandwiches served with
Raw Veggies / Chips & Ranch Dip

SUNDAY

Your Choice of Fish Sticks & Tartar
Sauce or Chicken Salad / Sandwiches
served with Salad, Roasted Veggies

SATURDAY

Your Choice of Hamburgers or
Hot Dogs served with Salad &
Raw Veggies with Dip

DRINKS

Lemonade, Hot Cocoa, milk, coffee, juice (apple / cranberry)

DESSERTS

brownies, ice cream, chocolate pudding & vanilla pudding