

BEST/VTmtss Summer Institute Menu – 2025

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