

## RETREAT MEALS

A common meal is served at noon in the Providence House Dining Room.

In keeping with a home like environment, retreatants prepare their meals for breakfast and dinner. Each retreat house kitchen is stocked with a variety of food and snacks so you may dine at your leisure. Please feel free to bring any additional food items to enjoy during your stay.

- Pantry Items:** Soups, Tuna, Peanut Butter, Strawberry & Grape Jelly, Wheat Bread & Assorted Cereals (Cheerios, Raisin Bran, Flavored Oatmeal Packets and Regular Oatmeal)
- Cold Cuts:** Lunch Meat & Cheese
- Fresh Fruits and Vegetables:** Apples, Bananas, Oranges  
(Lettuce & Tomato for 30 day retreats only)
- Dairy:** Eggs, Yogurt, Milk, Ice-cream, Butter, Margarine, Creamers
- Drinks:** Orange Juice, Coke, Diet Coke, Sprite, Diet Sprite, Milk, Coffee & Tea (regular & decaf), Hot Chocolate
- Condiments:** Ketchup, Mayonnaise, Mustard, Ranch Dressing, Olive oil & Vinegar
- Snacks:** Assorted Cookies, Chips & Popcorn
- Other:** Salt & Pepper, Sugar, Sugar-Free Sweetener