

Long Island Heart Breakfast and Lunch
May 10, 2019
DAY 1

BREAKFAST

Selection of Juices
Freshly Sliced Fruit Display
Assorted Yogurts with Granola
Danish, Muffins, Bagels and Croissants
Served with Butter, Preserves and Cream Cheese
Freshly Brewed Coffee, Decaffeinated Coffee and Teas
Scrambled Eggs and Bacon

LUNCH

Garden Salad with Assorted Dressings
Spicy Potato Salad

Roasted Sliced Turkey in a Whole Wheat Wrap with Mayonnaise, Applewood Smoked Bacon,
Shredded Lettuce, Tomato and Swiss cheese

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Grilled Sliced Breast of Chicken a Sundried Tomato Wrap
with Pico de Gallo, Shredded Lettuce and Monterey Jack Cheese
Pesto Mayonnaise and Sour Cream

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Shaved Lean Ham with Big Eye Swiss, Shredded Lettuce,
Diced Tomatoes and Dijonnaise

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Vegetarian Wrap

Individual Bags of Potato Chips and Pretzels
Fudge Brownies, S'mores, Lemon and Peanut Butter Bars
Freshly Brewed Coffee, Decaffeinated Coffee and Teas, Iced Tea
Assorted Sodas & Bottled Water

Long Island Heart Breakfast and Lunch
May 11, 2019
DAY 2

BREAKFAST

Selection of Juices
Freshly Sliced Fruit Display
Assorted Yogurts with Granola
Danish, Muffins, Bagels and Croissants
Served with Butter, Preserves and Cream Cheese
Freshly Brewed Coffee, Decaffeinated Coffee and Teas
Scrambled Eggs and Bacon

BOXED LUNCHES

Pre-Order Required

The "Tom"
Turkey Club Sandwich
with Bacon, Swiss Cheese, Lettuce and Tomato on Multi Grain Roll
OR
The Hammer
Sliced Honey Glazed Ham with Swiss Cheese on a Fresh Baguette
Mayonnaise and Mustard
OR
The Beefeater
Shaved Deli Roast Beef on a French Baguette
with Horseradish, Mayonnaise and Appropriate Condiments
OR
Grilled Chicken
Grilled Breast of Chicken with Fresh Mozzarella, Roasted Peppers and Pesto Mayonnaise on a
Kaiser Roll
OR
Grilled Vegetarian Wrap
Balsamic Marinated Peppers, Zucchini, Asparagus, Yellow Squash and
Portobello Mushrooms, with Hummus, Wrapped in a Whole Wheat Tortilla

Each Boxed Lunch Includes:
Individual Bag of Chips & Cookie
Choice of Soda or Bottled Water