

# 2018 Soil & Nutrition Conference Menus

(\*working draft, subject to change)

## Friday, 11/30/18

### **Breakfast**

Omelet station  
Vegan scramble  
O'Brien potatoes  
Polenta  
Bacon/vegan bacon  
Oatmeal with assorted toppings  
Granola  
Citrus  
Yogurt

### **Lunch**

Salad bar – make your own and composed salads  
Black bean and corn soup  
Taco/fajita bar with meat and vegetarian/vegan options  
Date and pecan tart

### **Dinner**

Salad bar – make your own and composed salads  
Onion soup  
Chicken supreme  
Spinach and chard with chickpeas  
Winter root vegetables  
Cottage potatoes  
Baked pears

# Saturday, 12/1/18

## **Breakfast**

Vegetable frittata  
Stewed apples and pears  
Steel cut Irish oats  
Sweet potato pancakes  
Turkey/vegan sausage  
Citrus  
Granola  
Yogurts

## **Lunch**

Salad bar – make your own and composed salads  
Winter root soup  
Turkey burgers  
Roasted beet and kale veggie burger  
Brown butter Brussels sprouts  
Roasted french Fries  
Apple cobbler

## **Dinner**

Salad bar – make your own and composed salads  
Minestrone with white beans soup  
Ecuadorian quinoa casserole  
Beef barley stew  
Organic honey butter carrots  
Algerian wedding rice  
Pumpkin Spice cake with icing

# Sunday, 12/2/18

## **Breakfast**

Scrambled eggs and with veg  
Zucchini quiche  
Breakfast meat/vegan option  
Fruit  
Breakfast porridge (vegan)  
Granola  
Oatmeal with assorted toppings

## **Lunch**

Salad bar – make your own and composed salads  
Yellow mung dahl with spinach soup  
Curry chicken  
Stir-fried tofu with rice noodles  
Garlic and broccoli, bok choy and Japanese white sweet potato  
Multigrain rice pilaf  
Fruit pies

## **Dinner**

Salad bar – make your own and composed salads (with bean options)  
Spicy lentil soup - vegetarian  
Slow cooked pork shoulder  
Corn bread  
Gourmet succotash - vegetarian  
Southwest roasted potatoes  
Lemon almond tart