



## **Wellness Breakfast One**

Assorted fresh juices

Whole seasonal fruit

Fresh cut seasonal fruit display

Granola and yogurt bar including honey yogurt, raspberry yogurt, and vanilla yogurt low fat yogurt and assorted dried fruits

Whole grain breads and muffins

Assorted fruit preserves

Assorted breakfast pastries

## **Wellness Breakfast Two**

Assorted fresh juices

Whole seasonal fruit

Fresh cut seasonal fruit display

Apple wood smoked bacon or smoked turkey bacon

Lean country pork sausage or turkey sausage

Scrambled eggs, egg substitute scramble or garden vegetable frittata

Assorted breads and spreads including whole grain muffins, multigrain bagels, fruit preserves, flavored cream cheeses and apple butter

## **Wellness Breakfast Three**

Assorted fresh juices

Fresh cut seasonal fruit display

Maple glazed ham and apple wood smoked bacon or turkey bacon

Lean country pork sausage, turkey sausage or soysage

Eggs your way station including freshly made to order omelets, eggs any style, egg substitute or egg whites

Steel cut oatmeal with assorted dried fruits

Stone ground Logan Turnpike grits

With Vermont cheddar option

Whole-wheat biscuits



## **Wellness Lunch One**

Tossed fresh garden salad with romaine, baby greens, vine ripe tomatoes, cucumbers and  
assorted dressings

Whole-wheat penne pasta salad primavera

Gazpacho soup with chive laced sour cream

Mediterranean grilled chicken

Herb grilled vegetables

Buttermilk ranch roasted new potatoes

Haricot verte with toasted walnuts and red bell peppers

Whole wheat rolls with herb infused olive oil or garlic butter

Seasonal fruit cobbler

## **Wellness Lunch Two**

Sunshine spinach salad with fresh raspberries, blueberries, strawberries toasted almonds  
and raspberry vinaigrette

Tabouille salad with tomatoes, cucumbers, carrots, fresh mint and lemon

Baked eggplant parmigiana

Spinach stuffed jumbo seashells in a fire roasted marinara sauce

Classic lasagna

Steamed seasonal vegetables

Fresh fruit trifle made with creamy yogurt and ginger snap crust

## **Wellness Lunch Three**

Baby arugula and mixed green salad with grilled portabellas, roasted red bell pepper,  
artichoke hearts and balsamic vinaigrette

Greek whole-wheat orzo salad with fresh vine ripe tomatoes, baby spinach and feta

Honey lime roasted salmon filet

Chicken breast piccatta

Herb roasted seasonal vegetables

Assorted cakes and pies



*Freshly baked rolls, seasonal fresh fruit and a dessert station accompany all dinners*

### **Wellness Dinner One**

Tossed fresh garden salad with romaine, baby greens, tomatoes, cucumbers and assorted dressings  
Tuscan white bean salad  
Whole-wheat couscous salad  
Sliced herb roasted turkey breast with apricot mango chutney sauce  
Bourbon peppercorn London broil with wild mushroom cabernet sauce  
Naturally caramelized root vegetables  
Sautéed Swiss chard with pan roasted shallots  
Sweet potato gnocchi with toasted walnuts, tarragon and olive oil

### **Wellness Dinner Two**

Spinach salad with crimini mushrooms, roasted red onions, mandarine oranges, dried cranberries with a light honey poppy seed dressing  
Vine ripe tomato, cucumber and Vidalia salad with sweet basil vinaigrette  
Asian wild rice salad with water chestnuts and edamame  
Pecan crusted pork loin with Georgia peach sweet and sour sauce  
Pan seared chicken breast with lemon and white wine caper sauce  
Roasted asparagus, red bell pepper and pine nuts  
Steamed broccoli, cauliflower and baby carrots  
Whole grain penne pasta with San Marzano tomatoes, portabella mushrooms and wilted spinach

### **Wellness Dinner Three**

Mixed baby greens salad with artichokes, roasted red peppers, goat cheese and sweet Vidalia dressing  
Marinated Mediterranean garden vegetables  
Black bean and corn salad  
Southwestern grilled chicken breast with fresh pico de gallo, avocado mousse and whole-wheat tortillas  
Oven roasted salmon filet, sautéed fennel and lemon cucumber dill relish  
Herb grilled vegetable medley  
Honey, orange and ginger glazed baby carrots  
Baked potato bar with roasted russet and sweet potatoes with appropriate healthy side condiments