



Menu Suggestions



As part of your program, a complimentary breakfast and lunch will be provided to you each day.

Please choose your breakfast, lunch and afternoon snack from the food selections below.



BREAKFAST

DAY 1 DAY 2

New York Style Bagel with Nova Lox

*Served with Cream Cheese,
Sliced Tomato and Capers*

Sticky Bun

Apple Strudel

Low-fat Muffins

SELECT VARIETY:

Apple Crumb

Blueberry

Cranberry

Lemon

Carrot

Banana Nut

Danish

SELECT VARIETY:

Apple

Blueberry

Cheese

Cherry

Lemon

Peach

DAY 1 DAY 2

Croissant

SELECT VARIETY:

Plain

Almond Filled

Cheese Filled

Chocolate Filled

Raspberry Filled

Seasonal Fresh Fruit Salad

Whole Fruit

SELECT VARIETY:

Apple

Orange

Banana

Yoplait Light Yogurt

SELECT VARIETY:

Vanilla

Peach

Strawberry

Blueberry

America's Heart

Homemade Granola Bar

DAY 1 DAY 2

Cereal with Milk

SELECT CEREAL VARIETY:

- Cheerios*
- Corn Flakes*
- Kashi*
- Raisin Bran*
- Rice Krispies*
- Total with Bran*

SELECT MILK VARIETY:

- Whole*
- 2%*
- Skim*

Breakfast Beverages



DAY 1 DAY 2

Seattle's Best Coffee & Tea Service

SELECT VARIETY:

- Regular Coffee*
- Decaffeinated Coffee*
- Hot Tea*

DAY 1 DAY 2

Tropicana Bottled Juices

SELECT VARIETY:

- Orange Juice*
- Cranberry Juice*
- Apple Juice*



LUNCH

For lunch, **CHOOSE ONE**, either a sandwich, entree salad or entree as your main course. Side salads may be ordered to accompany your sandwich or entree.

Sandwiches



DAY 1 DAY 2

Grilled Portabella Club

with Shaved Zucchini, Baby Greens, Roasted Tomato and Balsamic Glaze on Multigrain Wheat Bread

Herb Grilled Chicken Club

with Swiss Cheese, Bacon, Roasted Pepper, Herb Aioli and Baby Greens on Multigrain Wheat Bread

Slow Roasted Tuscan Chicken

with Sliced Provolone, Baby Greens and Roasted Tomato on Ciabatta Bread

Slow Roasted Tenderloin of Beef

with Horseradish Dijon Crème and Pickled Red Onion on a French Baguette

Chesapeake Bay Shrimp Salad

with Old Bay Seasoning and Baby Greens on Ciabatta Bread

Smoked Turkey Breast

with Avocado, Tomato and Bourbon Honey Mustard on Focaccia Bread

 Sicilian Tuna Salad

with Albacore Tuna, Olives and Onions on a Multigrain Roll

Main Entrées

**DAY 1****DAY 2** **Grilled Dijon Chicken** **Grilled Tarragon Chicken** **Asian Grilled Salmon** **BBQ Salmon** **Marinated Grilled Shrimp**

Lunch Salads

**DAY 1****DAY 2** **Grilled Pear Salad**SIZE: APPETIZER ENTRÉE

with Mixed Greens, Bleu Cheese, Candied Pecans and Apple Cider Vinaigrette

 Santa Fe Chopped SaladSIZE: APPETIZER ENTRÉE

with Romaine Hearts, Roasted Peppers, Tomato, Bacon, Crispy Tortilla Strips and Chipotle Chile Dressing

 Asian Noodle SaladSIZE: APPETIZER ENTRÉE

with Carrots, Red Peppers, Green Onions, Sesame Seeds, Water Chestnuts and Soy Miso Vinaigrette

 Classic Caesar SaladSIZE: APPETIZER ENTRÉE

with Romaine, Fresh Parmesan, Croutons and Classic Caesar Dressing

Roasted Portabella SaladSIZE: APPETIZER ENTRÉE*with Baby Greens, Goat Cheese, Sundried Tomatoes, Almonds and Balsamic Vinaigrette* **Citrus Spinach Salad**SIZE: APPETIZER ENTRÉE*with Avocado, Ruby Grapefruit, Red Onion and Citrus Vinaigrette* **Nicoise Salad**

