

2025 BEST/VTmtss Summer Institute MENU

BEST/VTmtss Summer Institute 2025			
Monday Breakfast Fresh Fruit Salad (GF) (DF) (V) Assorted Fruit Yogurts (Bowls - not PCs) 1 Fruit Flavor and 1 Vanilla w/ GF Granola & Dried Fruit Breakfast Potatoes (GF) (DF) (V) Scrambled Eggs (GF) (DF) (V) Toast Station (GF Available) Coffee/Juice	Tuesday Breakfast Fresh Fruit Salad (GF) (DF) (V) Assorted Fruit Yogurts (Bowls - not PCs) 1 Fruit Flavor and 1 Vanilla w/ GF Granola & Dried Fruit Warm Cinnamon French Toast w/Pure Maple Syrup (V) GF AVAILABLE Applewood Smoked Bacon (GF) (DF) Coffee/Juice	Wednesday Breakfast Seasonal RIPE Whole Fruit (Bananas, Apples, Oranges) (GF) (DF) (V) Assorted Fruit Yogurts (Bowls - not PCs) 1 Fruit Flavor and 1 Vanilla w/ GF Granola & Dried Fruit Breakfast Ham Scambled Eggs Breakfast Potatoes (GF) (DF) (V) Assorted Bagels (DF) (V) (GF AVAILABLE) with Cream Cheese, Sweet Butter, Peanut Butter, Assorted Jams Coffee/Juice	Thursday Breakfast Seasonal RIPE Whole Fruit (Bananas, Apples, Oranges) (GF) (DF) (V) Assorted Fruit Yogurts (Bowls - not PCs) 1 Fruit Flavor and 1 Vanilla w/ GF Granola & Dried Fruit Spanish Frittata with Egg, Sausage & Cheddar Spanish Frittata with Egg & Cheese (V) (GF Available) Mini Muffins (GF Available) Coffee/Juice
Monday Morning Break Rice Krispie Treats (GF) (DF) (V) Fruit Crisp (GF) (DF) (V) Whole Fruit (GF) (DF) (V)	Tuesday Morning Break Apples (GF) (DF) (V) Assorted Chips, Popcorn, Pretzels Cheddar Bites (GF) (V)	Wednesday Morning Break Double-Fudge Brownies (V) Other Brownies (GF) (DF) (V) Lemon Bars Seasonal RIPE Whole Fruit (Bananas, Apples, Oranges) (GF) (DF) (V)	Thursday Morning Break Apples (GF) (DF) (V) Assorted Chips, Popcorn, Pretzels Cheddar Bites (GF) (V)
Monday Lunch Mixed Green Salad Shredded Cheddar, Chopped Eggs, Bacon, Marinated Garbanzo Salad & Assorted Dressings Rolls & Butter (GF Available) Roasted Tomato and Red Pepper Bisque (GF) (V) (DF) Baked Eggplant (GF) (V) (DF) Grilled Bruschetta Chicken (GF) (DF) Stuffed Shells (Ricotta, Roasted Veg & Marinara) (V) Side of Marinara Steamed Broccoli Tiramisu & Cannoli (V) GF Cookies w/Lemon Curd (GF) (DF) (V) Iced Tea and Lemonade Station	Tuesday Lunch Arugula, Romaine & Endive Salad (mini salad bar) with Cherry Tomatoes, Red Onion, Cucumber & Black Bean Salad Assorted Dressings - 1 Creamy (GF) (V) & 1 Vinaigrette (GF) (DF) (V) Cruets of Balsamic Vinegar & Olive Oil Rolls & Butter (GF Available) Butternut Bisque (DF) (GF) (V) Herb Roasted Pork Loin w/ Maple Glaze (GF) (DF) Grilled Tofu w/Lime - Tamari Glaze Roasted Sweet Potatoes (GF) (DF) (V) Sauteed Summer Vegetables (GF) (DF) (V) Strawberry Shortcake & GF Shortcake Biscuits Whipped Cream on Side Iced Tea & Lemonade Station	Wednesday Lunch Spinach, Frisee & Apple Salad with Beets & Grilled Tofu on the Side Assorted Dressings - 1 Creamy (GF) (V) & 1 Vinaigrette (GF) (DF) (V) Cruets of Balsamic Vinegar & Olive Oil Cornbread & Butter (V) GF Rolls & Herbed Olive Oil Black Bean Chili (GF) (DF) (V) Heirloom Potato Salad (GF) (V) (DF) Pulled BBQ Chicken Vegetarian Falafels Steamed Confetti Corn (V) (DF) (GF) Carolina Cole Slaw (V) (DF) (GF) Peach Cobbler (DF) (V) Peach Cobbler (GF) (DF) (V) Iced Tea & Lemonade Station	Thursday Lunch Mixed Green Salad (Mini Salad Bar) Shredded Cheddar, Chopped Eggs, Bacon Assorted Dressings - 1 Creamy (GF) (V) & 1 Vinaigrette (GF) (DF) (V) Cruets of Balsamic Vinegar & Olive Oil Rolls & Butter (V) GF Rolls & Herbed Olive Oil Wild Rice & Summer Vegetable Soup (GF) (DF) (V) Tortellini Salad (V) Pre-Made Sandwiches (GF) (DF) (V) Grab 'n Go Frozen Treat (GF) (DF) (V) Iced Tea & Lemonade Station
Monday Meet, Greet, and Eat Hummus Platter (GF) (DF) (V) with Fresh Veggies (GF) (DF) (V) and Pita Chips (V) (DF) Veggie Spring Rolls with Ginger (DF) (V) Dipping Sauce (GF) (DF) (V) Spanokopita (V) Sweet 'N Sour Cocktail Meatballs (GF) (DF) Chicken Satay (GF) (DF) Pigs in a Blanket (DF) Stuffed Mushroom HALF with Fennel Sausage (GF) and HALF Vegetarian (GF) (V)			