Lunch Suggestions

Served Entrees

Served Entrees Include First Course, Starch, Fresh Vegetable, Rolls and Butter, Dessert, Coffee and Iced Tea

First Course

(Select One)
Fresh Tossed Green Garden Salad with Choice of (2) Dressings
Caesar Salad
Greek Salad
Soup Du Jour
Fresh Fruit Cup

Entrees

Pasta Primavera with Chicken … $17.95
Traditional Alfredo Sauce with Chicken, Spring Vegetables and Penne Pasta
*Entrée does not include an additional starch

Three Cheese Meat or Vegetable Lasagna … $17.95
Prepared with Fresh Ricotta, Provolone, Mozzarella Cheeses with Tomato or Alfredo Sauce
*Entrée does not include an additional starch

Eggplant Moussaka … $18.95
Baked Layers of Eggplant, Zucchini, Squash, Peppers, Tomato Basil Sauce, and Parmesan Cheese Served with Cajun Cream Pepper Sauce

Grilled Chicken and Mushroom Penne … $20.95
Mesquite Smoked Chicken Breast with Mushrooms, Scallions, Penne Pasta and Alfredo Sauce
*Entrée does not include an additional starch

Chicken Breast Cordon Bleu … $22.95
Boneless Breast of Chicken Rolled with Ham and Cheese, Breaded and Sautéed

Chicken Breast Dijon … $22.95
6 oz. Boneless Chicken Breast with Dijon Mustard Cream Sauce

Spanish Chicken Paella … $20.95
Julienned Chicken Breast Served on a Rice Pilaf of Tomatoes, Peppers, Onions, Garlic, Saffron, Black and Green Olives
*Entrée does not include an additional starch

Chicken Veronique … $22.95
Sautéed Chicken Breast in a White Wine and Green Grape Cream Sauce

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Fogelman Executive Conference Center & Holiday Inn at The University of Memphis

Lunch 030416
Chicken Florentine … $22.95
Chicken Breast with Spinach Stuffing

Sliced London Broil … $26.95
Marinated Charbroiled Flank Steak Thinly Sliced, Served in Its Natural Juice

Sole Veronique … $25.95
Sautéed Dover Sole Filet in a White Wine and Green Grape Cream Sauce

Northwest Passage Salmon … $26.95
Fresh Alaskan Salmon Filet Grilled and Served with Tomato Concasse

Accompaniments

**Starches**

(Select One)
- Baked Potato with Condiments
- Twice Baked Stuffed Potato
- Lyonnaise Potatoes & Onions
- Au Gratin Potatoes
- Wild Long Grain Rice
- Rice Pilaf
- Rosemary Potato Coins
- Dauphine Potatoes

**Vegetables**

(Select One)
- Honey Glazed Carrots
- Bouquetiere of Broccoli
- Chef’s Vegetable Medley
- Green Beans Amandine
- Tomato Florentine
- Italian Sautéed Spinach
- Fresh Asparagus … $2.50 added
- Fresh Snap Peas & Mushrooms … $2.50 added

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Lunch 03/16
Light Lunch Selections

Light Lunch Entrees Include Soup of the Day OR Fruit Cup, Rolls, Butter, Dessert, Coffee and Iced Tea

Julienne Salad Platter … $15.95
Fresh Garden Greens with Julienne Ham, Smoked Turkey Breast and Assorted Cheeses, Tomatoes Cucumbers and Boiled Eggs Served with French or Ranch Dressing

Trio Salad … $18.95
Fresh Chicken, Tuna and Pasta Salads Served on a Bed of Lettuce and Garnished with Julienne Vegetables, Tomato Wedges and Sliced Eggs

Quiche Lorraine… $22.95
Warm Vegetarian Quiche, Rice Pilaf and steamed Vegetables.

Central Avenue Cold Platter … $25.95
Sliced Beef Tenderloin and Grilled Chicken Breast Fanned over a Bed of Mixed Greens and garnished with Julienne Vegetables and Sliced Fruit

Hawaiian Chicken Salad … $19.95
White Meat Chicken Salad blended with Pineapple and Macadamia Nuts Served over Mixed Greens

Tuscan Chicken Salad … $19.95
White Meat Chicken Salad blended with Gorgonzola Cheese and Red Grapes over Mixed Greens

Black & Blue Salad … $22.95
Grilled Flank Steak with Blue Cheese, Tomatoes, Cucumbers, Pepperoncini and Roasted Red Peppers served over Mixed Greens with Balsamic or Ranch Dressing

Sandwich Selections

Duo Deli Sandwich Plate … $16.95
Choice of a Whole or Two Half Sandwiches of Smoked Turkey, Roast Beef, Ham or Grilled Chicken Breast with American, Swiss or Provolone Cheese Served on a Ciabatta Roll with Red Skin Potato Salad and Garnish

Boxed Lunch … $15.95
Ciabatta Roll with Ham, Turkey or Roast Beef choice of Regular Mayo, Pesto Mayo or Mustard Choice of Baked or Assorted Potato Chips Choice of Whole Fruit, Mint Fruit Cup or Pasta Salad Cup Choice of Jumbo Cookie or Fig Newton Water or Soda

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Fogelman Executive Conference Center & Holiday Inn at The University of Memphis
Lunch Buffet Selections

Minimum Guarantee of 35 Guests Required
All Buffets Include Rolls and Butter, Iced Tea and Coffee

Mini Deli Lunch Buffet … $18.95

Soup du Jour
Selection of Ham, Turkey and Roast Beef
Swiss, Cheddar and Provolone Cheeses
Cole Slaw, Potato and Carrot-Raisin Salads
Relishes and Condiments
Assorted Breads
Assorted Pies and Cakes

