



## Staff Meal Menu Options

***Staff meals are available to one staff office location and/or to one crew meal location only.***

### **Breakfast Options at \$26.00++ per person**

#### **Menu 1**

Freshly Baked Muffins- (veg)  
Served with Butter, and Fruit Preserves- (gf, nf)  
Farm Fresh Scrambled Eggs with Cheese on the side- (veg, gf, nf)  
Hickory Smoked Bacon- (gf, df, nf)  
Fluffy Pancakes- (veg) with Warm Maple Syrup- (veg, gf)  
Roasted Breakfast Potatoes- (gf, df, nf)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

#### **Menu 2**

Freshly Baked Breakfast Breads- (veg)  
Served with Butter, and Fruit Preserves- (gf, nf)  
Farm Fresh Scrambled Eggs with Cheese on the side- (veg, gf, nf)  
Sausage Links- (gf, df, nf)  
Belgian Waffles- (veg) with Warm Syrup- (gf)  
Roasted Breakfast Potatoes- (gf, df, nf)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

#### **Menu 3**

Freshly Baked Pastries- (veg)  
Farm Fresh Scrambled Eggs with Cheese on the side- (veg, gf, nf)  
Warm Thick Sliced Country Ham- (gf, df, nf)  
French Toast with Warm Maple Syrup- (gf, nf)  
Roasted Breakfast Potatoes- (gf, df, nf)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

#### **Menu 4**

Freshly Baked Bagels- (veg)  
Served with Butter, Fruit Preserves, Regular and Flavored Cream Cheese- (gf)  
Farm Fresh Scrambled Eggs with Cheese on the side- (veg, gf, nf)  
Hickory Smoked Bacon-(gf, df, nf)  
Fresh Donuts - (veg)  
Roasted Breakfast Potatoes- (gf, df, nf)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

### **Menu 5**

Freshly Baked Muffins- (veg)  
Served with Butter, and Fruit Preserves- (gf)  
Farm Fresh Scrambled Eggs with Cheese on the side- (veg, gf, nf)  
Sausage Links- (gf, df, nf)  
Fluffy Pancakes- (veg) with Warm Maple Syrup- (gf, nf)  
Roasted Breakfast Potatoes- (gf, df, nf)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

### **Menu 6**

Freshly Baked Assorted Croissants- (veg)  
Served with Butter, and Fruit Preserves- (gf)  
Farm Fresh Scrambled Eggs with Cheese on the side- (veg, gf, nf)  
Chorizo Sausage Link- (gf, df, nf)  
Vegetarian Refried Beans- (gf, nf)  
Pork Green Chili with Warm Flour Tortillas (nf)  
Roasted Breakfast Potatoes with Peppers & Onions- (gf, df, nf)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

### **Menu 7**

Freshly Baked Buttermilk Biscuits- (veg, nf)  
Served with Butter, and Fruit Preserves- (gf, nf)  
Farm Fresh Scrambled Eggs with Cheese on the side- (veg, gf)  
Applewood Smoked Bacon- (gf, df, nf)  
Chicken Fried Chicken with Country Gravy (nf)  
Roasted Breakfast Potatoes- (gf, df, nf)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

### **Menu 8**

Freshly Baked Assorted Scones- (veg)  
Served with Butter, and Fruit Preserves- (gf)  
Farm Fresh Scrambled Eggs with Cheese on the side- (veg, gf, nf)  
Sausage Links- (gf, df, nf)  
Corned Beef & Sweet Potato Hash- (gf) with White Cheddar Mornay Sauce (nf)  
Belgian Waffle- (veg, nf) with Warm Maple Syrup- (gf, nf)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

## Lunch Options at \$30.00++ per person

### Menu 1

Caesar Salad- (gf, nf) with Creamy Dressing- (gf, nf)  
Garlic Breadsticks (veg, nf)  
Sautéed Green Beans with Pearl Onions and Roasted Garlic- (gf, df, nf)  
Al Dente Spaghetti- (veg) with Marinara- (gf, df, nf)  
Meatballs - (nf, df)  
Cannoli's- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

