

WAFLT-COFLT 2018 Conference Meal Selections

Thursday Workshop--Rose City Buffet Lunch

Entrees: Cedar Planked Salmon with apple cider honey glaze (gluten and dairy free), Pork Loin Roulade-italian sausage, artichokes, fresh herbs, roasted garlic demi (gluten and dairy free) Vegetarian options: Crispy Eggplant, moroccan spice puree

Salads: Baby spinach salad (gluten free and vegetarian), Blue cheese crumbles, toasted hazelnuts, roasted pears, roasted apple vinaigrette, Roasted beet Salad (gluten free, vegan), spring mix, roasted beets, carrots, red onion, caramelized shallot vinaigrette, Grilled Artichoke Pasta Salad (vegan), artichokes, spinach, red onion, garlic, roasted bell peppers, herbed vinaigrette

Sides: Herb Buttered couscous, roasted vegetables

Chef's displayed desserts

Friday Lunch

Both regular and vegetarian entrees served with Northwest Kale Salad (gluten free, vegan)—spinach, kale, roasted apples, grapes, toasted walnuts, currants, lemon Dijon mustard dressing.

Teriyaki Grilled Chicken (gluten free, dairy free)—garlic teriyaki, baby bok choy, scallions, pineapple pico de gallo, jasmine rice, broccoli.

Vegetarian Entree: Wild Truffle Mushroom Risotto (gluten free, vegetarian)—Shaved parmesan, crispy onions, roasted vegetables.

Dessert: Flourless Chocolate Cake (gluten free)—rich chocolate ganache cake, raspberry sauce, fresh raspberries

Saturday Breakfast

Bacon Mushroom Quiche--cage free scrambled eggs, cured bacon, mushrooms, leeks, white cheddar sauce, Yukon gold hash, fresh baked muffins, orange juice and coffee

Vegetarian Quiche--cage free scrambled eggs, asparagus, spinach, onions, peppers & fontina cheese, fresh baked muffins, orange juice and coffee

Saturday lunch

Both regular and vegetarian entrees served with Garden Salad (gluten free, vegan)—mesclun greens, arugula, cucumbers, cherry tomatoes, aged sherry vinaigrette.

F flank Steak (gluten free)—basil mashed potatoes, roasted vegetables, roasted garlic demi

Vegetarian Entrée: Quinoa Purse—quinoa, lentils, brown & red rice, roasted vegetables in a puff pastry, romesco sauce.

Dessert: Tuxedo Truffle Cake—Marbled cake separated by a layer each of dark chocolate & white chocolate mousse, dark chocolate ganache, white chocolate