

**VIRGINIA ASSOCIATION OF SCIENCE TEACHERS
2023 PROFESSIONAL DEVELOPMENT INSTITUTE**

MENUS

VAST does not make any money on the meals. Prices reflect what the hotel is charging.

CONTINENTAL BREAKFAST

Friday & Saturday

(BREAKFAST IS INCLUDED WITH THE PDI REGISTRATION FEE)

Assorted Seasonal Fruit (Chef's Choice)
Homemade Coffee Cake
Assorted Scones
Fresh Muffins
Orange Juice
Freshly Brewed Regular & Decaffeinated Coffee
Hot Tea

TICKETED FRIDAY LUNCH BUFFET

Cost is \$27.00

(NOT INCLUDED IN THE PDI REGISTRATION FEE, PURCHASE A LUNCH TICKET USING THE ONLINE PDI REGISTRATION FORM, DEADLINE TO REGISTER AND PAY FOR A LUNCH TICKET IS OCTOBER 31, LUNCH TICKETS ARE NOT AVAILABLE FOR PURCHASE ON SITE AT THE PDI)

Tangle of Mixed Greens
baby greens, carrots, cucumbers, tomatoes
ranch & balsamic vinaigrette

Chef's Choice of Composed Salad

Lemon Chicken
Dill bechemel

Portobello Farfalle
Wole wheat pasta, black kale, roast tomato, ricotta, mozzarella herbs

Chef's Choice of Seasonal Starch
Chef's Choice of Fresh Seasonal Vegetable

Freshly Baked Rolls & Butter

Chef's Selection of Desserts

TICKETED FRIDAY DINNER

Cost is \$45.00

(NOT INCLUDED IN THE PDI REGISTRATION FEE, PURCHASE A DINNER TICKET USING THE ONLINE PDI REGISTRATION FORM, DEADLINE TO REGISTER AND PAY FOR A DINNER TICKET IS OCTOBER 31, DINNER TICKETS ARE NOT AVAILABLE FOR PURCHASE ON SITE AT THE PDI)

Red Oak Arugula salad
Blue cheese, red grapes, honey sherry vinaigrette, balsamic vinaigrette

Pan Roasted Chicken
White wine pan sauce

Mashed Potatoes
Green Beans

Freshly Baked Rolls & Butter

Dessert TBD

Iced Water
Freshly Brewed Regular & Decaffeinated Coffee

TICKETED SATURDAY BOXED LUNCH

Cost is \$38.00

(NOT INCLUDED IN THE PDI REGISTRATION FEE, PURCHASE A BOX LUNCH TICKET USING THE ONLINE PDI REGISTRATION FORM, DEADLINE TO REGISTER AND PAY FOR A BOX LUNCH TICKET IS OCTOBER 31, BOX LUNCH TICKETS ARE NOT AVAILABLE FOR PURCHASE ON SITE AT THE PDI)

Farmer's Market Pasta Salad
Penne pasta, zucchini, yellow squash, carrot, tomato, corn, kalamata olives, fresh mozzarella pearls,
herb vinaigrette

SANDWICHES CHOICES AVAILABLE

(A specific sandwich choice cannot be designated when purchasing a lunch ticket. A certain number of each choice will be available on Saturday. Once a specific choice is gone no more of that choice will be available.)

]

California Turkey
Sliced turkey, leaf lettuce, bacon, tomato, avocado aioli, wheatberry bread

Virginia Ham & Muenster
Arugula, tomato, red onion, honey mustard, brioche bun

Vegan Roasted Vegetable Hummus Wrap (VN)

Zucchini, squash, asparagus, red peppers, spinach, hummus, whole wheat wrap

Bag of Chips, Whole Fruit, Fresh Baked Cookies, Soda or Water