

## Menu Options

### *\*Standard Meals Rates;*

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

<p style="text-align: center;"><b><i>Breakfast #1 – Continental</i></b></p> <p><i>*Fresh seasonal whole fruits (banana / apple / pears / orange).</i>  <i>*Assorted baked goods (Croissants, marble cake)</i>  <i>*Toast /or bagel with cream cheese, honey &amp; Jam</i>  <i>*Assorted cereals with milk.</i></p>	<p><b><i>\$10 / person</i></b></p>	<p><i>* Add Yogurt: \$1</i>  <i>* Presented with St. Mary Rooms reservations</i></p>
<p style="text-align: center;"><b><i>Breakfast #2 – Morning risers</i></b></p> <p><i>*Eggs (boiled /or scrambled)</i>  <i>*Sausage /or bacon *Home fries</i>  <i>*Toast /or bagel with cream cheese, honey &amp; Jam</i>  <i>* Cereal/Milk.</i>  <i>*Cake.</i></p>	<p><b><i>\$12/ person</i></b></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;"><b><i>Breakfast #3 - Fasting</i></b></p> <p><i>*Fresh seasonal whole fruits (banana / apple / pears / orange).</i>  <i>*Toast /or bagel with honey, Jam &amp; margarine</i>  <i>*Fowl with Pita Bread</i>  <i>* Home fries / falafel</i>  <i>*Pickles</i>  <i>*Assorted cereals with Almond Milk</i></p>	<p><b><i>\$10 / person</i></b></p>	
<p style="text-align: center;"><b><i>Lunch #1</i></b></p> <p><i>*Choice of beef burger / sausage / chicken burger /veggie burger</i>  <i>*Fries &amp; Condiments</i>  <i>*Cake /or ice cream</i></p>	<p><b><i>\$12 / person</i></b></p>	<p>Large trips more than 100 person , fries is replaced by potato chips bags.</p>
<p style="text-align: center;"><b><i>Lunch #2</i></b></p> <p><i>*spaghetti with meatballs,</i>  <i>*Garlic bread</i>  <i>* Cake /or ice cream</i></p>	<p><b><i>\$12 / person</i></b></p>	

<https://thevalleyofthemothergod.ca>

For Bookings: [Valleymgmt@cccnet.ca](mailto:Valleymgmt@cccnet.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><b>Lunch #3 – Fasting</b>  <i>*Choice of Fish burger / veggie burger / Tuna Sandwich</i>  <i>*Fries &amp; Condiments</i>  <i>*Jelly /or Mango Moose</i>  <b>##optional replace all for Traditional koshary</b></p>	<p><i>\$12/ person</i></p>	
<p><b>Dinner #1</b>  <i>*Dinner roll with butter</i>  <i>*Mixed salad served with Italian dressing</i>  <i>*Choice of Roast beef / grilled chicken</i>  <i>*Rice /or Mashed potatoes</i>  <i>*Seasonal mixed vegetables</i>  <i>*Profiterole with chocolate sauce /or Tiramisu</i></p>	<p><i>\$15 / person</i></p>	
<p><b>Dinner #2</b>  <i>*Dinner roll with butter</i>  <i>*Mixed salad served with Italian dressing</i>  <i>*Linguini with meatballs</i>  <i>*Garlic bread</i>  <i>* Profiterole with chocolate sauce /or Tiramisu</i></p>	<p><i>\$15 / person</i></p>	<p><b>Dinner #4</b>  <i>*Plate of Shawerma (beef or chicken) on rice or on fries.</i>   <i>*Garlic Bread</i>  <i>* Green or ceasars Salad</i></p>
<p><b>Dinner #3 - Fasting</b>  <i>*Dinner roll with Margarine</i>  <i>*Mixed salad served with Italian dressing</i>  <i>*Fried fish / Traditional potatoes Al-forno</i>  <i>*Rice /or fries</i>  <i>*Oriental pastries</i></p>	<p><i>\$15 / person</i></p>	<p><i>*Replace fried fish with grilled salmon &amp; mini potatoes: Add \$3</i></p>
<p><b>Snacks</b>  <i>*Apple turnover /or Cinnamon rolls /or Rice crisps /or cakes</i>  <i>*fresh cut fruits</i>  <i>* Chips Tubs</i>  <i>*Juice /or water</i></p>	<p><i>\$4.99 / person</i></p>	

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

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