

104th Annual Meeting



Friday, November 1st, 2019

**Healthy Start Breakfast Buffet ** 7:00 to 8:00 a.m. Founder's Room

- + Fresh Sliced Seasonal Fruit and Berries
- + House-made Granola w/ Cabot Yogurt
- + King Arthur Oatmeal w/ Brown Sugar & Raisins
- + Fresh Baked Frittata w/ Seasonal Vegetable & Cabot Cheddar Cheese
- + New England Coffee: Regular & Decaf; Assorted Herbal Teas; Chilled Fruit Juice

Light Lunch (Plated) Noon to 1:00 p.m. Founder's Room

Includes a choice of Soup, and Dessert; Served with Fresh Baked Rolls and Butter.

Beverage Choices: Iced Tea, Lemonade, New England Coffee: Regular & Decaf, Assorted Herbal Teas, Water

- ❖ Grilled Chicken Caesar Salad:
Romaine lettuce tossed w/ aged Parmesan Cheese, Herb Croutons, & Caesar Dressing.
Topped with your choice of Grilled Chicken Strips or Sautéed Shrimp.
- ❖ Grilled Atlantic Salmon Salad:
Filet of Grilled Atlantic Salmon with Baby Field Greens, Roasted Roma Tomatoes,
Caramelized Fennel, Fresh Cucumber & Goat Cheese. Served w/ Vinaigrette Dressing.
- ❖ Cobb Salad:
Chicken, Blue Cheese, Hard Boiled Egg, Tomato, & Bacon atop Assorted Greens.
Served with Blue Cheese Dressing.
- ❖ Salad Trio:
Soba Noodle Salad w/Toasted Cashews, Mandarin Oranges, Fresh Peppers & Scallions.
Asian Chicken Salad w/ Sesame Dressing.
Fresh Vegetable Slaw with Pineapple & Crispy Wontons.
- ❖ Hearty Seasonal Salads:
Fall & Winter Salad: Roasted Root Vegetable, Quinoa, Pickled Artichoke Hearts, &
Arugula. Served with Grilled Orange Vinaigrette.

Spring & Summer Salad: White Beans, Grilled Fennel, Roasted Yellow Pepper, &
Radicchio. Served with Champagne Dressing.