EPNEC Package Menu

Includes Continental Breakfast, Mid-Morning Break, Hot Luncheon Buffet, Afternoon Break, Water Station with Mints, and Service.

Continental Breakfast

Assortment of Sweet Breakfast Pastries
(Including homemade breakfast breads, homemade muffins, bran muffins, scones, Danish and coffee cake)
Seasonal Fresh Fruit Tray
Assorted Bagels and English Muffins
Bagel Toppings that include Cream Cheese and Jelly

Choice of One
Hard Cooked Eggs
Assorted Cold and Hot Cereals
Oatmeal Station with Honey, Raisins, Cinnamon and Sugar

Choice of One
Egg, Sausage and Cheese Wraps
Herb Egg Cup
Egg White Cup with White Cheddar Cheese
Vegetarian Spanish Rice, Egg and Quinoa Breakfast Wrap
with tomatoes, green onion and shredded cheddar cheese, in a flour tortilla

Choice of One
Assorted Juices
Assorted Soda and Bottled Water
Colombian Supremo Coffee
Freshly Brewed Decaffeinated Coffee
Assortment of Hot Tea

Continuous Refreshment Service is an integral aspect of the EPNEC package. No need to adhere to limiting time constraints for breaks. The Continental Breakfast will be served outside your meeting room before your event begins. The Mid-Morning Break will be available from approximately 9:30 a.m. to one-half hour before your luncheon. After lunch, beverages are conveniently accessible before your afternoon session begins. The Afternoon Break is available from approximately 2:00 p.m. to 4:30 p.m. This time-frame accommodates a meeting schedule of 8 a.m. to 5 p.m. or equivalent.
Traditional Mid Morning Break

Choice of Three
- Individual Fresh Fruit Rounds
  (Delicious shortbread topped with sweetened cream cheese, heavy cream and fresh fruits)
- Trail Mix
- Fruit Yogurt
- Granola Bars
- Sliced Assorted Cheeses with Crackers
- Cinnamon Elephant Ears
  (puff pastry brushed with butter and cinnamon and sugar)
- Whole Grain Rice Krispie Treat with Dried Fruit and Dark Chocolate Chips
- Banana Oat Breakfast Cookie with Chocolate Chips
- Assorted Soda and Bottled Water
- Colombian Supremo Coffee
- Freshly Brewed Decaffeinated Coffee
- Assortment of Hot Tea

Yogurt Parfait Station Mid Morning Break

Parfait Station
- Vanilla Yogurt with Fresh Toppings
  (Granola, Fresh and Dried Fruit, and Sliced Almonds)
- Assorted Soda and Bottled Water
- Colombian Supremo Coffee
- Freshly Brewed Decaffeinated Coffee
- Assortment of Hot Tea
Traditional Afternoon Break

Salty Snack
Assorted Candies and Mini-Candy Bars

Assorted Jumbo Cookies or Brownie Bars

**Choice of One**
Fresh Carrot, Cucumber and Celery Slices with Gardiniera Dip
or
Meze Trio with Whole Wheat Pita Triangles
(Hummus, Sundried Tomato Parmesan Dip, Black Olive Tapenade)
or
Whole, Fresh Seasonal Fruit
(Gala or Fuji apples, bananas and depending on availability plums, pears and/or nectarines)
Or
Sliced Assorted Cheeses with Crackers

Assorted Soda and Bottled Water
Colombian Supremo Coffee
Freshly Brewed Decaffeinated Coffee
Assortment of Hot Tea

Themed Afternoon Break Options

**Ballpark Break**
Freshly Baked Gus’ Pretzels
(Served with mustard and nacho cheese dipping sauce)
Peanuts
Cracker Jacks
Mini Candy Bars
Assorted Soda and Bottled Water
Colombian Supremo Coffee
Freshly Brewed Decaffeinated Coffee
Assortment of Hot Tea

