

falling for ...



## MENU

### Monday, October 14

- Breakfast: At the Hotel. Hot and cold breakfast items available.
- Lunch: Flying Monkey - Box Lunch  
*\*Participants will receive a link to select their sandwich choice*
- Dinner:
  - Appetizers: Pickle wraps, Tomato Cheese & Basil, Veggies on a Stick.
  - Sides: Roasted Potatoes, Melon, Fresh Fruit, Corn Salad.
  - Main: Pork chops on a stick (locally sourced).
  - Dessert: Pumpkin Bars, Puppy Chow, Angel Food Cake

### Tuesday, October 15

- Breakfast: At the Hotel. Hot and cold breakfast items available.
- Lunch: Choice of ham, turkey, roast beef and vegetarian sandwiches, potato salad, fruit cup, chips and bar/cookie.
- Homeward Bound snack: Charcuterie cups
- Dinner: On Your Own  
*\*See list of places to eat in welcome folder*

### Wednesday, October 16

- Breakfast: At the Hotel. Hot and cold breakfast items available.
- Lunch: Sliced roast turkey, mixed vegetables, broccoli salad with raisins (no nuts), garden salad with dressings, dinner rolls and apple crisp.
- Dinner: Hamburgers with cheese and condiments (Hansen Dairy's Wagyu-Holstein beef), Iowa Sweet Corn (frozen fresh from this summer), Oven Roasted Root Vegetables, Whipped Cream Fruit Salad, Ice Cream, S'mores, Milk from the farm, Apple Cider, Water.
- Black Bean Burgers available for vegetarians.

## Thursday, October 17

- Breakfast: At the Hotel. Hot and cold breakfast items available.
- Lunch: Soups (vegetable, chili and potato) and salads (chef and mediterranean) with bar/cookie dessert.
- Dinner: Family Style German-American Cuisine:
  - Appetizers: Landjaeger, Schwartenmagen, Sandwich spread (vegetarian), Yellow beans, and pickled ham.
  - Cold Salads: Pickled beets, cucumber salad, cabbage salad, lettuce salad with creamy dressing on the side.
  - Hauptgericht (Main course): Boiling Beef, Amana Spinach, Crumbed Potatoes, Horseradish Sauce, Green Beans.
  - For those that have expressed dietary restrictions: creamed chicken with rice and vegetarian sandwich spread along with what is listed above.