



2023 Institute for Heads

MENUS

Monday, June 19

Break 2-4 PM:

- Corn chips *with guacamole, roasted tomato salsa, pico de gallo, sour cream, and chorizo fundido*
- Horchata shooters
- Mini churros
- Apples & bananas

Break 4-6 PM:

- Chips, pretzels, and popcorn
- Freshly baked cookies

Sunset Dinner Cruise:

- Peppercorn-crusted prime rib
- Grilled salmon
- Scalloped potatoes
- Vegetable medley
- Mixed greens salad
- Fresh baked rolls
- Chef's selection of dessert

Tuesday, June 20

Breakfast:

- **Farm fresh scrambled eggs** (V, GF, DF)
- **Vanilla brioche French toast** *with warm maple syrup* (V)
- **Steel-cut oatmeal** *with vanilla maple brown sugar, dried fruit, & berries* (V, GF, DF)
- **Applewood bacon and sausage links** (GF, DF)
- **Sage & pepper oven-roasted hashbrowns** (V, GF, DF)
- **Sliced seasonal fruits & berries** (V, GF, DF)
- **Mini muffins, danish, breakfast toast** *with assorted jams, jellies, and sweet butter* (V)

Lunch:

- **Mixed green salad** *with carrots, dried cranberries, and cherry tomatoes* (V, GF, DF)
- **Watermelon, feta, tomato & frisse salad** *with sherry vinaigrette* (V, GF)
- **Pan-roasted chicken** *with wild mushrooms and natural jus* (DF)
- **Blackened mahi-mahi** *with tropical salsa* (GF, DF)
- **Roasted garlic potato puree** (V, GF)
- **Herb-marinated grilled vegetables** (V, GF)
- **Crème brulee, chia pana cotta, chocolate ecstasy cake** (V)

Hors D'Oeuvres:

- **Brie & raspberry** *in a puff pastry* (V)
- **Lump crab cakes** *with tarragon aioli*
- **Braised chicken empanada**

Wednesday, June 21

Breakfast:

- **Quiche**
- **Vanilla brioche French toast** *with warm maple syrup (V)*
- **Steel-cut oatmeal** *with vanilla maple brown sugar, dried fruit, & berries (V, GF, DF)*
- **Applewood bacon and sausage links (GF, DF)**
- **Sage & pepper oven-roasted hashbrowns (V, GF, DF)**
- **Sliced seasonal fruits & berries (V, GF, DF)**
- **Mini muffins, danish, breakfast toast** *with assorted jams, jellies, and sweet butter (V)*

Lunch:

- **Roasted corn & crab chowder**
- **Mixed green salad** *with chopped romaine, arugula, cherry tomato, cucumbers, olives, red onion (V, GF, DF)*
- **Roasted root vegetable salad** *with watercress (V, GF, DF)*
- **Chicken salad** *on croissant*
- **Veggie wrap** *with grilled zucchini, squash, eggplant, asparagus, roasted peppers, buffalo mozzarella, & herb mayo on a spinach tortilla (V)*
- **Tuna melt** *with sharp cheddar on toasted wheat bread*
- **Skirt steak sandwich** *on ciabatta with blue cheese, arugula, & balsamic glazed onions*
- **Rosemary coconut panna cotta martini, key lime meringue shots, chocolate raspberry decadence (V)**

Hors D'Oeuvres:

- Braised short rib arepas
- Vegetable spring rolls *with Thai chili sauce*
- Chicken tikka masala

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

Thursday, June 22

Breakfast:

- Casserole
- Vanilla brioche French toast *with warm maple syrup (V)*
- Steel-cut oatmeal *with vanilla maple brown sugar, dried fruit, & berries (V, GF, DF)*
- Applewood bacon and sausage links *(GF, DF)*
- Sage & pepper oven-roasted hashbrowns *(V, GF, DF)*
- Sliced seasonal fruits & berries *(V, GF, DF)*
- Mini muffins, danish, breakfast toast *with assorted jams, jellies, and sweet butter (V)*