



2023 Institute for Athletic Directors

MENUS

Tuesday, February 7

Reception

- **Mediterranean sampler** with hummus, mixed olive tapenade, balsamic marinated tomatoes, and roasted vegetables served with pita and grilled breads (V, DF)
- **Chips & dip** including spinach artichoke dip, fresh salsa, queso, and French onion dip served with house-made kettle chips, tortilla chips, and pita chips (V)
- **Vegetable crudité** (V, GF)

Wednesday, February 8

Breakfast

- Scrambled eggs, breakfast potatoes, crispy bacon, fruit, breakfast pastries, oatmeal

Lunch

- **Turkey wrap** with honey roasted turkey, cheddar, bacon, spinach, tomato, avocado, and artichoke aioli wrapped in a flour tortilla
- **Roast beef sandwich** with roast beef, cheddar, lettuce, tomato, and caramelized onion sauce on a whole wheat beer hoagie
- **Superfood wrap** with julienne carrots, zucchini, yellow squash, roasted red peppers, arugula, and black eyed pea hummus wrapped in a spinach tortilla (V, DF)
- **Garden salad** with assorted toppings on the side
- **Tortellini pasta salad**
- **Chef's choice of soup**
- **Chips with hummus and French onion dip**
- **Cookies and brownies**

Reception:

- **Shrimp shooters** with spicy cocktail sauce (GF, DF)
- **Chips & dip** including spinach artichoke dip, fresh salsa, queso, and French onion dip served with house-made kettle chips, tortilla chips, and pita chips (V)
- **Vegetable crudité** (V, GF)

V=Vegetarian, GF=Gluten-Friendly, DF=Dairy-Free

Thursday, February 9

Breakfast

- Scrambled eggs, breakfast potatoes, crispy bacon, fruit, breakfast pastries, oatmeal