

# SPRING FORUM 2020 • MENU

## FRIDAY (Breakfast is on your own)

### LUNCH

#### Choice of Sandwich/Wrap

##### Deli Sandwich

*Smoked Turkey, Ham, Salami, Swiss Cheese, Lettuce, Tomato, piled high on a Kaiser Roll, served with Potato Salad and Crisp Pickle Wedge, Mayonnaise and Mustard served on the side*

##### Veggie Wrap

*An Assortment of Fresh Grilled Vegetables rolled in a large Whole Wheat Tortilla with Lettuce, Tomatoes, Feta Cheese, and a light Balsamic Vinaigrette, served with Mediterranean Lentil Salad*

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### AFTERNOON BREAK

#### Cookie Jar Break

*Assorted Freshly- Baked Gourmet Cookies, Selection of Chilled Milk, Freshly Brewed Coffee Service and Hot Tea*

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## SATURDAY

### BREAKFAST

#### Shenandoah Valley Buffet

*Fluffy Scrambled Eggs, Breakfast Potatoes, Crispy Smoked Bacon, Breakfast Sausage, Fresh Fruit, Assorted Yogurts, Breakfast Pastries, and Chilled Juice*

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### LUNCH

#### Baked Potato Bar

*Baked Idaho Potatoes served with an assortment of toppings to include Beef or Chicken Chili, Sour Cream, Shredded Cheddar Cheese, Crumbled Bacon and Jalapeno Peppers, served with Mixed Green Salad and Warm Rolls. Also Assorted Cookies and Brownies with Coffee and Tea Service*

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## SATURDAY (contd)

### AFTERNOON BREAK

#### Movie Theater Break

*Fresh Popcorn, Assorted Penny Candy, Assorted Soft Drinks*

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## GALA BANQUET

### DINNER

#### Southern Buffet

*Tossed Salad with assorted dressings, Garden Pasta Salad, Potato Salad, Deviled Eggs, Herb-Roasted Bone In Chicken, Roasted Beef Sirloin, Southern Style Green Beans, Cornbread and Biscuits. Peach Cobbler for Dessert. Fresh Brewed Coffee and Tea Service*

#### Cash Bar