SIZE: ENTRÉE ONLY

*with Field Greens, Fresh Tuna, Yukon Gold Potatoes, Green Beans, Hard Boiled Eggs, Tomatoes, Olives and Mustard Vinaigrette***Entrée Salad Add-ons:**

DAY 1 DAY 2

 Herb Grilled Chicken **Herb Roasted Tenderloin of Beef** **Asian Grilled Salmon** **Dijon Salmon** **Marinated Grilled Shrimp****Side Dishes**

DAY 1 DAY 2

 Penne Pasta Salad*with Roasted Tomato, Feta Cheese, Red Onion and Lemon Basil Vinaigrette* **Israeli Couscous Salad***with Roasted Sweet Potato, Dried Cranberries, Toasted Pecans and Balsamic Vinaigrette* **Dilled Red Potato Salad***with Marinated Red-Skinned Potatoes, Fresh Dill, Celery and Vinaigrette Dressing* **Sesame Green Beans***with Garlic, Soy and Toasted Sesame Seeds* **Grilled and Roasted Vegetables***with Zucchini, Yellow Squash, Carrots, Red Peppers and Red Onions*

Lunch Beverages



DAY 1 DAY 2

Assorted Soft Drinks

SELECT VARIETY:

- | | | |
|--------------------------|--------------------------|--------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Coke</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Pepsi</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Diet Coke</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Diet Pepsi</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Sprite</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Sprite Zero</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Sierra Mist</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Ginger Ale</i> |

Snapple Iced Tea (Regular or Diet)

SELECT VARIETY:

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Lemon</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Peach</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Half 'n Half (50% Lemonade, 50% Tea)</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Diet Lemon</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Diet Peach</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Diet Half 'n Half</i> |

DAY 1 DAY 2

Bottled Spring Water

San Pellegrino Sparkling Water

Seattle's Best Coffee & Tea Service

SELECT VARIETY:

- | | | |
|--------------------------|--------------------------|-----------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Regular Coffee</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Decaffeinated Coffee</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Hot Tea</i> |

Tropicana Bottled Juices

SELECT VARIETY:

- | | | |
|--------------------------|--------------------------|------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Orange Juice</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Cranberry Juice</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Apple Juice</i> |

Milk

SELECT VARIETY:

- | | | |
|--------------------------|--------------------------|------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Whole</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>2%</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Skim</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Chocolate</i> |

Desserts



DAY 1 DAY 2

Seasonal Fresh Fruit Salad

Freshly Baked Cookies

SELECT COOKIE VARIETY:

- | | | |
|--------------------------|--------------------------|------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Chocolate Chunk</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Oatmeal Raisin</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Toffee</i> |

DAY 1 DAY 2

Chocolate Fudge Brownie

Chocolate Chip Blondie

Black Bottom Cupcake



AFTERNOON SNACKS

DAY 1 DAY 2

America's Heart Homemade Granola Bar

Seasonal Fresh Fruit Salad

Yoplait Light Yogurt

SELECT YOGURT VARIETY:

Vanilla

Peach

Strawberry

Blueberry

DAY 1 DAY 2

Freshly Baked Cookies

SELECT COOKIE VARIETY:

Chocolate Chunk

Oatmeal Raisin

Toffee

Goldfish Crackers

Mixed Nuts

Snack Beverages



DAY 1 DAY 2

Assorted Soft Drinks

SELECT VARIETY:

Coke

Pepsi

Diet Coke

Diet Pepsi

Sprite

Sprite Zero

Sierra Mist

Ginger Ale

Snapple Iced Tea (Regular or Diet)

SELECT VARIETY:

Lemon

Peach

Half 'n Half (50% Lemonade, 50% Tea)

Diet Lemon

Diet Peach

Diet Half 'n Half

DAY 1 DAY 2

Bottled Spring Water

San Pellegrino Sparkling Water

Seattle's Best Coffee & Tea Service

SELECT VARIETY:

Regular Coffee

Decaffeinated Coffee

Hot Tea

Tropicana Bottled Juices

SELECT VARIETY:

Orange Juice

Cranberry Juice

Apple Juice

Milk

SELECT VARIETY:

Whole

2%

Skim

Chocolate

To request kosher meals or other special menu accommodations, please call 410.601.5719.