

## **Sample Menus**

We have two general levels of Food Service here at GCCC. For those wanting a basic meal at a lower cost, we offer our Camp-style Meals. While we still provide generous portions, these meals will offer fewer items and will be a simpler fare, and would typically be served at events such as summer camps and youth retreats. The following would be representative of our Camp-style Meals:

<u><b>Camp-style Meal Sample Menus</b></u>		
<u><b>Breakfast</b></u>	<u><b>Lunch</b></u>	<u><b>Dinner</b></u>
Pancakes & Syrup Sliced Ham Assorted Cereals Bar  Chocolate Milk 2% Milk Orange Juice Coffee	Loaded Nacho Bar <i>Nacho Chips</i> <i>Diced Tomato</i> <i>Seasoned Beef</i> <i>Shredded Lettuce</i> <i>Cheese Sauce</i> <i>Jalapenos</i> <i>Picante Sauce (mild)</i>  Rainbow Sherbet  Tea Lemonade Enhanced Waters	Hawaiian Chicken <i>Chicken Breast with Pineapple, Red &amp; Green Peppers and Onions In a Sweet Sauce</i>  Wild Rice Honey Dill Carrots Dinner Roll  Lime Pie Beverage Bar
<u><b>Breakfast</b></u>	<u><b>Lunch</b></u>	<u><b>Dinner</b></u>
Breakfast Tacos Egg, Chorizo & Cheese  Oatmeal & Fruit Toppings Assorted Cereals Bar  Chocolate Milk 2% Milk Orange Juice Coffee	Cheeseburgers <i>Lettuce-Tomato-Onion-Pickle</i> French Fries  Chocolate Chip Cookies  Tea Lemonade Enhanced Waters	Spaghetti w/Meatballs  Italian Salad Garlic & Cheese Bread  Cinnamon Rolls  Beverage Bar

For groups that desire a higher level of Food Service, such as weekend retreats for adults, conferences, seminars, etc. we offer our Retreat-style Meals. These meals will offer a wider Sample Menus variety of menu items, and may include such things as heavier entrees, casseroles, a salad bar, more elaborate desserts, etc. The following would be representative of our Retreat-style Meals:

**Retreat-style Meals Sample Menus**

<b><u>Breakfast</u></b>	<b><u>Lunch</u></b>	<b><u>Dinner</u></b>
Sausage Breakfast Casserole Pancakes and Syrup Hashbrowns Grits w/ optional Cheese Fresh Fruit Assorted Cold Cereals  Milk, Juice, Coffee	Chicken Salad on Lettuce Tomato and Pickle Deviled Eggs Fresh Fruit Potato Salad or Chips Croissant  Iced Brownie Bites  Full Beverage Bar	Southern Fried Chicken Macaroni and Cheese Green Beans Roasted Squash Garden Salad Dinner Rolls w/ Butter  Loaded Banana Pudding  Full Beverage Bar

<b><u>Breakfast</u></b>	<b><u>Lunch</u></b>	<b><u>Dinner</u></b>
Bacon Scrambled Eggs Tater Tot Casserole Grits w/ optional Cheese Biscuits Homemade Apple Butter  Yogurt Bar w/Fruit and Granola  Milk, Juice, Coffee	Ham, Turkey & Cheese Hoagie <i>Lettuce, Tomato, Onion, Pickles &amp; Banana Peppers</i> Assorted Chips Dill Pickle Strip Corn Chowder  Oatmeal Raisin Cookies  Beverage Bar	Cheesy Baked Ziti w/Italian Sausage Roasted Italian Veggies <i>Zucchini, Tomatoes, Onion</i> Garlic Bread Sticks Italian Salad Bar  Italian Love Cake  Full Beverage Bar

We will be happy to quote you meal prices based on our current pricing schedule.

**Snacks and Refreshments.**

We also offer a wide variety of options for snacks and refreshments to be served at break-out sessions, late-night coffee bars, etc. These events will be priced ala carte, based on services requested.

### **Specialty Meals.**

In addition to our basic Food Service meals, we also offer up-scale meals for those special occasions. For example, we have done a grilled T-bone steak dinner for a men's event, a Christmas party dinner featuring Fried Turkey, Dressing and Ham, a Surf and Turf combo of steak and shrimp, a sit-down meal for a wedding reception featuring a carved fruit display, and Frogmore Stew (Low-Country Boil), just to name a few.

If you have a particular menu in mind for a special occasion, let us know. We will be happy to price it for you based on current food costs.