

Executive Conference & Training Center

**Sample Menu – Day 1**

(Note – actual menu changes daily)

All Day Beverage Service in Kiosk to including Regular & Decaf Coffees, Hot and Iced Teas, Sodas, Bottled Waters and Juices

*7:00 am – 9:00 am:* Full breakfast w/ Hot Entrée

Cold Cereal, Assorted Breads, Whole Fruit, Bagels, Danish, Muffins, Croissants, Yogurt  
Hot Entrée – Traditional

*9:00 am – 11:30 am:* AM Break

Deviled Eggs  
Assorted Breakfast Bars

*11:45 am – 1:30 pm:* Luncheon Buffet

Mixed Greens with Red Onions, Cucumbers, Carrots, Tomatoes, Feta, and Croutons  
Dressings – Cilantro Ranch, French, and Balsamic Vinaigrette  
Waldorf Salad  
Antipasto Salad  
Soup – Tomato Basil Bisque  
Deli Platter of Grilled Portabella Mushrooms (v.), Ham, Smoked Turkey, Cheddar And Swiss Cheeses  
Condiments  
Assorted Breads and Kaiser Rolls  
Flat Iron Steak  
Honey Glazed Salmon  
Rice Pilaf  
Glazed Carrots

Dessert – Pumpkin and Chocolate Cake

*1:45 pm – 4:30 pm:* Afternoon Break

Packaged Chips and Cookies  
Candy Minis  
Assorted Ice Cream Bars  
Crab Dip

## Sample Menu – Day 2

(Note – actual menu changes daily)

All Day Beverage Service in Kiosk to including Regular & Decaf Coffees, Hot and Iced Teas, Sodas, Bottled Waters and Juices

*7:00 am – 9:00 am: Full breakfast w/ Hot Entrée*

Cold Cereal, White & Wheat Breads, Whole Fruit, Bagels, Danish, Muffins, Croissants, Yogurt  
Hot Entrée – Huevos Rancheros

*9:00 am – 11:30 am: AM Break*

Fruit Tray  
Assorted Breakfast Bars

*11:45 am – 1:30 pm: Luncheon Buffet*

Romaine Lettuce w/ Cheddar Cheese, Garbonzo & Pinto Beans, Olives, Onions, Carrots and Tortilla Strips  
Avocado Cream, Tarragon Vinaigrette, Cilantro & Hot Pepper  
Corn & Black Bean Salad  
Creamy Cajun Chicken Salad  
Soup – Chicken Tortilla  
Deli Platter of Grilled Vegetables, Turkey, American and Swiss Cheeses, Kaiser Rolls, Assorted Bread  
Beef and Chicken Fajitas  
Refried Beans  
Dirty Rice  
Flour Tortillas, Guacamole, Cheese, Sour Cream and Salsa

Dessert – Flan & Key Lime Pie

*1:45 pm – 4:30 pm: Afternoon Break*

Packaged Chips and Cookies  
Candy Minis  
Assorted Ice Cream Bars  
Fried Bananas