

Kauai Women's Retreat

May 3 - 5, 2019

Camp Hale Koa in Kokee, HI

Menu



Snack Table

Granola Bars
String Cheese
Apples, Bananas, Clementines
Crudite
Chips/pretzels/pita chips
Hummus
Popcorn
M&M's
Nuts

Friday Dinner @ 6PM

Taco Bar with gluten free and vegetarian options:

Nachos, corn and flour tortillas

Black beans, beef, hummus

Veggies, potatoes, salsa, sour cream, cheese

Refried Beans

Rice

Desert: Mexican Desert from Costco (TBD)

Milk, coconut milk, water, tea, coffee

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Saturday Breakfast 8:30AM

Yogurt & Oatmeal Bar with the following choices:
fruit, granola, nuts, honey, chia seeds, hemp seeds

Sausage

Eggs (scrambled and hard boiled)

Rice

Toast & bagels w/butter, jam, peanut butter, avocado

Breakfast burritos with leftovers

Milk, coconut milk, water, tea, coffee, OJ

Saturday Lunch 12:00PM

Sandwich & Wrap Bar (easy to go options for hikers, too)

Wheat bread, corn and flour tortillas with the following choices:

Turkey/Ham, hummus, black beans, lettuce, avocado, veggies, peanut butter

Chips & pretzels (maybe roasted soybeans or seaweed)

Apples & bananas

Milk, coconut milk, water, tea, coffee

Saturday Dinner 6:00PM

Asian: Vegetable stirfry with choice of tofu or chicken

Chinese salad

Edamame

Rice

Milk, coconut milk, water, tea, coffee

Desert: TBD – birthday cake or pie to celebrate May birthdays



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Sunday Breakfast 8:30AM

Yogurt & Oatmeal Bar with the following choices:

fruit, granola, nuts, honey, chia seeds, hemp seeds

Sausage

Rice

Eggs (scrambled and hard boiled)

Toast & bagels w/butter, jam, peanut butter, avocado

Milk, coconut milk, water, tea, coffee, OJ

