



Hawaiian Yoga Retreat ~ Kona Plantation ~ Hawaii
April 19-26, 2007

Daily Menus

Day 1- 4/19/07

Aloha Dinner Buffet 7:00-10:00 PM

Mushroom Spinach Lasagna
Grilled Lilikoi Ginger Salmon ~Parsley Potatoes~Green Beans Almandine
Key Lime Pie

Day 2- 4/20/07

Breakfast Buffet 8:00-9:00 AM

Light breakfast - assortment of cereals, toast, fruit, coffee and tea.

Lunch Buffet 11:00-12:00 PM

Veggie Burritos - beans, rice, sprouts, salsa, and Guacamole
Corn Chips~Grapes

Dinner Buffet 7:00-8:00 PM

Stir Fried Asparagus with Sesame and Pine Nuts
Braised Chicken Breast Provencal
Basmati Rice Pilaf~Baby Greens Salad
French Apple Tart

Day 3- 4/21/07

Breakfast Buffet 8:00-9:00 AM

Light breakfast - assortment of cereals, toast, fruit, coffee and tea.

Lunch Buffet 11:00-12:00 PM

Veggie Nori Wraps - brown rice, avocado, cucumber, papaya, sprouts
Teriyaki dipping sauce~Baby carrots

Dinner Buffet 7:00-8:00 PM

Roasted Cannelloni with Fennel, Artichokes and Bok Choy
Sweet and Sour Chicken with Root Vegetables~Orzo Barley Pilaf~Peas and Carrots
Flourless Chocolate Torte with Raspberry Coulis

Day 4- 4/22/07 Luau

Breakfast Buffet 8:00-9:00 AM

Light breakfast - assortment of cereals, toast, fruit, coffee and tea.

Lunch Buffet 11:00-12:00 PM

Pesto Pasta Salad with pine nuts, tomatoes and olives
Served with pineapple

Lü'au 5:00-8:30 PM

5:00 pm ~ Shell lei greeting, photo taking, arts and crafts
6:00 pm ~ Torch lighting, Royal Court arrival, Imu Ceremony
5:30 - 7:30 pm ~ Open Bar
6:30 pm ~ Lü'au Dinner Buffet
7:30 pm ~ Island Breeze Polynesian Review
8:30 pm ~ Lü'au ends



Day 5- 4/23/07

Breakfast Buffet 8:00-9:00 AM

Light breakfast - assortment of cereals, toast, fruit, coffee and tea.

Lunch Buffet 11:00-12:00 PM

Tofu-Veggie Curry- carrots, broccoli, and zucchini served with Quinoa or brown rice and papaya

Dinner Buffet 7:00-8:00 PM

Roasted Ratatouille

Sautéed Snapper

Puree of Cauliflower~Roasted leeks, Parsnips & Fennel

Tropical Fruit Tiramisu

Day 6- 4/24/07

Breakfast Buffet 8:00-9:00 AM

Light breakfast - assortment of cereals, toast, fruit, coffee and tea.

Lunch Buffet 11:00-12:00 PM

Veggie Wraps- whole wheat tortilla, hummus, sprouts, Avocado, cucumber, tomato served with Couscous salad and melon wedge

Dinner Buffet 7:00-8:00 PM

Shitake Mushroom and Pumpkin Risotto

Malaysian Chicken Curry

Steamed rice~Broccoli Parmesan

Blackberry and Apple Pie

Day 7- 4/25/07

Breakfast Buffet 8:00-9:00 AM

Light breakfast - assortment of cereals, toast, fruit, coffee and tea.

Lunch Buffet 11:00-12:00 PM

Soba Noodle Salad- tofu, greens, snap peas, carrots Served with papaya seed dressing and apple wedges

Dinner Buffet 7:00-8:00 PM

Stuffed Bell Peppers

Macadamia Nut Encrusted Mahi-Mahi

Roasted sweet potato salad~Summer squash

Lilikoi Cheesecake

Day 8- 4/26/07

Breakfast Buffet 8:00-9:00 AM

Light breakfast - assortment of cereals, toast, fruit, coffee and tea.

**Variations in entrée's may occur depending upon availability of ingredients.*