Menu Selections

**Meal # 1**
*Tuesday, November 19, 2019*
**Hot & Cold Buffet Luncheon**

*Sides*
- Garden greens with assorted house dressings
- Orzo with French green beans, butternut squash and a cider vinaigrette
- Roasted curried cauliflower with apples and a Greek yogurt dressing
- Gold beet salad with red onions and honey mustard vinaigrette
- Red and white potato salad with grainy mustard

*Entrées*
- Fish cakes with garlic aioli
- Shepherd’s pie with vegetables and match stick potatoes
- Vegetable maple baked beans
- Sweet corn and peppers
- Brown rice pilaf

*Desserts*
- Platters on each table
- Assorted brownies, mini tarts, and squares
- Coffee/tea

**Meal # 2**
*Tuesday, November 19, 2019*
**Hot & Cold Buffet Dinner**

*Sides*
- Fresh field greens with house made dressings
- Quinoa with red peppers, chick peas and parsley
- Baby Spinach and diced carrots with black eyed peas in an apple cider vinaigrette
- Shredded broccoli and kale salad with grape tomatoes and pumpkin seeds
- Classic potato salad with pickles and dill vinaigrette

*Entrées*
- Maple and smoked paprika rubbed pork loin
- Roast chicken breast with cranberry rosemary crouton
- Red lentils with sweet potatoes and lentils
- Roasted new potatoes with fresh garden thyme
- Roasted root vegetables

*Desserts*
- Assorted freshly baked cakes and pastries
- Diced fruit salad
- Coffee/tea
Meal # 3
Wednesday, November 20, 2019
Buffet Style Deli Luncheon

Sides
Mixed field greens with house made dressings
Creamy carrot and cabbage slaw
Seven bean salad with roasted tomatoes in oregano vinaigrette
Plum tomato salad with zucchini and peppers and a roasted garlic dressing
Cracked wheat salad with roasted corn and kale in a mustard vinaigrette

Sandwiches on Assorted Loaves
Turkey salad with apples and dried cranberries
Double salmon salad with capers and lemon aioli
Roast pork loin with fresh pickled cucumber
Egg salad with fresh sprouts
Sliced beef with horseradish and green pea mash

Vegan/Vegetarian Rice Paper Salad Rolls (No Dairy)
Roasted beets, red onions and pears with baby spinach
Roasted eggplant and peppers with brown rice and arugula
Julienned vegetables with kale and coriander and cider vinegar

Desserts
Platters on each table
Squares and loaves
Fresh fruit cocktail
Coffee/tea

Meal # 4
Wednesday, November 20, 2019
Hot & Cold Buffet Dinner

Sides
Mixed field greens with house made dressings
Wheat berry salad with red apples and green grapes in a maple vinaigrette
Mushrooms and zucchini with sweet red onions
Orecchiette pasta with Swiss chard, green peas and heirloom carrot julienne
Roma tomatoes with julienne peppers, baby arugula, and roasted garlic vinaigrette

Soup
Potato chowder with roasted corn and leeks

Entrées
Slow roast BBQ beef with glazed onions
Herb layered chicken lasagna
Bean and butternut squash chili with polenta crust
Yukon Gold mashed potatoes with carrot julienne
Roasted cauliflower and rapini

Desserts
Seasonal cakes and pies
Sliced fresh fruit
Coffee/tea
Meals # 5
Thursday, November 21, 2019
Hot and Cold Buffet Luncheon

**Sides**
- Mixed greens with assorted house dressings
- Couscous salad with dried cranberries and apricots in a cumin vinaigrette
- Creamy broccoli salad with red onions, sultanas and pumpkin seeds
- Butter bean salad with spicy corn and roasted yams
- Marinated Mushroom and chick pea salad with smoked tomato vinaigrette

**Soup**
- Tomato, vegetable and three rice soup

**Entrées**
- Turkey stir fry with Asian vegetables and ginger sauce
- Buttered egg noodles
- Mixed vegetables

**Desserts**
- Platters on each table
- Assorted brownies, mini tarts, macaroons
- Fruit cocktail (on buffet)
- Coffee/tea

**Sample of local food items and where they come from:**
- Beets - Bradford
- Broccoli - Exeter
- Butternut Squash - Scotland
- Cabbage - Milton
- Cauliflower - Brampton
- Corn - Simcoe
- Eggplant - Kingsville
- Grape Tomatoes - Wilsonville
- Melons (fruit salad) - Innerkip
- Mushrooms - Leamington
- Peppers - Oakland
- Potatoes - Stayner
- Red apples - Carlisle
- Turkey - Thamesville
- Yams - Blenheim

**Please note:**
Preparation of all meals is the responsibility of the Nottawasaga Inn and Convention Centre. The Inn has been informed of the general dietary needs. However, you are responsible for your own safety and welfare and should take your own precautions in this regard. If you require a special prepared meal and/or meals please contact the Registrar with your request of suitable meals by **Thursday, October 31, 2019**. On-site requests may not be accommodated.

Menu may change.

Although we endeavour to assist you in your needs, conference organizers and/or agents will not be responsible or liable for any losses or damages related to food services.