Pasta Bar … $20.95

Minestrone Soup
Caesar Salad
Antipasto Salad
Chicken Penne Pasta Alfredo
Tomato Beef Lasagna
Broccoli & Ziti in Olive Oil
Seasonal Vegetables
Garlic Bread and Bread Sticks
Biscotti
Assorted Italian Desserts

Greek Salad Buffet … $19.95

Grilled Sliced Chicken Breast
Thinly Sliced Marinated Beef Strips
Romaine Lettuce
Tomatoes & Cucumbers
Kalamata & Spanish Olives
Pepperoncinis & Red Onions
Crumbled Feta Cheese
Croutons
Greek and Oil & Balsamic Vinegar Dressings
Assorted Breads and Pita Basket
Greek Rice Pudding
Mini Baklavas & other Assorted Greek Desserts

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**BBQ Buffet** … $25.95

Cole Slaw
Potato Salad
Three Bean Salad
Pulled BBQ Pork Shoulder with Buns
BBQ Chicken
Baked Beans
Corn on the Cob
Cornbread
Banana Pudding
Fried Pies - Peach, Apple & Chocolate

**South of the Border** … $23.95

Tortilla Chips and Salsa (on each table)
Three Layer Mexican Dip with Nacho Chips
Fajita Bar to include:
   - Marinated Beef Strips
   - Spicy Chicken Breast Strips
   - Sautéed Onions and Peppers
   - Grated Cheese and Shredded Lettuce
   - Guacamole and Sour Cream
Burritos
Refried Beans
Mexican Rice
Cream Cheese and Raspberry Filled Chimichanga
Key Lime Pie

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*Fogelman Executive Conference Center & Holiday Inn at The University of Memphis*
Build Your Own Lunch Buffet
Minimum Guarantee of 35 Guests Required

Selection of two entrees … $22.95

Selection of three entrees … $25.95

Cold Buffet Selections
(Select Three)

- Mixed Garden Salad and Three Dressings
- Caesar Salad
- Antipasto Salad
- Tuna Salad

- Red Skin Potato Salad
- Marinated Vegetable Salad
- Bean Salad
- Tropical Fresh Fruit Salad
- Sliced Fresh Fruit Display

Entrees

Grilled Chicken & Mushroom Penne
Smoked Chicken Breast with Mushrooms, Scallions, Penne Pasta and Alfredo Sauce

Chicken Breast Forestiere
Boneless Breast Topped with Onions, Mushrooms and Peppers in a Brown Sauce

Seared Chicken Breast Mardi Gras
Boneless Breast of Chicken with a Mild Cajun Cream Sauce

Southern Catfish
Coated with a Crispy Cornmeal Batter then deep fried to a golden brown & served with Tartar Sauce

Chicken Veronique
Lightly Battered & Sautéed Chicken Breast with White Wine and Green Grape Cream Sauce

Sliced Roast Sirloin Beef Bordelaise
Beef Strip Loin, Slowly Cooked to Perfection and Accompanied with Bordelaise Sauce

Roasted Pork Loin
Roasted Pork Loin with an Apple Demi-Glace Sauce

Dover Sole Veronique
Broiled Dover Sole Filet with White Wine and Green Grape Sauce

Poached Salmon with Sorrel Sauce
Poached King Salmon Filet Marinated in Wine and Served with Sorrel Sauce

Spanish Chicken Paella
Julienne Chicken Breast Served on a Rice Pilaf of Tomatoes, Peppers, Onions, Garlic Saffron, Black & Green Olives

Pasta Additions

Penne Pasta-Served with Grated Cheese and Italian Breadsticks and
- Hot Italian Sausage and Marinara Sauce … $5.25
- Grilled Chicken Breast and Pesto Cream Sauce … $6.25
- Primavera with Alfredo Sauce … $5.25

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Accompaniments

Starches

(Select One)
- Baked Potato with Condiments
- Lyonnaise Potatoes & Onions
- Au Gratin Potatoes
- Wild Long Grain Rice
- Rice Pilaf
- Rosemary Potato Coins

Vegetables

(Select One)
- Honey Glazed Carrots
- Bouquetiere of Broccoli
- Chef’s Vegetable Medley
- Green Beans Amandine
- Italian Vegetable Sauté
- Fresh Asparagus…$2.50 added
- Fresh Snap Peas & Mushrooms…$2.50 added

Dessert Selections

Choice of One for a Served Entree *** Choice of Three for Build Your Own Buffet

- Chocolate Cake
- Carrot Cake
- Strawberry Shortcake
- Cheesecake
- Banana Cream Pie
- Apple Pie
- Key Lime Pie

- Ice Cream
- Sherbet
- Chocolate Mousse
- Vanilla or Chocolate Pudding
- Fruit Cobbler

Dessert Stations

Twice Dipped Strawberry Display … $450.00 – Serves 100 People
Chocolate Display Surrounded with Twice Chocolate Dipped Strawberries

Sundaes and Parfait Station … $10.95 per Person – Minimum 25 People
Chocolate and Vanilla Ice Cream, Complimented with Diced Fresh Fruit, Slivered Almonds, Rum-Soaked Raisins, Raspberry Coulis, Chopped Pecans, Strawberries Marinated in Grand Marnier, Crumbled Chocolate Chip Cookies, Whipped Cream, Chocolate and Caramel Sauces

Chocolate Fondue Station… $8.95 – Minimum 25 People
Chocolate Fondue with Cubes of Fresh Fruit, Pound Cake, Angel Food Cake, Marshmallows and Pretzel Rods

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Lunch 12 2014