



**Mt.Shasta New Life Awakening Retreat General Program at McCloud
Food Menu***

Friday, August 25, 2017 - Dinner

Entrée: Garam masala stew, Pulao Rice, Roasted Cauliflower/Eggplant/Bell peppers

Dessert: Fresh fruit with yogurt

Beverage: Chai, Tea, Strawberry infused water

Saturday, August 26, 2017 - Lunch

Entrée: Falafel sandwich with tahini sauce, Fruit skewers, Black bean quinoa salad, Energy bar

Beverage: Cucumber and Mint infused water

Saturday, August 26, 2017 - Dinner

Entrée: Ethiopian plate with Teff injera (potato/cabbage, chickpea with red sauce, collard greens, beet/carrot)

Dessert: Fresh mango sorbet

Beverage: Red hibiscus tea, Tea, Water

Sunday, August 27, 2017 - Lunch

Entrée: Sambusa (pea, onion, potato, cilantro), Mung bean with chutney, Mini salad bar

Dessert: Plantain / Yogurt

Beverage: Chai, Tea, Water

** If the meal plan does not meet your dietary restrictions, please choose the accommodation option that includes meal plans and contact us.*