



MENU



At Green Mountain Retreat, our meals are selected to provide fresh, nutritious, delicious options.

Breakfast	Lunch	Dinner
<p>Every Breakfast includes:</p> <ul style="list-style-type: none">• Cereal• Oatmeal• Fresh Fruit• Yogurt• Milk (Whole, 2% and Soy)• Juice or Water <p>Hot meal options change every day but may include:</p> <ul style="list-style-type: none">• Bagels• Boiled Eggs• Bacon or Sausage• Croissants• English Muffins• Hash Browns• Pancakes• Scrambled Eggs• Waffles	<p>Every Lunch includes:</p> <ul style="list-style-type: none">• Fresh Fruit• Salad• Juice or Water <p>Hot meal options change every day but may include:</p> <ul style="list-style-type: none">• Sandwiches (Beef/Chicken/Turkey)• Hamburgers• Pizza• Spaghetti with Meatballs• Tacos• Turkey Wrap	<p>Every Dinner includes:</p> <ul style="list-style-type: none">• Dessert• Fresh Fruit• Salad• Juice or Water <p>Hot meal options change every day but may include:</p> <ul style="list-style-type: none">• Bacon Ravioli with Mushrooms• Beef Stew• Baked Fish• Chicken Teriyaki• Italian Sausage Pasta• Pork Ribs

** A vegetarian, vegan, dairy free or gluten free option can be made available at every meal.*



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