

# SIAD 2017 Menu

## Monday

### **Breakfast**

- Assortment of mini muffins
- Fruit platter
- Small assortment of individual yogurts
- Vegetarian and Chorizo frittatas
- Coffee & hot tea

### **Lunch**

- Southwestern Fajita Bar with shredded chicken, shredded beef, sautéed peppers, sautéed onions, fresh grated cheese, sour cream, salsa, jalapeño peppers, warm flour tortillas, refried beans, rice/ peppers/ tomatoes.
- Garden and Caesar Salad

### **Afternoon Snack**

- Double chocolate brownies, assortment of cookies, fruit & cheese platter, coffee & hot tea

## Tuesday

### **Breakfast**

- Assortment of mini quiches
- Fruit platters
- Small assortment of individual yogurts
- Coffee & hot tea

### **Lunch**

- Fresh Baked Potatoes served with bacon, cheese, onions, salsa, butter, sour cream, steamed broccoli and chili.
- Garden and Caesar Salad

### **Afternoon Snack**

- Double chocolate brownies, assortment of cookies, fruit platter, party mix, coffee & hot tea

## Wednesday

### **Breakfast**

- Assortment of croissant breakfast sandwiches
- Fruit platters
- Mini muffins
- Small assortment of individual yogurts
- Coffee & hot tea

### **Lunch**

#### **Soup & Salad**

- *Chef Salad:* Chopped Maple Gazed Ham, Smoked Turkey, Swiss Cheese, Shredded Cheddar Cheese, Hardboiled Eggs, Shredded Carrots, Tomato, Cucumber, Fresh Mixed Greens
- *Spinach Salad:* Sliced Mushrooms, Red Onions, Mandarin Orange Segments, Hard Boiled Eggs, Fresh Baby Spinach
- *Black and Bleu Salad:* Thinly Sliced Roast Beef with Crumbled Bleu Cheese, Dried Cranberries, and Walnuts on a bed of fresh Baby Greens
- Vegetarian Soup

### **Afternoon Snack**

- Double chocolate brownies, assortment of cookies, fruit & cheese platter, coffee & hot tea

## Thursday

### **Breakfast**

- Assortment of mini quiches
- Fruit platters
- Small assortment of individual yogurts
- Coffee & hot tea

### **Lunch**

#### **Wraps, Salad, Kettle Chips**

- Choice among Italian Wrap, Chicken Caesar Wrap, and Mediterranean Veggie Wrap
- Garden and Caesar Salad & Homemade kettle chips
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### **Afternoon Snack**

- Double chocolate brownies, assortment of cookies, fruit platter, party mix, coffee & hot tea

## **Friday**

### ***Breakfast***

- Assortment of breakfast burritos
- Fruit platters
- Small assortment of individual yogurts
- Mini muffins/scones
- Coffee & hot tea