

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**