

# 2023 Trainer and RBPD Specialist Symposium

## MENU

### *Friday*

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#### **Welcome reception**

BBQ meatballs, gourmet cheese board, roasted tomato and almond hummus with pita and vegetables, chips and salsa

#### **Dinner**

Pasta bar: fettuccini, tortellini, marinara, alfredo, meatballs, shrimp, Italian sausage, Caesar salad, bread sticks

#### **Dinner**

Fajita bar: Black Angus steak, chicken, sauteed peppers and onions, tequila-lime shrimp, black beans, cilantro-lime rice, flour tortillas

#### **Snack**

Cookie bar with beverages

#### **Karaoke**

Pretzels and popcorn

### *Saturday*

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#### **Breakfast**

Deluxe continental breakfast: juice, coffee, tea, muffins, pastries, yogurt, sausage breakfast burrito

#### **Lunch**

Great Wall fried rice, shrimp mei fun, sweet and sour chicken, spring rolls, beef stir fry, cream cheese, wontons with sweet chili sauce

### *Sunday*

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#### **Breakfast**

Family-style breakfast: juice, coffee, tea, scrambled eggs, bacon, hash browns, muffins, pastries

#### **Box lunch**

Choice of vegetarian wrap, shaved roast beef and swiss sandwich on ciabatta, turkey croissant sandwich, ham sandwich on ciabatta

