

# 2018 CTAO Fall Conference Meals

## Tuesday Lunch

### Build your own Pita Buffet

A selection of proteins and toppings to build your own pitas  
Chef's selection of salads  
Dessert

## PINS Mechanical Networking Event

Donato's Pizza, vegetable trays

## Wednesday Breakfast

### Good Morning

Selection of Chilled Juices  
Fresh Seasonal Fruit and Berries Flavored Yogurts  
Assorted Dry Cereals  
2% and Skim Milk  
Farm Fresh Scrambled Eggs w/ Herbs  
Challah French Toast with Warm Maple Syrup  
Maple Pepper Bacon & Link Sausage Breakfast  
Potatoes  
Assorted Breakfast Pastries w/ Sweet Creamery and Fancy Preserves  
Freshly Brewed Coffee & Tazo Teas

## Wednesday Lunch

### Baked Potato & Salad Bar

Caesar Salad & Garden Fresh Greens  
Assorted Garnishes with Dressings  
Freshly Baked Whole Grain and Wheat Rolls  
Spicy Vegetable and Bean Chili  
Grilled Chicken  
Grilled Skirt Steak  
Colossal Idaho Baked Potatoes  
Baked Potato Toppings  
Toppings to Include:  
Grilled chicken, grilled skirt steak, sauteed broccoli and cauliflower, grated cheese, green onions, sour cream and bacon  
Seasonal Fresh Fruit  
Granny Smith Apple Pie  
Coffee and Iced Tea

## Member-Vendor Mingle

Vegetable crudite  
Fresh fruit display  
Spinach, feta and pine nut stuffed mushrooms  
Vegetarian vegetable spring rolls

## President's Banquet

### Prime Rib Buffet

Fresh garden salad with choice of dressing  
Carved prime rib of beef au jus w/ horseradish  
Grilled Atlantic salmon  
Fresh green beans  
Garlic mashed potatoes  
Rolls and butter  
New York style cheesecake with fresh strawberries  
Chocolate torte

## Thursday Breakfast

### Sunrise

Selection of juices  
Fresh seasonal fruit and berries  
Flavored yogurts, homemade granola  
Assorted dry cereals  
Malted waffles with berries and warm syrup  
Farm fresh scrambled eggs with fine herbs  
Cheese blintzes with fresh berry compote  
Maple pepper bacon and sausage links  
Yukon gold lyonnaise potatoes  
Assorted breakfast bakeries  
Bagels and cream cheese  
Starbucks coffee, decaffeinated coffee and Tazo teas

## Thursday Boxed Lunch

### Lunch on the Run

Select from one of the following sandwiches:

#### **Ham and Swiss Sandwich**

Honey Cured Ham and Imported Swiss with Grain Mustard on Ciabatta Bread

#### **Deli Sandwich**

Imported Prosciutto, Hard Salami, Mozzarella Cheese, Roasted Peppers and Pesto on Focaccia Bread

#### **Smoked Turkey Wrap**

Smoked Turkey, Lettuce, Tomato and Champagne Mustard in a Whole Wheat Wrap (low fat)

#### **Vegetarian Wrap**

Flour Tortilla Filled with Grilled Vegetables, Mozzarella Cheese, and Sun-Dried Tomato Aioli

#### *All lunches include:*

Jumbo Chocolate Chip Cookie  
Kettle Fried or Baked Potato Chips  
Fresh Fruit Salad  
Bottled Water or Assorted Soft Drinks