

SAMPLE MENU



BREAKFAST

COLD

- * GREEK YOGURT WITH GRANOLA
- * FRUIT SALAD WITH BERRIES
- * CEREAL
- * HARD BOILED EGGS

HOT

- * EGG DISH CHANGES DAILY
- * STEEL CUT OATS WITH HONEY & PEANUT BUTTER

DRINKS

- * COFFEE, TEA, DECAF
- * REGULAR, ALMOND & SOY MILK
- * ORANGE & CRANBERRY JUICE

LUNCH

SALAD

- * BLACKENED AHI TUNA SALAD
TOMATO, AVOCADO & MIXED GREENS TOSSED WITH CARROTS, CABBAGE & SCALLIONS. TOPPED WITH BEAN THREAD NOODLES, DRIZZLED WITH MUSTARD SOY VINAIGRETTE.

SANDWICH

- * GRILLED CHICKEN LETTUCE WRAPS
CHICKEN BREAST IN AN ASIAN PEANUT SAUCE WITH CRUNCHY SPROUTS, CARROTS, CABBAGE, BEAN THREAD NOODLES, AND LETTUCE

SIDES

- * SWEET POTATO CHIPS
- * WATERMELON
- * ALL THE SOUTHERN SWEET TEA YOU CAN HANDLE!

DINNER

FLATBREADS

- * GOAT CHEESE, SAGE & MUSHROOMS WITH LEMON GARLIC ARUGULA
- * TOMATO, MOZZARELLA & BASIL

MAIN DISH

- * GRILLED LEMON CHICKEN

SIDES

- * GREEN GARDEN SALAD
- * FRESH ASPARAGUS
- * SESAME ROLLS

ALL MEALS ARE SERVED FAMILY STYLE. WE WILL HAPPILY ACCOMMODATE ANY DIETARY RESTRICTIONS OR ALLERGIES YOU MAY HAVE.