### Menu 2

Roasted Corn and Zucchini Salad- (gf, veg, df, nf)  
Tortilla Chips and Salsa- (gf, veg, df, nf)  
Three Cheese Enchiladas- (gf, veg, nf)  
Refried Beans- (veg, gf, nf)  
Spanish Rice- (veg, df, nf)  
Seasoned Ground Beef Taco Bar- (gf, df, nf)  
With Corn & Flour Tortillas, Lettuce, Tomato, Cheese, Sour Cream and Salsa- (gf, veg, nf)  
Churros with Cinnamon Spiced Whipped Cream - (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

### Menu 3

Garden Salad- (gf, veg, nf) with Italian & Ranch Dressing- (gf)  
Fruit Salad- (gf, vegan, nf)  
Potato Chips- (gf) with French Onion Dip (nf)  
Grilled Hamburgers and Cheeseburgers- (gf, nf)  
Veggie Burgers - (nf, df)  
Green Leaf Lettuce, Sliced Tomatoes & Red Onions  
Mayo, Mustard & Ketchup  
Homemade Brownies and Chocolate Chip Cookies- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

### Menu 4

Redskin Potato Salad- (veg, gf, nf)  
Tangy Coleslaw- (gf, veg, nf)  
Potato Chips- (gf) with French Onion Dip (nf)  
Premade Ham and Cheddar and Turkey and Swiss Sandwiches (nf)  
Green Leaf Lettuce, Sliced Tomato and Red Onion (1 per person cut in ½)  
Mustard and Mayonnaise- (gf, veg, nf)  
Pickle Sars- (veg, gf, vegan, nf)  
Lemon Curd Bars and Oatmeal Raisin Cookies- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

**Menu 5**

Udon Noodle Salad with Crisp Vegetables and Ginger Soy Dressing  
Asian Sesame Slaw with Napa Cabbage- (gf, veg)  
Steamed Jasmine Rice- (gf, veg, df, nf)  
Teriyaki Vegetable Stir-Fry- (gf, nf)  
Sweet & Sour Chicken - (nf)  
Spicy Beef and Broccoli- (gf, df, nf)  
Chocolate Dipped Fortune Cookies & Almond Cookies- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

**Menu 6**

Garden Salad with Fresh Crisp Iceberg Lettuce with the choice of the following toppings; Cherry Tomatoes, Sliced Cucumbers, Carrots, Hard Boiled Egg, Bacon Bits, Red Onion, Shredded Cheese and Croutons with Ranch, Italian, Blue Cheese, and 1000 Island Dressing  
Traditional Red Steak Chili- (gf, nf) with Sour Cream, Oyster Crackers, and Shredded Cheese and Vegetarian Chili (nf)  
Baked Potato Bar with Sour Cream, Bacon Bits, Butter, Green Onion, Cheddar Cheese, and Steamed Broccoli- (gf, nf)  
Apple Cobbler with Vanilla Streusel- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

**Menu 7**

Mediterranean Salad with Red Wine Oregano Vinaigrette- (gf, veg, nf)  
Fresh Tabbouleh Salad- (vegan, veg, df, nf)  
Lemon Garlic Chicken served with Tzatziki Sauce- (gf, nf)  
Marinated Tofu with Roasted Fennel & Citrus Burre Blanc- (veg, gf, nf)  
Yellow Rice- (veg, gf, df, nf)  
Roasted Eggplant, Zucchini & Yellow Squash- (vegan, gf, df, nf)  
Freshly Baked Pita Bread (df, nf)  
Baklava- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

**Menu 8**

Island Slaw served with Citrus Dressing- (veg, gf)  
Macaroni Salad- (veg, nf)  
Fresh Baked Rolls & Butter  
Pineapple & Ginger BBQ Chicken- (gf, nf)  
Hawaiian Sausage with Peppers & Onions served with Garlic Chili Sauce- (gf, df, nf)  
Lemon Grass Rice- (gf, veg, df, nf)  
Sautéed Green Beans with Pearl Onions- (veg, vegan, gf, df, nf)  
Tropical Mousse Parfait with Toasted Coconut- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

**Menu 9**

Baby Spinach Salad with Blue Cheese Dressing & Balsamic Vinaigrette- (gf, nf)  
Pasta Primavera Salad- (veg, nf)  
Hot Grilled Chicken Sandwich with Roasted Peppers & Sliced Provolone Cheese - (nf)  
Three Cheese Grilled Cheese Sandwich- (veg, nf)  
House made Chips with Artichoke Chive Dip- (gf, nf)  
Dill Pickle Spears- (gf, vegan, nf)  
Chocolate Dipped Harvard Brownies- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

