

**OA Mountain of Miracles Retreat
Unity with Diversity
Sept 19-21, 2025**

Menu

Chef Jamie will prepare our meals without sugar and without butter. Meals may include minimal salt, olive oil, garlic, onion and herbs.

Dietary Restrictions: Please specify any dietary restrictions on the registration form so that your meal can be specially prepared. In order to prepare meals and purchase ingredients, the chef will need a headcount of Vegans and will need to know your Choice for Saturday evening Dinner Protein Serving (Choice of Grilled Salmon with Light Olive Oil and Herb Preparation or Grilled Chicken marinated in Chef Jamie's SF/GF Light Olive Oil Herb Dressing)

Friday, September 19th

DINNER (\$18 per person)

A Fajita Bar includes (fajita seasoning will not include sugar or flour)

*Soft tortillas both corn & flour

*Individual warm containers of shredded chicken, black beans, sauteed green peppers & onions and brown rice

*Individual cold containers of shredded lettuce, diced tomatoes, sliced avocados, shredded cheese, sour cream and salsa (salsa must be free of sugar or sugar substitutes)

A full salad bar with various raw vegetables, raw almonds, sesame seeds, hard boiled eggs, cottage cheese, balsamic vinegar and olive oil, sugar-free dressing. Plus bowl of individual fruit and/or any berries, sliced melon or pineapple.... No sugar added.

Drinks include sugarless black iced tea, sugar-free lemonade, black tea bags, herbal tea bags, & regular coffee, decaf coffee, water, half n half, 2% milk, artificial sweeteners such as stevia etc.

Saturday, September 20th

BREAKFAST (\$12 per person)

Hot food includes:

*Scrambled eggs

*Tofu

*Turkey sausage (no sugar)

*Impossible brand vegan sausage

*Well done Pork bacon (no sugar)

*Gluten-free steel cut or long cooking oatmeal, not packaged and cooked in a pot only with water

*Grits (plain)

Cold food includes:

- *Shredded cheese
- *Salsa
- *Plain unflavored yogurt (no sugar)
- *Crushed raw walnuts
- *Raisins, plain
- *Sugar-free maple syrup
- *Bananas, apples and mandarin oranges
- *Any fresh fruit such as berries, melon (no sugar added)
- *Whole wheat and gluten-free bread for toast
- *Peanut butter, plain (just crushed peanuts with no sugar added)
- *Almond butter, plain (just crushed almonds)
- *Butter
- *Soy-based butter/ margarine
- *Rice cakes
- *SF Fruit Preserves

Drinks include 100% orange & grapefruit juice, regular coffee, decaf coffee, black tea bags, herbal tea bags, half and half, 2% milk, water, artificial sweeteners such as stevia etc.

LUNCH (\$15 per person)

Homemade soups include

- *Lentil soup (vegan & gf friendly) (no corn, potatoes or rice added)
- *Vegetable soup (vegan & gf friendly) (no corn, potatoes or rice added)
- *Fresh hormone free skinless and boneless chicken & brown rice in separate containers for optional addition to soup
- *Oyster/soup crackers & gluten free crackers, no sugar

A full salad bar with various raw vegetables, raw almonds, sesame seeds, hard boiled eggs, cottage cheese, balsamic vinegar and olive oil, sugar-free dressing. Plus a bowl of individual fruit and/or any berries, sliced melon or pineapple.... No sugar added.

Drinks include sugarless black iced tea, sugar-free lemonade, black tea bags, herbal tea bags, & regular coffee, decaf coffee, water, half n half, 2 % milk, artificial sweeteners such as stevia etc.

SATURDAY NIGHT DINNER (\$19 per person) Hot food includes:

- *Salmon (grilled and dusted with herbs and a sprinkling of olive oil) or
- *Chicken (lightly marinated in Chef Jamie's GF SF dressing and grilled)
- *Baked sweet potatoes
- *Tofu
- *Lightly sauteed Green beans almondine
- *Steamed vegetables (variety of seasonal vegetables such as squash, zucchini, mushrooms, onions, kale or spinach)

Cold food Includes:

A full salad bar with various raw vegetables, raw almonds, sesame seeds, hard boiled eggs, balsamic vinegar and olive oil, sugar-free dressing. Plus a bowl of individual fruit and/or any berries, sliced melon or pineapple.... No sugar added.

Drinks include sugarless black iced tea, sugar-free lemonade, black tea bags, herbal tea bags, & regular coffee, decaf coffee, water, half n half, 2% milk, artificial sweeteners such as stevia etc.

Sunday, September 21

BREAKFAST (\$12 per person)

Hot food includes

*Baked frittata (eggs, vegetables, no cheese)

*Tofu

*Turkey sausage (no sugar)

*Impossible (brand) vegan sausage

*Crisp Pork bacon (no sugar)

*Gluten-free steel cut or long cooking oatmeal, not packaged and cooked in a pot only with lightly salted water

*Grits (plain)

Cold food includes:

*Shredded cheese

*Salsa

*Plain unflavored yogurt (no sugar)

*Crushed raw walnuts

*Raisins, plain

*Sugar-free maple syrup

*Bananas, apples and mandarin oranges

*Any fresh fruit such as berries, melon (no sugar added)

*Whole wheat and gluten-free bread for toast

*Peanut butter, plain (just crushed peanuts with no sugar added)

*Almond butter, plain (just crushed almonds)

*Butter

*Soy-based butter/ margarine

*Rice cakes

*SF ALL Fruit Preserves

Drinks include 100% orange & grapefruit juice, regular coffee, decaf coffee, black tea bags, herbal tea bags, half and half, water, 2% milk, artificial sweeteners such as stevia etc.