

Menu Options

**Standard Meals Rates;*

*** All Meal packages come with juice, water, milk, coffee and tea upon request*

<p style="text-align: center;"><i>Breakfast #1 – Continental</i></p> <p><i>*Fresh seasonal whole fruits (banana / apple / pears / orange).</i> <i>*Assorted baked goods (Croissants, marble cake /or Danish...)</i> <i>*Toast /or bagel with cream cheese, honey & Jam</i> <i>*Assorted cereals with milk.</i></p>	<p><i>\$7.5 / person</i></p>	<p><i>* Add Yogurt: \$1</i> <i>* Presented with St. Mary Rooms reservations</i></p>
<p style="text-align: center;"><i>Breakfast #2 – Morning risers</i></p> <p><i>*Eggs (boiled /or scrambled)</i> <i>*Sausage /or bacon</i> <i>*Toast /or bagel with cream cheese, honey & Jam</i> <i>*Pancakes /or waffles</i></p>	<p><i>\$9 / person</i></p>	<p><i>*Add Yogurt: \$1</i> <i>*Add assorted cereals: \$1</i> <i>* Presented with St. John’s Rooms Reservation</i></p>
<p style="text-align: center;"><i>Breakfast #3 - Fasting</i></p> <p><i>*Fresh seasonal whole fruits (banana / apple / pears / orange).</i> <i>*Toast /or bagel with honey, Jam & margarine</i> <i>*Foul with Pita Bread</i> <i>* Home fries / falafel</i> <i>*Pickles</i> <i>*Assorted cereals with Almond Milk</i></p>	<p><i>\$7.5 / person</i></p>	
<p style="text-align: center;"><i>Lunch #1</i></p> <p><i>*Choice of beef burger / sausage / chicken burger / veggie burger</i> <i>*Fries & Condiments</i> <i>*Cake /or ice cream</i></p>	<p><i>\$9.99 / person</i></p>	
<p style="text-align: center;"><i>Lunch #2</i></p> <p><i>*Mixed salad served with Italian dressing</i> <i>*Pizza (meat & non meat)</i> <i>* Cake /or ice cream</i></p>	<p><i>\$9.99 / person</i></p>	

<https://thevalleyofthemothergod.ca>

For Bookings: Valleymgmt@ccnet.ca

Tel: +1 (888) 393-6119 Fax: +1 (519) 940-5677



THE VALLEY
OF THE MOTHER OF GOD
Christian Retreat Centre

953376 - 7th Line EHS, Mono, ON, L9W 6E8

<p><i>Lunch #3 – Fasting</i> *Choice of Fish burger / veggie burger / Tuna Sandwich *Fries & Condiments *Jelly /or Mango Moose</p>	<p>\$9.99 / person</p>	
<p><i>Dinner #1</i> *Dinner roll with butter *Mixed salad served with Italian dressing *Choice of Roast beef / grilled chicken *Rice /or Mashed potatoes *Seasonal mixed vegetables *Profiterole with chocolate sauce /or Tiramisu</p>	<p>\$12.99 / person</p>	<p>*Breaded chicken: Add \$2</p>
<p><i>Dinner #2</i> *Dinner roll with butter *Mixed salad served with Italian dressing *Linguini with meatballs *Garlic bread * Profiterole with chocolate sauce /or Tiramisu</p>	<p>\$12.99 / person</p>	
<p><i>Dinner #3 - Fasting</i> *Dinner roll with Margarine *Mixed salad served with Italian dressing *Fried fish / Traditional potatoes Al-forno *Rice /or fries *Oriental pastries</p>	<p>\$12.99 / person</p>	<p>*Replace fried fish with grilled salmon & mini potatoes: Add \$3</p>
<p><i>Snacks</i> *Apple turnover /or Cinnamon rolls /or Rice crisps /or cakes *fresh cut fruits * Chips Tubs *Juice /or water</p>	<p>\$2.99 / person</p>	

Thank you for staying at the Valley of the Mother of God.

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