

PAROQUET SPRINGS CONFERENCE CENTRE

Meals & Menus

- There is an additional 18% service charge & appropriate tax -
- Prices subject to change -



Lite Luncheon Meals

- If choosing more than one selection for the group, add \$.50 per person per selection(s) -

---- Sandwiches ----

Kentucky Hot Brown **\$8.45**
Sliced Oven Roasted Turkey Topped w/Tomatoes, Hickory Smoked Bacon, covered w/Mornay Sauce over Toast Points

The Springs Croissant **\$7.95**
Large Croissant filled with Choice of Chicken Salad, or Tuna Salad served with Potato Chips & Fresh Fruit

Pita Pockets **\$7.45**
Grilled Chicken with Mixed Greens Tossed with Cucumber Dill Dressing stuffed in a large Whole Wheat Pita-Pocket. Served with Potato Chips & Fresh Fruit

Three Way Homerun **\$8.75**
Three Silver Dollar Mini Sandwiches with your choice of Beef, Ham, Turkey, Salami, Corned Beef & Cheese. Served w/Potato Salad or Cole Slaw

Sirloin Steak Sandwich **\$10.95**
New York Strip Steak served on French Roll with French Fries and garnished w/Tomato, Lettuce, Dill Pickle Spear; All Sandwiches are served w/Freshly Brewed Coffee, Decaf & Iced Tea

---- Salads ----

Chicken Caesar Salad **\$8.95**
Charbroiled Breast of Chicken served cold on a bed of Romaine Lettuce w/Caesar Dressing & Freshly Grated Parmesan Cheese & Fresh Garlic Bread

California Cobb Salad **\$7.95**
Grilled Chicken, Blue Cheese, Smoked Bacon, Ripe Tomatoes & Avocado on Romaine Leaf Lettuce served w/Choice of Dressing

Three Point Salad **\$8.45**
Tuna, Chicken, & Pasta Salad served on a bed of Greens w/Fresh Fruit Garnish served w/Choice of Dressing

Grilled Tuna Salad **\$9.95**
Grilled Tuna Steak over Spring Field Mix, Tomatoes & Olives on a bed of Greens w/Vinaigrette Dressing

Mediterranean Pasta Salad **\$8.95**
Chilled Pasta Salad Tossed with Fresh Summer Vegetables, Grilled Breast of Chicken served w/Fresh Basil Vinaigrette Dressing; All Salad Entrées are served w/Rolls & Butter Freshly Brewed Coffee, Decaf & Iced Tea

All Salad Entrées Served With:

Rolls & Butter, Freshly Brewed Coffee, Decaf & Iced Tea



Luncheon Entrees

- If choosing more than one selection for the group, add \$.50 per person per selection(s) -

Herb Baked Chicken **\$10.95**
Boneless Breast of Chicken Marinated and Herb Baked; Served with Cream Sauce, Seasonal Vegetables, Rice or Potatoes

Roast Loin of Pork **\$11.45**
Oven Roasted Boneless Pork Loin served with Cinnamon Baked Granny Apple, Seasonal Vegetables, Rice or Potatoes

Beef Stroganoff **\$10.45**
Tender Beef Tips and Mushrooms in Burgundy Sauce served with Egg Noodles, Seasonal Vegetables, Rice or Potatoes

Chicken Fettuccine Alfredo **\$10.45**
Grilled Chicken Breast Strips Tossed with Fettuccine and Alfredo Sauce

Pasta Pimontese **\$10.45**
Medley of Roditori Pasta with Summer Vegetables

Fried Chicken **\$9.45**
Two Pieces of Chicken in Country Style Breeding and Fried Golden Brown, Seasonal Vegetables, Rice or Potatoes

Roast Tom Turkey **\$10.95**
Oven Roasted Turkey with Giblet Gravy served with Sage Stuffing, Seasonal Vegetables, Rice or Potatoes

Orange Roughy **\$11.45**
Fresh Broiled Orange Roughy served with Mango Cilantro Salsa, Seasonal Vegetables, Rice or Potatoes

Stir Fry **\$10.95**
Chicken, Beef or Shrimp accompanied with Fresh Oriental Vegetables served over White Rice

