



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.

Note for RUF SuCo: Laguna Beach offers substitutions for Gluten and Dairy restrictions, and has some limited additional options for vegetarians/vegans.

Gluten and Dairy Free Options:

Breakfast: Gluten free waffles, gluten free cereal, soy milk

Lunch: Gluten free buns, gluten free cookies, un-breaded chicken breast

Dinner: Gluten free spaghetti, gluten free cookies, baked chicken, non-dairy salad dressing

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)

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)

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)