



STANDARD CATERING INFORMATION

We offer three hot, delicious meals a day for groups staying at our retreats. Each home-style meal is prepared fresh by our own cooks. Below is a sample menu we rotate through.

<u>MEALS</u>	<u>TIMES</u>	<u>PRICES (per person)</u>
Breakfast	8:00 am	\$ 9.00
Sack Breakfast	flexible	\$ 9.00
Lunch	12:00 noon	\$ 10.00
Sack Lunch	flexible	\$ 10.00
Dinner	6:00 pm	\$ 13.00

Children 5 years and younger are free

BREAKFAST

#1: Scrambled eggs, sausage, biscuits & gravy

#2: Pancakes, hot syrup, bacon, yogurt

#3: French toast, sausages, yogurt

All also include: Assorted cereals, milk, grits, fruit, orange juice, coffee, water.

SACK BREAKFAST

#1: Sausage, Egg, & Cheese Biscuit, Blueberry Muffin, Orange Juice

-Pickup times are very flexible.

LUNCH

#1: Grilled Hamburgers, potato wedges, chocolate chip cookies

#2: Sub Sandwiches, tater tots, sugar cookies

#3: Beef Soft Tacos, tortilla chips, beans, queso, rice, brownies

#4: Chicken Sandwiches, macaroni & cheese, cookies

All also include: fruit, iced tea, punch, water.

SACK LUNCH

#1: Sub Sandwich, chips, apple, cookies, bottle of water

-Pickup times are very flexible.

DINNER

#1: Homemade Lasagna, corn, brownies & ice cream sundaes

#2: Fried Chicken, mashed potatoes & gravy, green beans, peach cobbler & ice cream

#3: Spaghetti & Meat Sauce, corn on the cob, chocolate cake & ice cream

#4: Barbecued Chicken, baked potatoes, green beans, banana pudding

All also include: salad, rolls, iced tea, punch, water.

ALLERGY POLICY

Groups and organizations visiting Laguna Beach Christian Retreat are encouraged to review the following policy regarding food allergies. Each group or organization is responsible for communicating this policy to their guests attending the event.

ALLERGY INFORMATION FORM REQUIRED: Group leaders are responsible to provide Laguna Beach Christian Retreat with medically diagnosed allergy data for the group at least one week prior to arrival. You may fill out the attached form or provide this information to us via email, including the guest's name, and the name of the item (gluten and/or dairy) to which they are allergic.

HEALTH AND SAFETY NOTICES:

- **Laguna Beach Christian Retreat is not an allergen free facility.** While we limit the use of typical allergens in our foodservice menus, we are not altogether free of allergens. Laguna Beach Christian Retreat also hosts groups and organizations that bring and prepare their own food. Therefore, we cannot ensure that there will not be allergens brought onto our campus or in use on campus.
- Those with severe allergies should bring and carry emergency equipment (i.e. EpiPen) with them at all times.
- Laguna Beach Christian Retreat does not have a licensed nutritionist on staff. Emergency medical care is only provided off campus through local medical providers/hospitals.
- We do not cook using peanuts, tree nuts or nut oils, and we do not use products that contain peanuts, but we do have a few items of note for someone that has a severe peanut or tree nut allergy: honey nut chex (contains natural almond flavor), chocolate chip cookie dough, and sugar cookie dough (both made in a facility that also processes peanuts and tree nuts).
- Full product ingredient lists are available upon request.

ALTERNATIVE MEAL OPTIONS:

- Laguna Beach Christian Retreat is able to provide some alternative meal items that do not include gluten or dairy for those with simple gluten and dairy allergies. For those with severe gluten allergies or Celiac Disease, please note that our gluten free menu options are very basic.
- Guests visiting Laguna Beach Christian Retreat with dietary restrictions should be prepared to supplement our menu by bringing food with them. We cannot cook food to order.
- Dietary preferences such as vegetarian, vegan, dairy-free, paleo, etc. will have limited options at mealtimes. Please see our menu above and plan accordingly.

GLUTEN AND DAIRY FREE OPTIONS:

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|-------------------------|---|
| • Breakfast #1, #2, #3 | Gluten free waffles, Gluten free cereal, Soy milk |
| • Lunch #1, #2, #3, #4 | Gluten free cookies |
| • Lunch #1, #2 | Gluten free buns |
| • Lunch #1, #4 | Bag of potato chips |
| • Lunch #2 | Un-breaded, baked chicken |
| • Lunch #3, Dinner #1 | Gluten free brownie |
| • Dinner #1, #2, #3, #4 | Gluten free cookies, Non-dairy salad dressing |
| • Dinner #1, #3 | Gluten free spaghetti |
| • Dinner #2 | Unbreaded, baked chicken breast |

CATERED MEAL FAQS

VOLUNTEERS

We ask each group to provide volunteers to help at serving time. Volunteers will need to show up 10 minutes before mealtime in order to wash their hands and be given instructions. They will help serve the food, and then stay after the meal to clean trays and wipe down tables. Volunteers must wear a shirt and shoes while serving. We will provide foodservice gloves.

SERVING TIMES

Our standard serving times are 8:00am, 12:00pm, and 6:00pm. We will often need to stagger meal times when there are multiple groups being served in one dining room. We seek to accommodate groups' preferences for meal times as much as possible, however Laguna Beach Christian Retreat reserves the right to set the final serving time. It is important that group leaders make sure their entire group arrives at the specific meal time that has been set, so we can get everyone served as quickly as possible.

SERVING LOCATIONS

We have three large dining rooms (Bethany, Martha's, and Gulfside) out of which we cook and serve any catered meals. If a group has their own kitchen (Anna's, Miriam's, Naomi's, Rachel's, Deborah's, Mary's, Esther's, etc.) as part of their reservation, we will not go into these kitchens to cook or serve any catered meals. It is required that groups walk over to the designated dining room to be served scheduled meal.

MEAL PREFERENCES

Our meal options are on a standard rotation, but specific meals requests can be made. We do seek to be as accomodating as possible to groups' preferred meal options, however, Laguna Beach Christian Retreat reserves the right to determine which meals will be served.