**Energy Break**
Arizona Green Tea with Acai Berry Juice
Mini Chocolate Bars
Ces & Judy’s Homemade Granola Bites
Sun Dried Tomato Hummus with Carrot Sticks
Whole Almonds
Assorted Soda and Bottled Water
Colombian Supremo Coffee
Freshly Brewed Decaffeinated Coffee
Assortment of Hot Tea

**Afternoon Tea**
Assorted Tea Sandwiches
Scones with Cream and Jam
Chai Biscotti with Vanilla Bean Glaze
Assorted Soda and Bottled Water
Colombian Supremo Coffee
Freshly Brewed Decaffeinated Coffee
Assortment of Hot Tea

Catering provided by Ces & Judy’s Catering.
EPNEC Hot Luncheon Buffet

Choice of One Salad

Pre-set Mixed Baby Lettuces Salad
Topped with shredded carrots
and grape tomatoes
Chef’s Choice of Dressings

Pre-set Romaine and Leaf Lettuce Salad
Topped with black olives,
thinly sliced red onions and
shredded mozzarella cheese
Chef’s Choice of Dressings

Caesar Salad
Located on the buffet,
dressed prior to serving
topped with Shredded Parmesan
and croutons

Pre-set Baby Spinach Salad
Sunflower seeds and Craisins
Chef’s Choice of Dressings

Choice of Two Entrées

Chicken Selections
Champagne Chicken Breast
Mushrooms in a Champagne Cream Sauce

Grilled Lemon Chicken
With Tomato Jam

Chicken à la Forestiere
Shallots, White Wine, Parsley, Mushrooms and Chicken Jus

Chicken with Apricot Glaze
Filled with Herbs, Butter and Shallots

Chicken with Cognac Mustard Sauce
Filled with Sautéed Spinach and Apples

Chicken Bruschetta
Red Wine Tomato Sauce and Fresh Herbs

Beef Selections
Sliced Fresh Roasted Top Round of Beef
Mushroom Jus Lie

Herb Marinated Beef Tenderloin Skewers

Italian Meatballs
Tomato Basil Cream

Catering provided by Ces & Judy’s Catering.
EPNEC Hot Luncheon Buffet, Continued

**Pork Selections**
Grilled Rosemary Pork Medallions
   Apple Pan Jus

Bistro Pork Loin Medallions
   Marinated in soy and ginger, grilled

**Seafood Selections**
Mediterranean Salmon Cakes
   Sweet Mustard Aioli

   Baked Tilapia
   Tomato Basil Cream

   Baked Tilapia
   Preserved Lemon Relish

**Vegetarian Selections**
(Please include in your entrée selection.)

   Cheese Tortellini topped with a Mushroom Crème Sauce

   Portabella Mushroom with Chickpea and Sun Dried Tomato Hummus

   Roasted Vegetable Lasagna

   Roasted Vegetable Polenta Lasagna

   Tuscan Pasta, with Roasted Tomatoes and Chickpeas
   (Topped with a rosemary tomato sauce)

   Soft Polenta with Sautéed Portobello
   Mushrooms and Wilted Spinach, Chipotle Cream

   Vegetable and Rice Stuffed Pepper

**Choice of One Side Dish**
Roasted Garlic Whipped Potatoes
   Mixed Grain Pilaf
   (with orzo pasta, barley, white and wild rice)

   Rice Pilaf with Caramelized Onions (Gluten Free)

   Pasta Alfredo Primavera

   Herb Roasted Potatoes

   Gemelli Pasta with Kale, Sun Dried Tomato and Herbed Garlic Sauce

Catering provided by Ces & Judy's Catering.
EPNEC Hot Luncheon Buffet, Continued

Choice of Two Vegetables
Butter Glazed Carrots with Toasted Sesame Seeds
Roasted Cauliflower with Scallions and Parmesan Cheese
Carrot Soufflé (Light, sweet carrot dish)
Green Beans Amandine
Fresh Buttered Broccoli and Carrot Vegetable Medley
Fresh Buttered Broccoli Spears
Fresh Buttered Green Beans with Mushrooms
Roasted Medley of Squashes
Roasted Green Beans
Corn with Kale, Tomato with Balsamic Glaze

Any vegetable except the Carrot Soufflé can be ordered gluten free and dairy free.
Some vegetables available “steamed only” without butter upon request.

