**2019 VAFMA Conference Menus**

**Day 1 Breakfast**  
**Thursday, November 14, 2019**

Assorted Yogurt

Assorted Fresh Fruit

Whole Grain Oatmeal with an Assortment of Toppings

Kale and Butternut Squash Frittata - *Vegetarian, GF*

Polyface Bacon

Assorted Juices

Tea/Coffee

**Day 1 Lunch**  
**Thursday, November 14, 2019**

Slow Roasted Garlic Cilantro Pork Butt with Fennel Lime Barbecue Sauce - *GF, DF*

Assorted Fresh Tortillas - *Vegetarian, DF*

Charred Three Tomato Salsa – *Vegetarian, Vegan, DF*

Sour Cream - *Vegetarian, GF*

Shredded Cheese - *Vegetarian, GF*

Guacamole – *Vegetarian, Vegan, GF, DF*

Shredded Lettuce – *Vegetarian, Vegan, GF, DF*

Orange Jicama Salad - *Vegetarian, Vegan, GF*

Red Bean and Brown Rice Salad – *Vegetarian, Vegan, GF*

Dessert - Honey Bakes Apples with oats and walnuts - *Vegetarian*
**Day 2 Breakfast**  
**Friday, November 15, 2019**

Assorted Yogurt

Assorted Fresh Fruit

Whole Grain Oatmeal with an Assortment of Toppings

Scrambled Eggs

Polyface Sausage

Assorted Juices

Tea/Coffee

**Day 2 Lunch**  
**Friday, November 15, 2019**

Bone-in Garlic and Rosemary Chicken - **DF, GF**

Field Greens with Roasted Apples and Cider Vinaigrette – **Vegetarian, Vegan, GF, DF**

Gratin of Root Vegetables – **Vegetarian, GF**

Butternut Squash Soup – **Vegetarian, GF**

Rolls/Butter

Dessert - Pear and Cranberry Crisp - **Vegetarian**
Day 1 Reception
Thursday, November 14, 2019

Display of Fresh Fruit and Cheese – GF, Vegetarian

Cajun Crab Dip with Pita Chips

Fresh Tomato Chevre Bruschetta - Vegetarian

Trio of Stuffed Mushrooms – DF, GF

Ginger Scallion Meatballs - DF

Vegetable Spring Rolls - Vegetarian, DF