## Dinner Options at \$33.00++ per person

### Menu 1

Garden Salad- (gf, vegan, df, nf) with Ranch and Italian Dressing- (gf, nf)

Fresh Rolls and Butter

Whipped Yukon Gold Potatoes- (gf, veg, nf)

Honey Glazed Carrots with Candied Walnuts- (gf, veg, df)

Herb Roasted Chicken- (gf, df, nf)

N.Y. Cheesecake- (veg)

Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

### Menu 2

Garden Salad- (gf, veg, df, nf) with Ranch and Italian Dressing- (gf, nf)

Fresh Rolls and Butter

Mashed Redskin Potatoes- (gf, veg, nf)

Fresh Steamed Broccoli- (gf, vegan, df, nf)

Roasted Turkey with Pan Gravy and Cranberry Sauce - (nf)

Chocolate Cake- (veg)

Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

### Menu 3

Traditional Caesar Salad- (veg, gf, nf) with Creamy Caesar Dressing- (gf, nf)

Garlic & Herb Breadsticks - (nf)

Baked Penne Pasta Alfredo- (veg, nf)

Chicken Parmesan - (nf)

Sautéed Zucchini, Yellow Squash, and Roasted Peppers- (gf, vegan, df, nf)

Italian Coconut Cream Cake- (veg)

Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

### Menu 4

Pasta Salad- (veg, nf)

Cornbread Muffins- (veg)

BBQ Baked Beans- (gf, nf)

Corn Succotash- (gf, veg, df, nf)

BBQ Chicken \*\*- (gf, nf)

Warm Peach Cobbler a la Mode- (veg)

Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

**\*\*Add BBQ Beef Brisket - (gf, nf) for \$4 per person**

### Menu 5

Zesty Coleslaw- (veg, gf, nf)

Chicken & Sausage Gumbo - (nf)

Steamed White Rice- (veg, gf, df, nf)

Blackened Catfish - (nf)

Braised Greens- (gf, nf)

White Cheddar Grits- (veg, nf)

Corn Bread- (veg, nf)

Pecan Pie- (veg)

Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

**Menu 6**

Mixed Greens Salad- (gf, vegan, df, nf) with Vinaigrette and Ranch Dressing- (gf, nf)  
Fresh Rolls and Butter  
Fresh Green Beans with Roasted Peppers and Carrots- (gf, vegan, df, nf)  
Whipped Sweet Potatoes- (gf, nf)  
Slow Roasted Pork Loin served over Braised Red cabbage- (gf, nf)  
Carrot Cake with Cream Cheese Frosting- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

**Menu 7**

Baby Iceberg Wedge Salad with Crisp Bacon & Blue Cheese Dressing- (gf, nf)  
Fresh Rolls & Butter- (veg)  
Jerk Chicken with Fried Plantains- (gf, nf)  
Chicken Fried Steak with Gravy - (nf)  
Dirty Rice- (veg, nf)  
Black-eyed peas- (veg, gf, nf)  
Banana Fosters Bread Pudding- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

**Menu 8**

Chickpea Salad with Crumbled Feta Cheese & Bell Peppers- (gf, veg, nf)  
Fresh Roll & Butter- (veg)  
Beef Empanadas with Roasted Red Pepper Coulis & Green Onion - (nf)  
Chicken Afritada with Roasted Tomatoes & Baby Carrots- (gf, nf)  
Fresh Green Beans with Kalamata Olives & Sweet Onions- (gf, vegan, df, nf)  
Herbed Roasted Baby Baker Potatoes with Roasted Garlic- (gf, vegan, df, nf)  
Chocolate Dipped Madeline Cookies- (veg)  
Freshly Brewed Regular and Decaffeinated Coffee and Herbal Tea Selections, Pitchers of Iced Water

**Menu 9**

Roasted Root Vegetable & Beet Salad with Baby Spinach tossed with Sherry Vinaigrette- (gf, vegan, df, nf)  
Fresh Rolls & Butter  
Homemade Chicken Pot Pie - (nf)  
Roasted Vegetable Gnocchi with Fire Roasted Pepper Coulis- (veg, nf)  
Blistered Asparagus & Red Cabbage- (veg, vegan, gf, df, nf)  
Rice Pilaf- (veg, gf, df, nf)  
Seasonal Fresh Fruit Cobbler Parfaits- (veg)  
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