Choice of One Dessert
Dessert Buffet with Chef’s Choice of Assorted Dessert Bars
OR
Choice of one of the following to be preset or served
Angel Food Cake with Berry Compote
Flourless Chocolate Orbit Cake
Turtle Brownie
Chocolate Cake Square
Carrot Cake Square (Nut Free)
Lemon Square
Seasonal Cheesecake
Seasonal Cake

Luncheon Buffet Includes
Roll and Butter
Iced Water, preset
Freshly Brewed Iced Tea, offered to each guest
Regular and Decaffeinated Coffee, Hot Tea

Special Meal Requests
Please note that we offer vegetarian, gluten free and dairy free menu items that can be included in your buffet selections reducing the need for special plated meals.
We would be happy to accommodate your special dietary needs with a special plated meal for an upcharge of $7.50 per person.
Please consult your Conference Coordinator for details.

Catering provided by Ces & Judy’s Catering.
EPNEC Themed Buffets
These selections can be substituted for the Luncheon Buffet in the EPNEC Package.

Southwest Buffet
Mixed Lettuces Salad with a Southwest Twist
With diced tomatoes and black beans, chipotle lime vinaigrette

(Please Choose Two)

- Beef Fajita
- Chicken Fajita
- Marinated Grilled Fish
With shredded cheddar cheese, sour cream and salsa
Served with Tortillas

- Vegetarian Black Bean & Butternut Squash Taco with spicy coleslaw

- Cilantro Rice
- Southwest Style Corn

- Margarita Cheesecake

- Iced Water, preset
Freshly Brewed Iced Tea, offered to each guest
Regular and Decaffeinated Coffee, Hot Tea

Barbecue Buffet
Mixed Lettuces Salad
Topped with Shredded Carrots and Grape Tomatoes
Chef’s Choice of Dressing

- Barbecued Pulled Chicken with Bun
- Barbecued Sliced Pork Loin with Bun

- Country Style Green Beans
- Cheesy Corn with Cilantro
- Red Skinned Mashed Potatoes

- Mixed Berry Cobbler, served warm on the Buffet
  Topped with Vanilla Ice Cream

- Iced Water, preset
Freshly Brewed Iced Tea, offered to each guest
Regular and Decaffeinated Coffee, Hot Tea

Catering provided by Ces & Judy’s Catering.
EPNEC Themed Buffets, Continued
These selections can be substituted for the Luncheon Buffet in the EPNEC Package.

Asian Buffet

Asian Infused Mixed Green Salad
   With mandarin oranges, shaved Daikon radishes and toasted almonds
   Chef’s Choice of Dressings

Skewered Tenderloin Beef Asia
   Chow Fun Chicken
   (Battered and deep fried chicken pieces with a sweet orange and soy sauce)

   Fried Rice
   Broccoli Stir Fry
   (Broccoli sautéed with garlic and mushrooms with sesame, ginger soy sauce)
   Vegetarian Egg Rolls

   Chef’s Choice of Assorted Dessert Bars

   Iced Water, preset
   Freshly Brewed Iced Tea, offered to each guest
   Regular and Decaffeinated Coffee, Hot Tea

Ballpark Buffet

Pre-set Mixed Baby Lettuces Salad
   Topped with shredded carrots and grape tomatoes
   Chef’s Choice of Dressings

   Quarter Pound Hamburgers with Bun
   Veggie Burgers with Bun

   Condiments
   Lettuce, Tomatoes, Onions, Pickles, Ketchup, Mustard and Mayonnaise

   Sauced Chicken Wings with Ranch Dip
   Cheese Nachos
   French Fries

   Assorted Cookies and Brownies, on the Buffet

   Roll and Butter
   Iced Water, preset
   Freshly Brewed Iced Tea, offered to each guest
   Regular and Decaffeinated Coffee, Hot Tea

Catering provided by Ces & Judy’s Catering.