

## Claggett Center - Winter Conference Menu

*The following menus are subject to change without notice.*

### Breakfast

*The daily oatmeal bar features traditional oats, chia seeds, and dried cranberries and apricots.*

*Daily breakfast items include yogurt, cottage cheese, granola, assorted cereals, and fresh cut fruit.*

|                                  |                       |                                   |                              |  |
|----------------------------------|-----------------------|-----------------------------------|------------------------------|--|
| <b>Ham &amp; Cheese Frittata</b> | <b>Scrambled Eggs</b> | <b>Winter Breakfast Casserole</b> | <b>Biscuits &amp; Gravy</b>  | <b>Mini Crustless Vegetable Quiche</b> |
| Lyonnise Potatoes                | Hash Brown Patties    | Assorted Danish                   | Scrambled Eggs               | Shredded Potato                        |
| Pork Bacon                       | Pork Sausage Links    | Pork Sausage Patties              | Pork Bacon                   | Pork Bacon                             |
| Turkey Bacon                     | Turkey Sausage Links  | Turkey Sausage Patties            | Turkey Bacon                 | Turkey Bacon                           |
|                                  |                       |                                   | Biscuits with Butter & Jelly | Cinnamon Rolls with Icing              |

### Lunch

*Daily salad bar options include mixed greens, assorted fresh vegetables, and at least one vegetarian protein source, including seasonal homemade salad dressings.*

*Alternative menu items for special diets are provided when requested by guests in advance. Examples of some special diet options are noted here in parenthesis.*

*A light dessert of watermelon, cookies, brownies, or bars are served daily.*

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|--|---|--|---|--|
| <b>Black Bean soup</b><br>with sour cream, diced tomatoes, cilantro, cheese  | <b>Veggie Chili Bar</b><br>Steamed broccoli<br>Kale, Carrot, Red Cabbage Salad with Maple Vinegarette             | <b>Cheesy Taco Casserole</b><br>(Tempeh, Mushrooms, Pinto Beans)<br>Sautéed Onions & Peppers<br>Spanish Rice<br>Lettuce, Tomato, Cheese<br>Sour Cream, Salsa & Guacamole | <b>Chicken and Dumplings</b><br>Steamed Green Beans<br>Roasted Beet, Goats<br>Cheese Salad                | <b>Chicken Fried Rice</b><br>Vegetable Fried Rice<br>Sesame Mushroom Soup<br>Winter Asian Kale Salad |
| <b>BBQ Chicken Sandwich</b><br>Sweet Potato Fries<br>Kale, Carrot Coleslaw<br>Black Bean Burgers<br>Vegetarian Baked Beans | <b>Seafood Chowder</b><br>Croissant Bar<br>Chix Salad & Tuna Salad<br>Roasted Root Vegetables<br>House Made Chips | <b>Meatball Subs</b><br>Potato Wedges<br>Mixed Vegetables<br>Apple Waldorf Salad   | <b>Caprese Chicken Pasta</b><br>Roasted Green Beans,<br>Lemon<br>Traditional Caesar Salad<br>Garlic Bread | <b>Hearty Tomato Soup</b><br>Gouda Grilled Cheese<br>Quinoa Salad<br>House Made Chips                |

### Dinner

*Daily salad bar options include mixed greens, assorted fresh vegetables, and at least one vegetarian protein source, including seasonal homemade salad dressings.*

*Alternative menu items for special diets are provided when requested by guests in advance. Examples of some special diet options are noted here in parenthesis.*

*Assorted desserts are served daily.*

|  |   |   |   |  |
|--|---|---|---|--|
| <b>Rock Fish, Cod or Haddock w/ lemon sauce dill</b><br>Basmati Rice<br>Asparagus<br>Thyme Roasted Carrots<br>Shaved Brussels Sprouts Salad<br>Rolls | <b>Chicken Strogonaff</b><br>Brussell Sprouts<br>Roasted Root Medley<br>Parker House Roll   | <b>Pork Chops, With Fennel</b><br>Roasted Squash, Quinoa, Pecan Salad<br>Steamed Spinach<br>Roasted Garlic Sweet Potatoes<br>Baguette   | <b>Braised Corned Beef</b><br>Parsley Potatoes<br>Braised red Cabbage<br>(Vegan Apple Sausage)<br>Cucumber, Dill, Sour Cream Salad        | <b>Balsamic Roasted Chicken</b><br>3 Cheese Mac<br>Brussels Sprouts<br>Balsamic Tempeh<br>Caesar Salad<br>Garlic Bread |
| <b>Three Mushroom and Beef Orzo</b><br>Balsamic Roasted Vegetables<br>Honey Ginger Turnips<br>Shaved Brussels Caesar<br>Assorted Artisan Rolls       | <b>Red Wine Braised Pork Loin / Mushrooms</b><br>Winter Kale, Farro Salad<br>Salsify<br>Lightly Glazed Carrots<br>Parker House Roll | <b>Ricotta &amp; Sage Gnocchi</b><br>Sliced Marinated Chicken<br>French Green Beans<br>Ciabatta Toast<br>Roasted Cauliflower, Beet, Pomegranate Salad<br>Sausage, Kale, Potato Soup | <b>Beef Stew Northern Italian</b><br>Red Skin Mashed Potatoes<br>White Beans & Spinach<br>Composed Arugala, Red Onion Salad<br>Warm Rolls | <b>Jambalya</b><br>Swiss Chard/ or Collards<br>Cheesy Bacon Polenta<br>Cake<br>Baguette                                |