



Staff Meal Menu Options

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

Breakfast Options at \$25.00++ 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 \$29.00++ 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 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 \$32.00++ 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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