

OA NOVA “Weekend of Joyous Recovery” Retreat
Camp Highroad, Middleburg, VA 5/30/08 – 6/1/08

Weekend Menu

Friday Dinner (\$13.00):

- Turkey burgers on whole grain rolls
- Toppings (low or no-fat cheese, tomatoes, onions, lettuce, pickles, sugar free ketchup, mustard)
- Salad Bar with Romaine and Spring Mix, garbanzo beans, cannellini beans, shredded carrots, chopped celery, sliced mushrooms served with vinegar and oil/ Walden Farm no fat dressing
- Steamed broccoli or cauliflower with Italian Seasoning
- Baked potatoes (butter margarine, mild tomato salsa, shredded soy cheese)
- Fresh Fruit (whole apples, whole oranges, bananas)

Saturday Breakfast (\$8.75):

- Milk (skim or 1%)
- Fat Free Plain yogurt (No Sugar)
- Plain oatmeal and other sugar free cereals (all bran, rice puffs, shredded wheat, etc) [see general guidelines]
- Scrambled eggs
- Whole grain bagels
- Fresh Fruit (whole apples, whole oranges, bananas and sliced strawberries)
- Orange juice and grapefruit juice

Saturday Lunch (\$10.50):

- Chicken fajitas - Chicken breast on corn or low carb tortillas (such as La Banderita Low Carb/Low Fat soft taco size)
- Salad Bar with Romaine and Spring Mix, garbanzo beans, cannellini beans, shredded carrots, chopped celery, sliced mushrooms served with vinegar and oil/ Walden Farm no fat dressing
- Spanish rice (yellow rice with diced peppers, tomatoes and cilantro)
- Grilled vegetables (onions, green peppers, summer squash, zucchini, and mushrooms)
- Fresh Fruit (whole apples, whole oranges, bananas)

Saturday Dinner (\$13.00):

- Grilled salmon kabobs (salmon chunks with peppers and onions on skewers)
- Salad Bar with Romaine and Spring Mix, garbanzo beans, cannellini beans, shredded carrots, chopped celery, sliced mushrooms served with vinegar and oil/ Walden Farm no fat dressing
- Roasted new potatoes
- Steamed asparagus
- Whole grain rolls
- Fresh Fruit (whole apples, whole oranges, bananas)

Sunday Breakfast (\$8.75):

- Same as Saturday

Sunday Lunch (\$10.50):

- Roasted chicken breast
- Salad Bar with Romaine and Spring Mix, garbanzo beans, cannellini beans, shredded carrots, chopped celery, sliced mushrooms served with vinegar and oil/ Walden Farm no fat dressing
- Wild Rice Pilaf
- Green beans
- Whole grain rolls
- Fresh Fruit (whole apples, whole oranges, bananas)

General Guidelines:

1. Sugar or any derivative thereof must be listed fifth or later in the ingredients of any cereals, sauces, or condiments. Other names commonly used to “disguise” sugar are...molasses, honey, high fructose corn syrup, corn syrup solids, evaporated cane juice, dextrose, rice syrup, anything ending in “ose”.
 - Splenda, stevia, saccharin, and aspartame are acceptable.
2. Coffee/tea service needs to have lots of decaf options.
3. Plan on at least 8 oz of vegetables per person at each meal. Protein servings range between 4 and 6 oz. Starch servings (rice/potatoes) tend to range around ¾ to 1.5 cups.
4. Many people do not eat bread products, so provision bagels and rolls accordingly (estimate 1/2 of registrants may partake)
5. Final numbers for all registrants, plus those requesting vegetarian fare and any food allergies will be provided two weeks prior to the retreat.