

## Saturday Fellowship Lunch (2 Salad Choices)

### MODIFIED CALIFORNIA COBB SALAD

Baby Mixed Lettuce  
Plain Quinoa  
Roasted Corn  
Blue Cheese  
Turkey Breast  
Grape Tomato  
Hard Boiled Egg  
Cucumbers  
Ranch Dressing (sugar free) & Vinaigrette Dressing (sugar free)  
Whole Piece of Fresh Fruit  
Iced Tea and Water

### GRILLED VEGETABLE SALAD (vegan, vegetarian friendly)

Bed of Mixed Greens  
Kale Quinoa Salad (plain pecans, mandarins on the side)  
Plain Walnuts or Almonds  
On a Platter to be added to the Greens:  
Balsamic Marinated Peppers, Zucchini, Asparagus, Yellow Squash, Portobello Mushrooms  
Balsamic and Olive Oil Vinaigrette (sugar free)  
Whole Piece of Fresh Fruit  
Iced Tea and Water

## Saturday Dinner Buffet (3 Entrees)

Sliced Beef with au Jus  
Chicken Mediterranean  
Salmon with Pineapple Salsa on side  
Kale Quinoa Salad (blue cheese, mandarin, goat cheese – nuts & cheeses on side)  
Field Green Salad with Dressings  
Grilled Asparagus  
Antipasto Platter: Prosciutto, Genoa Salami, Capicola, Marinated Olives, Artichoke Hearts,  
Grilled Asparagus and Fresh Mozzarella

Chef's Choice Seasonal Vegetable  
Roasted Rosemary Fingerling Potatoes  
Fruit Platter  
Iced Tea and Water  
Coffee and Tea Station

## Sunday Breakfast Buffet

Orange and Vegetable Juices  
Sliced Seasonal Fruit  
Whole Grain Toast and Butter  
Individual Greek and Regular Yogurts (plain)  
Fluffy Scrambled Eggs  
Country Potatoes  
Applewood Smoked Bacon  
Sausage Links  
Plain Oatmeal (walnuts, raisins and cinnamon on side)  
Coffee and Tea  
Non-Fat Milk and Soy Milk