



## Sample Menus

All meals include freshly brewed regular and decaffeinated coffee, select teas, and assorted fruit juices. Actual menus will be chosen by the Executive Chef.

### Breakfast Sample - Pancake Buffet

- Plain buttermilk and whole wheat pancakes with cranberries and pecans
- Bacon or sausage
- Cheese blintzes with fresh fruit topping
- Assorted muffins or croissants with assorted jams
- Assorted cereals, plain yogurt and cottage cheese
- Fresh sliced melons and seasonal fruits

NatureBridge at Golden Gate's overnight package includes breakfast.

### Lunch Sample - Soup, Sandwich, and Salad Buffet

- 2-3 selections of freshly made soups, such as ginger butternut with chives, chicken gumbo, minestrone, chili bean with grated cheese, and New England clam chowder
- Assorted breads and pitas
- Assorted sliced meats and cheeses
- Assorted sandwich spreads, such as tuna salad, egg salad, humus, and tofu spread
- Tossed green salad with assorted dressings
- Assorted pasta and vegetable salads

NatureBridge at Golden Gate's day-use package and overnight package include lunch.

### Dinner Sample - Pasta Buffet

- Vegetable and meat lasagnas
- Eggplant parmigiano
- Bowtie pasta primavera with marinara sauce
- Cheese-filled tortellini in a creamy pesto sauce
- Garlic bread and rolls
- Tossed green salad with assorted dressings
- Assorted pasta and vegetable salads

NatureBridge at Golden Gate's overnight package includes dinner.

### Desserts

- Assorted freshly baked cookies
- White, chocolate and carrot cakes
- Freshly baked brownies
- Fresh fruit