

**Virginia Association of Science Teachers
2022 Professional Development Institute
November 10-12
Double Tree at Kingsmill Hotel**

Ticketed Meal Menus

VAST **cannot** provide any substitutes for the menus listed below. Do **NOT** purchase a particular meal if you have specific dietary requirements that are not met in the menu.

Friday Buffet Lunch

Green beans with caramelized onions
Herb roasted potatoes
Chicken breast with side sauces
Rolls and butter
Chef's choice of dessert
Coffee, Ice tea

Friday Buffet Dinner

Snap Peas with roasted tomatoes
Rice Pilaf
Panko encrusted pangasius filet with vin blanc sauce
Rolls and butter
Chef's choice of dessert
Coffee, Ice tea

Saturday Box Lunch

Sliced turkey breast with Monterey jack cheese served on sliced French bread
Fruit
Bag of chips
Cookie
Bottled water