

## STANDARD SAMPLE MENU ITEMS

Please be advised this is a SAMPLE OF MENU ITEMS we typically serve for reference only.

*The vendor shall provide alternative meal options that accommodate food allergies, vegetarians, vegans, and religious restrictions (e.g., Kosher and Halal). All menus come with freshly brewed regular & decaffeinated coffee, assorted teas, bottled water, and assorted soft drinks.*

### **Breakfast:**

Breakfast breads

Bagels

Diced fruit

Yogurts

Juices, coffee/tea, bottled water

### **Continental Breakfast Buffet**

Fruit

Bakery selections: variety of muffins & croissants, Danishes

Selection of Bagels with butter, jelly, cream cheese

Selection of chilled juices

Yogurt bar separate toppings (example: granola and fruit)

Oatmeal with Brown Sugar and Raisins

Dairy free & gluten free options

### **Hot Breakfast Buffet**

Fruit

Bakery selections muffins (variety of flavors available) & croissants

Cranberry & orange juices

Scrambled eggs

Pancakes & waffles

Pork sausage or applewood smoked bacon

Breakfast potatoes

Oatmeal bar separate toppings (example: brown sugar and raisins)

Dairy free & gluten free options (i.e.: tofu scramble, gluten free bread)

### **Breaks:**

Whole fruit or cut fruit

Trail Mix

Assorted pretzels & chips

Granola bars

Cookies/brownies

Crudite in individual serving cups – grab and go snack

Kale chips

Hummus and chips

Chocolate covered fruit

hot tea, coffee/tea, bottled water

assorted soft drinks

## **Lunch Buffet:**

Soup

Salad – green

Pasta salad (e.g., orzo feta; primavera)

Ancient grains salad (e.g., fall harvest salad with farro etc.)

Gourmet sandwiches (3 choices)

Hot Entrees (2) entrees

Chicken, fish, and beef options

Starch & vegetable

Dessert (3-4 options)

Assorted soft drinks

More detailed examples of lunch options include:

Build your own Salad - Arugula, spinach (separate bowls), romaine, mixed greens, sliced egg, grape tomatoes, chickpeas, crumbled blue cheese, feta, shaved asiago/parmesan, dried cranberries, cucumbers, shredded carrots, sliced fresh fruit; blueberries; sunflower seeds, with a choice of balsamic/olive oil/red wine vinaigrette and creamy dressing (Ranch, Caesar).

Romaine, toasted almonds, tomatoes, raisins, and creamy cider dressing

Simple greens salad, red wine vinaigrette

Soups:

Butternut squash

Mushroom bisque

Corn or potato chowder

Warm salads:

Roasted sweet potato salad with anise vinaigrette.

Shaved Brussel sprout salad, apples, walnuts, and shaved parmesan cheese.

Toasted Orzo Pilaf with Tender Spinach, Sun-Dried Tomatoes and Parmesan Cheese

Cold salads:

Egg salad

Waldorf Salad

Tabbouleh

Hot Entrees:

Herb rubbed turkey with roasted garlic cream gravy

Roasted salmon, butter herb sauce

Ginger salmon

Grilled Flank Steak, house made chimichurri

Grilled chicken with tomato, lemon, olives in white wine reduction

Gourmet sandwiches:

Fresh Grilled Chicken, Arugula, Charred Peppers, Lemon-Artichoke Spread, Focaccia Bread

Caprese sandwich – mozzarella, basil, pesto, and tomato on ciabatta bread

Rubin

Flat breads

Starch & vegetables:

Green bean medley

Vegetable Medley Hash with Zucchini, Eggplant, Potatoes, Rosemary, and Garlic

Desserts:

Chocolate Covered Strawberries and other fruit.

Macaroons

Red Velvet Cake

Cheesecake

Chocolate Cake

Small tarts

Mini cupcakes

Fruit