

## WORKSHOP TRAINING MENU

### MID – MORNING SNACKS

Mini Margherita Pizzas;  
Beef Samosas; Vegetable Crudités with Chutney & Crackers;  
Carrot Cake Squares; Fresh Fruit Skewers

Tea Station; Bottled Water

### LUNCH

Mongolian Beef  
Roast Garlic Boneless Chicken w/ a Creamy Parmesan Sauce  
Lentil Curry infused in Coconut

Vegetable Fried Rice; Butter Crusted Fondant Potatoes  
Roasted Market Vegetables;

Garden Salad; Mexican Chopped Salad  
***Dressing & Condiments***

Bowl of Fresh Fruit Cuts;  
Pineapple Mint & Orange Juice;

### AFTERNOON SNACK

Chocolate Dipped Donuts

Tea Station;  
Bottled Water