

VAST 2019 Professional Development Institute
MENUS

(There cannot be any individual substitutions to these menus)

Thursday Donna Sterling Institute Ticketed Continental Breakfast

Continuous Break Package (TBD closer to the Institute)

Thursday Donna Sterling Institute Ticketed Buffet Lunch

Chef's Choice Buffet – This would be the same buffet that is served in the Regency Room.
Will not have this menu until the day before the meeting.

Included in the buffet will be:

Chef's Selection of Green Salad
Chef's Selection of Composed Salad
Chef's Selection of Two Entrée's
Chef's Selection of Seasonal Vegetable or Vegetarian Entrée
Chef's Selection Seasonal Starch
Chef's Selection of Three Desserts
Freshly Baked Rolls and Butter
Iced Tea and Iced Water

Friday and Saturday PDI Continental Breakfast

(complimentary with PDI registration)

Freshly Brewed Regular and Decaffeinated Coffee, Tea
Assorted Soda's & Bottled Water
Yogurt Parfait Station
Muffins, Breakfast Breads, and Scones

Friday PDI Ticketed Buffet Lunch

Tangle Mixed Greens (Baby greens, carrots, cucumbers, tomatoes)
Ranch and Balsamic Dressings
Couscous with Fennel, Pine Nuts and Pomegranate Salad
(Pan roasted pearl pasta, chopped fennel, pine nut, pomegranate seed, chives)
Lemon Chicken, dill bechemel
Seared Salmon, meyer lemon ponzu
Portebello Farfalle
(whole wheat pasta, black kale, roast tomato, ricotta, mozzarella, herbs)
Roasted Cauliflower with Tumeric and Ginger
Chocolate Mousse Bownie, Cheesecake with Lemon Curd

Friday PDI Ticketed Buffet Dinner

Tossed Greens ~ shredded carrot, grape tomato, cucumber, ranch, balsamic vinaigrette
Macaroni Salad ~ creamy, red onion, peas
Free Range Chicken ~ baked, herb broth
Gratin Topped Cod ~ roasted tomato cream
Buttery Mashed Potatoes ~ garlic, parsley
French Green Beans ~ sautéed shallot
Soft Rolls, butter
Trio of Individual Desserts from the Pastry Chef

Saturday PDI Ticketed Box Lunch

Creamy Cranberry Slaw

Autumn Chicken Salad Sandwich

(dried chicken, dried cherries, walnuts, frisee, white balsamic and herb dressing, rustic rosemary bread)

Roast Beef on Rye

(chef sliced top round, horseradish Havarti cheese, tomato, Tuscan kale, balsamic caramelize onion aioli, marble rye)

Grilled Vegetable Wrap

(Hummus, grilled vegetables, baby arugula)

Package cookie, whole fruit, beverage