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## 2016 Midwest Regional Conference Menu

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### Day 01: March 9<sup>th</sup>, 2016

Catered by



#### Lunch

Mixed greens salad with cucumber and carrots with ranch and balsamic dressing  
Stir fry with chicken and vegetables  
Fresh fruit salad  
Fresh baked cookies

#### Dinner

Classic caesar salad  
Herb chicken breast  
Rice pilaf with asparagus and assorted vegetables fresh breads  
Freshly baked brownies

### Day 02: March 10<sup>th</sup>, 2016

Catered by



#### Lunch

Chop-chop salad with chopped vegetables. Balsamic vinaigrette dressing  
Shaved turkey with arugula and Swiss cheese on wheat bread  
Tomato, mozzarella and pesto on rosemary focaccia  
House spiced BBQ chips  
Freshly baked cookies

#### Dinner

Mixed greens salad with carrots and cucumbers. Balsamic vinaigrette and ranch dressings  
Teriyaki chicken breast  
Garlic mashed potatoes  
Berry cobbler bars and lemon bars