

## Lunch Menu for the 2023 Northeast Natural History Conference

(lunch is included with conference registration)

### Saturday April 22<sup>nd</sup>

Rolls and sweet butter

#### *Choice of entrees:*

- Tuscan Chicken, with sundried tomato basil cream sauce, garlic-roasted red potato, and broccoli (GF)
- Panko-crusted New England Cod, with rice pilaf and garlic green beans
- Lentil Stew, hearty stew with a variety of vegetables including carrot and parsnip (V)

#### *Choice of Dessert*

- Strawberry & vanilla layer cake
- Chocolate mousse

Coffee or tea

### Sunday April 23<sup>rd</sup>

Rolls and sweet butter

#### *Choice of entrees:*

- Chicken and Spinach Salad, with mixed greens, carrot, bell pepper, red onion, cucumber, feta, and maple balsamic dressing (GF)
- Poached Mediterranean Salmon, with mixed greens, lemon herb quinoa, cucumber, grape tomatoes, kalamata olives, and balsamic vinaigrette (GF)
- Chilled Lo Mein Noodle Salad, with bok choy, carrot, red bell pepper, red onion, snow peas, and sesame ginger vinaigrette (V)

#### *Choice of Dessert*

- NY style cheesecake
- Apple pie with whipped cream

Coffee or tea

GF = gluten free, V = vegetarian

***NOTE: If you have dietary restrictions that preclude all of the options offered, the chef is willing to modify an entrée to accommodate your particular needs. Just make your meal choice and then indicate your restrictions in the Comments Field on the registration form.***