



FRIDAY MENU

BREAKFAST – FLORIDA CONTINENTAL

Fresh Florida Orange Juice/Grapefruit Juice/Cranberry Juice/Apple Juice
Diced and Whole Fresh Seasonal Fruit and Berries
Assorted Freshly Baked Breads
Croissants/Danish/ Muffins/Butter/Honey/Preserves
Individual Fruit Yogurts
Dry Cereals and Freshly Made Almond Granola
Whole Milk and 2% Milk
Freshly Brewed Coffee/Decaffeinated/Selection of Tea

LUNCH – DELI SHOPPE

Caesar Salad
Garden Salad (Mixed Greens/Heirloom Tomatoes/Shredded Carrots/Cucumbers/Onions
Ranch Dressing/Balsamic Dressing
Tri Color Potato Salad (Onions/Carrots/Parsley /Mayonnaise)
Assorted Bags of Potato Chips
Artisanal Breads and Rolls
Cured Deli Meats (Ham, Roast Beef, Turkey)
Assorted Cheeses (American, Cheddar, Provolone, Swiss)
Mustard/Mayonnaise/Horseradish Sauce/Olive Oil/Red Vinegar
Lettuce/Tomatoes/Onions/Pickles
Carrot Cake/Assorted Sweet Bars
Iced Tea/Freshly Brew Coffee/Decaffeinated Coffee/Selection of Tea

SNACK – THE DIPS

Buffy Blue Chicken Dip and Western Onion Dip
Smoky Hummus
Carrots, Celery, House Made Chips, Seasoned Pita Chips
Freshly Brewed Coffee, Decaffeinated Coffee, and Hot Teas

SATURDAY MENU

BREAKFAST – FLORIDA CONTINENTAL

Fresh Florida Orange Juice/Grapefruit Juice/Cranberry Juice/Apple Juice
Diced and Whole Fresh Seasonal Fruit and Berries
Assorted Freshly Baked Breads
Croissants/Danish/ Muffins/Butter/Honey/Preserves
Individual Fruit Yogurts
Dry Cereals and Freshly Made Almond Granola
Whole Milk and 2% Milk
Freshly Brewed Coffee/Decaffeinated/Selection of Tea

LUNCH – THE FIT BUFFET

Spinach, Almond & Berries Salad (Balsamic, Italian Vinaigrette)
Tabbouleh Salad
Tabbouleh Pasta/Onions/Peppers/Cucumbers /Mint/Lemon/Oil
Herb Chicken with Au Jus
Gemelli Pasta/Seasonal Vegetables/Lemon Herb Sauce
Wild Mushroom Barley Rice
Charred Cauliflower & Roasted Garlic
Fruit Salad & Jalapeno, Honey Dressing
Iced Tea/Freshly Brewed Coffee /Decaffeinated Coffee /Selection of Teas

SNACK – TRAIL MIX BREAK

Banana Chips/Dried Cherries/Dried Apricots
Sunflower Seeds/Pepitas Seeds
Slice Toasted Almonds/Peanuts/Cashews
M&M/Chocolate Chips/Yogurt Covered Raisins
Freshly Brewed Coffee, Decaffeinated Coffee, and Hot Teas