

Menu

November 10, 2016
IFS Pre-Conference Menu



Breakfast

Assorted Flavored Yogurts
Sliced Breakfast Breads
Assorted Muffins with Butter and Preserved

**Gluten Free Muffins Available*

Seasonal Whole Fruits

Loaded Steel Cut Oatmeal Bar

Gluten/Vegetarian/Vegan* Ask Your Server

Plated Sit Down Lunch

Mixed Green Field Salad
Grilled Chicken Breast - Sundried Tomato Artichoke Demi
Butternut Squash Risotto
Steamed Broccoli
Rolls and Butter

Gluten/Vegetarian/Vegan Available Upon Request

...Please ask your server

Also Included in Your Registration

All Day Coffee/Tea/Water Service



Menu

November 11, 2016
IFS Conference



Breakfast Buffet

Scrambled Eggs
French Toast
Loaded Steel Cut Oatmeal Bar
Seasonal Whole Fruits

Gluten/Vegetarian/Vegan* Ask Your Server



Lunch Buffet

Roasted Eggplant Soup (Dairy Free)
Lentil Salad with Wild Mushrooms
Mixed Field Greens Salad
Mediterranean Style Quinoa Salad
Build Your Own Artisan Sandwiches

Roast Beef, Roasted Turkey Breast, Smoked Ham

- *Vegetarian Protein Option Available*

Assorted Sliced Domestic and Imported Cheeses

Tomatoes, Red Onion, Dill Pickles, Lettuce,

Imported Mustards, Herb Mayo

Artisan Bread, Rolls, Wraps

Assorted Cookies and Brownies (Gluten Free Available)

Gluten/Vegetarian/Vegan Available Upon Request



Menu

November 12, 2016

IFS Conference



Breakfast Buffet

Scrambled Eggs and Potatoes

Make Your Own Yogurt Parfaits

Loaded Steel Cut Oatmeal Bar

Seasonal Whole Fruits

Gluten/Vegetarian/Vegan* Ask Your Server



Lunch Buffet

Split Pea Soup

Vegetarian Corn Chowder

Build Your Own Salad

Assorted Lettuces

Chicken Breast, Tofu, Grilled Veggies

Assorted House Made Dressings



Chocolate Trilogy Dessert

Gluten/Vegetarian/Vegan Available Upon Request



Also Included in Your Registration

All Day Coffee/Tea/Water Service

Two Snack Breaks



Menu

November 13, 2016
IFS Conference



Breakfast Buffet

Build Your Own Sandwich:

**Bacon, Eggs, Sliced Cheese, Buttermilk Biscuit*

Loaded Steel Cut Oatmeal Bar

Gluten/Vegetarian/Vegan* Ask Your Server



Lunch Buffet

Vegetarian Lentil Soup

Cesar Salad

Grilled Chicken Breast

Vegetarian Protein Option Available

Autumn Vegetable Risotto (Dairy and Gluten Free)

Grilled Vegetables

Assorted Cookies and Brownies

Gluten/Vegetarian/Vegan Available Upon Request



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All Day Coffee/Tea/Water Service

Two Snack Breaks



