



SAMPLE LUNCH and DINNER MENUS

THE ALL AMERICAN

House tossed salad with Tomatoes, Red Onions, Cucumber, Carrots and Olives,
served with three choice of three dressings
Burgers-Angus Beef, Savory Herb Burger or Vegetable Black Bean Burger on White
or Whole-wheat Rolls with Tomatoes, Onions and Lettuce
Mustard, Ketchup, Mayonnaise
All American Potato and Garden Pasta Salads
Chilled Gazpacho Soup
Sliced Watermelon

TEX MEX

Chicken and Cheese Enchiladas
Grilled Vegetable and Black Bean Enchiladas
Beef Tacos
Charro Beans with Onions, and Tomatoes served with Cilantro
Spanish Rice Pilaf
Side Platter of Shredded Lettuce, Diced Tomatoes, Salsa, Guacamole and Sour
Cream
Spinach and Sesame Mexican Salad with Tomatoes, Red Onions, Jicama, Oranges
and Queso Fresco and choice of three dressings
Vegetable Soup
Ambrosia Salad

LADIES' LUNCH

Croissant Sandwiches: Fresh Homemade Chicken Salad, Albacore Tuna Salad, Spicy Pimento Cheese, Egg Salad served with side platters of sliced tomato, pickles, onions, shredded lettuce

Mediterranean Couscous salad with figs, dates, almonds, oranges, and an orange vinaigrette

Lentil Salad with turmeric, onions, garlic and tomatoes

Mixed Greens Salad with choice of three dressings

Albondigas Soup

Sliced Melons

MEDITERRANEAN

Grilled Breast of Chicken Shawarma

Beef Kibbe Meatballs

Falafel

Tabbouleh, Hummus, Eggplant Dip

Feta, Olives, Tomatoes, Peppers

Cucumber Yogurt Dip

Assorted Pitas and Pita Chips

Lentil Soup

Fruit Display

LITTLE ITALY

Pasta Tuscany with Ziti Pasta with Grilled Chicken Breasts, Artichoke Hearts, Roasted Tomatoes, Kalamata Olives, and Pease in a Basil Pesto Alfredo Sauce

Penne Pasta with a rich Meat in Marinara Sauce

Vegetable Lasagna Roll-Up with Sauce Rosa

Spinach Soufflé

Caesar Salad

Antipasta Platter

Lentil Soup

Fruit Display

THE TEXAN

Chopped Bar-B-Q Beef
Crispy Fried Chicken Tenders
Assorted Buns
Side Platter of Onions, Pickles, Jalapenos, Lettuce, Tomato, and Cheese
Grilled Vegetable Wrap
Corn Cobbetts
B-red Potato Salad with Sour Cream and Dill
Mixed Green Field Salad with a variety of Dressings
Cole Slaw
Tomato Basil Soup
Sliced Watermelon

MAMA'S COOKING

Roasted Sliced Turkey with Cornbread Stuffing and Turkey Gravy
Country Style Meat Loaf with Brown Gravy
Boursin Mashed Potatoes
Spinach Pie
Grilled Vegetables
Caesar Salad
with Sundried Tomatoes, Kalamata Olives, Croutons, and Parmesan Cheese
Artichoke, Mushroom and Spinach Salad
Albondigas Soup
Fruit Display
Breads, Rolls and Butter

HALE & HEARTY

Mexican Beef Stew with Potatoes, Carrots, Onion, Cilantro and Chipotle Peppers
Chicken a la King with Tender Chunks of Chicken with Onions, Carrots, Celery, Red
Bell Peppers, and Peas
Spinach Crêpes with a Medley of Mushroom Sauce
Armenian Yellow Rice Pilaf
Chef's Mixed Roasted Vegetables
Spring Mix with Strawberries, Almonds, Jicama, and Balsamic Vinaigrette
Fresh Fruit Display
Chilled Gazpacho Soup
Assorted Rolls and Butter

COUNTRYSIDE

Braised Brisket of Beef with Onions and Carrots, in Natural Gravy
Oven Roasted Chicken with Herbs
Vegetable Quiche
Garlic Mashed Potatoes
Vegetable Rice
Roasted Cauliflower & Peppers with Dill
Italian Panzilla Bread Salad with Tomatoes, Cucumbers, Red Onions, and Kalamata
Olives and Red Wine Vinaigrette
Watermelon and Feta Salad
Vegetable Soup
Sliced Fruit
Rolls and Butter

PROVINCIAL

Baked Basa Provencal with Tomatoes, Olives, Parsley, Onions, and Garlic
Shepherd's Pie Casserole with Ground Beef, Mixed Vegetables, and Mashed Potatoes
Thai Curry Vegetable Casserole
Rice Pilaf
Spinach Soufflé
Bowls of Iceberg, Romaine, and Spring Mix with Assorted Condiments
& Choice of 3 Dressings
Tomato Basil Soup
Fruit Display