Fresh Salmon **\$10.95**
Broiled, Poached or Grilled served with a Dill Cream Sauce, Seasonal Vegetables, Rice or Potatoes

All Luncheon Entrées
Accompanied By:

Fresh Garden Green Salad, Warm Rolls and Butter, Freshly Brewed Coffee, Decaf and Iced Tea

Choice Of Desserts:

Banana Cream Pie, Seasonal Fruit Pies, Carrot Cake, Chocolate Cake, Chocolate or Strawberry Mousse

Additional \$1 Per Person



Lunch Buffets

Soup, Salad and Sandwich Buffet **\$9.95**
Soup Du Jour with Assorted Crackers, Mixed Fresh Greens with Salad Toppings Choice of Dressings, Sliced Roast Beef, Ham and Turkey, Sliced Cheddar and Swiss Cheeses, Selection of Breads, Lettuce, Tomatoes, Red Onions, Pickles, Miniature Pastry Selection

Working Deli Tray **\$7.95**
Choice of Roast Beef, Turkey and Ham, Swiss and American Cheese, Assortment of Breads, Lettuce, Tomatoes, Pickle and Potato Chips

The Outdoor Buffet **\$10.95**
Potato Salad, Cole Slaw, Marinated Vegetable Salad, Charbroiled Hamburgers and Bratwurst, Baked Beans with Onions and Bacon, Sliced Cheese Tray, Lettuce, Tomatoes & Pickles, Brownies and Cookies

All Luncheon Buffets
Served With:

Freshly Brewed Coffee, Decaf and Iced Tea

The Springs Deli Buffet **\$8.95**
Potato Salad, Cole Slaw, Sliced Roast Beef, Ham and Turkey, Cheddar and Swiss Cheese, Selection of Breads, Lettuce, Tomatoes, Red Onions and Pickles, Assorted Desserts



Create Your Own Luncheon Buffet

- Minimum of 35 people are required -

Entrées (Choice of Two) **(\$13.95 Per Person)**

Baked Chicken, Fried Chicken, Honey Glazed Ham, Sliced Roast Beef, Beef Stroganoff with Noodles, Burgundy Beef Tips with Noodles, Turkey with Sage Dressing, Sliced Roast Pork Loin, Baked Boston Cod, BBQ Beef, Short Ribs, Salisbury Steak, Teriyaki Chicken, Chicken Cordon Bleu

(Choice of One)

Garden Salad with Choice of Two Dressings, Fresh Seasonal Fruit Tray, Garden Vegetables with Dip, Cheese & Fruit Tray

(Choice of One)

Green Beans, Honey Glazed Carrots, Corn O'Brien, Broccoli with Seasoned Butter, Zucchini Provençal, Fresh Garden Medley

(Choice of One)

Rice Pilaf, Whipped Potatoes, Roasted New Potatoes, Au gratin Potatoes, Scalloped Potatoes, Egg Noodles

Italian Buffet

Antipasto Salad, Garlic Bread Sticks, Fettuccine Alfredo, Chicken Parmesan, Italian Green Beans, Served with Coffee, Decaf and Iced Tea, Italian Creme Cake for Dessert

\$10.95 Per Person

Buffet Served with Basket of Warm Rolls & Butter, Fresh-brewed Coffee, Decaf, Iced Tea, and Chef's Choice of Desserts



Box Lunches To Go

- These are only a few suggestions. We are happy to provide you with special requests -

Golden Fried Breast of Chicken **\$9.95**

Potato Chips, Cole Slaw or Pasta Salad, Fresh Fruit, Chocolate Chip Cookies, Assorted Sodas

Turkey & Cheddar Cheese Sandwich on Wheat **\$8.95**

Potato Chips, Pasta Salad, Pickle Spear, Fresh Fruit, Cookie, Assorted Sodas

Ham & Swiss Cheese Sandwich on Rye **\$8.95**

Pickle Spear, Potato Chips, Pasta Salad, Fresh Fruit, Chocolate Chip Cookies, Assorted Sodas

Vegetarian Sandwich on Whole Wheat **\$9.95**

Assorted Vegetables, Assorted Cheeses, Tomato, Lettuce, Onion, Pickle Spear & Potato Chips, Pasta Salad, Fresh Fruit, Chocolate Chip Cookie, Assorted Sodas