

Executive Meeting Center  
Arbors Dining Room  
Sample Menus

***BREAKFAST BUFFET***

Assorted Juices to include Orange, Grapefruit, and Cranberry

Regular, 2%, Low Fat, & Skim Milks

Regular and Decaffeinated Coffees, and a Variety of Hot Teas

Variety of Kellogg's Cold Cereals, Steele Cut Oatmeal, and Cream of Wheat, served with Appropriate Toppings

Seasonal Sliced Fruit, Whole Fruit, Strawberries

Pastries, Assorted Muffins, Coffee Cake, Assorted Danish, Sliced Breads, English Muffins, Assorted Croissants, and Bagels, served with Regular, Low Fat, and Flavored Cream Cheeses, Preserves, Butter, and Jams

*Rotated Items Include*

Warm Cinnamon Buns, Egg & Cheese Sandwiches, Warm Monkey Bread, Country Sausage Biscuits, Apple Smoked Bacon, Maple Link Sausage, Home Fried Potatoes, Turkey Sausage, French Toast, Corned Beef Hash, Waffles, Apple French Toast, Smoked Turkey Hash, Cheese Blintzes, Eggs Benedict, Various Quiches, and Poached Eggs with Smoked Salmon and Spinach

## **15 DAY LUNCH ROTATION**

### *Salad Bar*

Featuring Iceberg and Romaine Lettuces, Spinach, or Mixed Greens  
Cucumbers, Broccoli, Carrots, Red Onions, Black Olives, Tomato Wedges, Garbanzo Beans, Croutons, and  
Cauliflower served with Assorted Dressings, including a Low Fat Option

### *Rotated Soups Include*

Baked Potato Soup, Egg Drop, Gazpacho, Mushroom Barley, and Minestrone

### *Rotated Salads Include*

Tomato and Artichoke Salad, Thai Pasta Salad, Fresh Tuna Nicoise, Dill Potato Salad, Curried Shrimp  
Salad, Wild Mushroom Potato Salad, Chicken and Green Bean Salad, Grilled Vegetable Salad, Antipasto  
Salad, Spicy Seafood Salad, and Black Bean and Corn Salad

### *Cold Cuts Meats and Cheese*

Rare Roast Beef, Roast Turkey Breast, Virginia Ham, Swiss Cheese, American Cheese, Cheddar Cheese,  
served with Lettuce, Tomatoes, Onions, Pickles, Mayonnaise, Mustard, and Horseradish

### *Assorted Breads and Rolls*

Sliced White, Whole Wheat, and Deli Rye Breads, and Assorted Rolls

### *Rotated Entrees Include*

Southern Fried Chicken, Sliced Beef Flank Steak with Mushroom Sauce, Seared Salmon with Dill Butter,  
Stuffed Green Peppers, Penne Pasta with Smoked Chicken, Tomato and Pinenuts, Spicy Thai Shrimp,  
Mushroom and Brie Strudel, and Plum and Ginger Glazed Pork Loin

### *Rotated Side Dishes Include*

Green Beans and Red Peppers, Lemon Broccoli, Zucchini and Yellow Squash, Roast Potatoes, Rice Pilaf,  
and Steamed Jasmine Rice

### *Dessert Station*

Apple Cobbler, Chocolate Mousse Cups, Fruit Tarts, Sliced Fruit, Apple Pie, Lemon Tarts, Carrot Cake, Rice  
Pudding, Mango Mousse Cups, Mandarin Oranges, Coconut Cake, and Assorted Cookies and Brownies

Regular and Decaffeinated Coffees, a Variety of Hot Teas, Iced Tea, and Assorted Soft Drinks

## **15 DAY DINNER ROTATION**

### *Rotated Soups Include*

New England Clam Chowder, Chicken Noodle, and Seafood Gumbo

### *Rotated Salads Include*

Flaked Salmon and Apple Salad, Caesar Salad, Tomato and Cucumber Salad, Hearts of Palm with Cilantro and Lime, Marinated Duck Breast Salad, Vegetable Julienne with Miso Dressing, Prosciutto and Arugula with Creamy Parmesan, Grilled Endive Salad, Grilled Steak Salad with Peppercorn Ranch, Turkey and Bean Sprout Salad, Asparagus and Capicola Salad, and Lobster and Basil Gnocchi Salad

### *Salad Bar*

Featuring Iceberg and Romaine Lettuces, Spinach, or Mixed Greens  
Cucumbers, Broccoli, Carrots, Red Onions, Black Olives, Tomato Wedges, Garbanzo Beans, Croutons, and Cauliflower served with Assorted Dressings, including a Low Fat Option

Assorted Dinner Rolls, Sourdough Petite Pans, and Herb Focaccia, served with Butter, Olive Oil, and Herbs

### *Rotated Entrees Include*

Carved Prime Rib with Au Jus and Horseradish Sauce, Chorizo Stuffed Pork Loin, Seafood Manicotti, Chesapeake Crab Cakes, Grilled Veal Chops with Wild Mushrooms, Turkey Scallopini with Capers and Lemon, Linguini with Mussels and Clams, Petit Filet Mignon with Brandy Morel Cream, Pepper Crusted Tuna Loin with Pernod Cream, and Maple Glazed Supreme of Chicken

### *Rotated Side Dishes Include*

Baby Vegetables, Sour Cream and Chive Mashed Potatoes, Asparagus and Red Peppers, Bourbon Vanilla Sweet Potatoes, Baby Beets and Snap Peas, and Persian Rice

### *Dessert Station*

Tiramisu, Lemon Squares, Chocolate Cake, NY Cheesecake, Apple Strudel, Chocolate Bread Pudding, Mixed Berries, Black Forest Cake, Chocolate Pyramids, Rum Raisin Apple Tart, Crème Caramel, Chocolate Fondue, Mini Pastries, Fresh Fruit Display with Whipped Cream

Regular and Decaffeinated Coffees, a Variety of Hot Teas, Iced Tea, and Assorted Soft Drinks