

Medical Qigong Retreat ☯ Lunch & Dinner Menu

LUNCH MENU

sample of possible lunches, actual menu may vary

1. Appetizer plate with hummus, babaganush and olives served with pita chips
Chicken Shwarma on pita with special sauce, pickled radish, lettuce and tomato
Israeli salad w/ cucumbers, green peppers, green onion and feta cheese
Backlava
2. Miso soup with tofu and seaweed
California roll w/ ginger and wasabi
Grilled chicken on a stick
Cucumber salad
Apple tart
3. Cream of leafy greens soup
Grilled Salmon, bacon, lettuce and tomato with caramelized onions on bruchetta.
Pasta salad w/ mixed veg, mozzarella cheese and olives.
Carrot cake cup cake

DINNER MENU

sample of possible dinners, actual menu may vary

1. Salad w/ bean sprouts, water chestnuts, green onion, agar agar and shredded crab with a dressing of rice wine vinegar, roasted sesame oil and soy sauce
Roasted Szechuan Chicken
Fried brown rice with mixed seasonal veg.
Greens in the Chinese style
Strawberry Shortcake
2. Salad of mixed field greens, cranberries, roasted pecans, feta cheese with strawberry vinaigrette.
Grilled Salmon with mixed tropical fruit salsa.
Kale with bacon, onion and lemon
Dutch style oven roasted potatoes
Best Brownies you ever had with vanilla ice cream
3. Sweet and sour soup Thai style with mixed veggies and tofu
Sweet and spicy chicken served on Boston lettuce leaves as a wrap
Fried cracked rice with shrimp and mixed vegetable
Almond bean curd with mixed fruit and almond cookie

BREAKFAST

Breakfast items will be provided for you to make your own breakfast. The registration form has a place for you to list the breakfast items you prefer.

We can accommodate vegetarian, vegan, gluten free or other special diets. Please let us know in advance.