



World Service Business Conference 2008

Café Plazuela Buffet Menus

Wednesday, May 7, 2008

Breakfast Buffet (6AM – 9AM)

\$8.95 per person + tax and gratuity

- Plain yogurt and low-fat yogurt
- Scrambled eggs
- Bacon, ham and sausage
- Sliced fruits
- Oatmeal w/appropriate condiments
- Wheat breads
- Low-fat cottage cheese
- Green chile and salsa on the side
- Regular milk, skim milk and 2% milk

Buffet includes non-alcoholic beverage, sugar-free jam and Splenda, plus other assorted sugar substitutes.

Thursday, May 8, 2008

Breakfast Buffet (6AM – 9AM)

\$8.95 per person + tax and gratuity

- Plain yogurt and low-fat yogurt
- Scrambled eggs
- Bacon, ham and sausage
- Sliced fruits
- Oatmeal w/appropriate condiments
- Wheat breads
- Low-fat cottage cheese
- Green chile and salsa on the side
- Regular milk, skim milk and 2% milk

Buffet includes non-alcoholic beverage, sugar-free jam and Splenda, plus other assorted sugar substitutes.

Lunch Buffet (12PM – 1:30PM)

\$9.95 per person + tax and gratuity

- Salad Bar: nuts, assorted greens, tomatoes, carrots, broccoli heads, mushrooms, sliced cucumbers, celery, salsa, zucchini, hard boiled eggs, lemon slices
- Assorted Dressings: vinegar/oil, low-fat bleu cheese, low-fat thousand island, low-fat ranch
- *Grilled rosemary chicken breast*
- *Brown rice*
- Soup (no flour or sugar)
- Chef's fresh veggies
- Low-fat cottage cheese
- Sliced fresh fruit

Buffet includes non-alcoholic beverage and Splenda, plus other assorted sugar substitutes.

Lunch Buffet (11:30AM – 1PM)

\$9.95 per person + tax and gratuity

- Salad Bar: nuts, assorted greens, tomatoes, carrots, broccoli heads, mushrooms, sliced cucumbers, celery, salsa, zucchini, hard boiled eggs, lemon slices
- Assorted Dressings: vinegar/oil, low-fat bleu cheese, low-fat thousand island, low-fat ranch
- *Baked filet of salmon with lemon sauce*
- *Sweet potatoes (plain)*
- Soup (no flour or sugar)
- Chef's fresh veggies
- Low-fat cottage cheese
- Sliced fresh fruit

Buffet includes non-alcoholic beverage and Splenda, plus other assorted sugar substitutes.



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Café Plazuela Buffet Menus

Friday, May 9, 2008

Breakfast Buffet (6AM – 9AM)

\$8.95 per person + tax and gratuity

- Plain yogurt and low-fat yogurt
- Scrambled eggs
- Bacon, ham and sausage
- Sliced fruits
- Oatmeal w/appropriate condiments
- Wheat breads
- Low-fat cottage cheese
- Green chile and salsa on the side
- Regular milk, skim milk and 2% milk

Buffet includes non-alcoholic beverage, sugar-free jam and Splenda, plus other assorted sugar substitutes.

Saturday, May 10, 2008

Breakfast Buffet (6AM – 9AM)

\$8.95 per person + tax and gratuity

- Plain yogurt and low-fat yogurt
- Scrambled eggs
- Bacon, ham and sausage
- Sliced fruits
- Oatmeal w/appropriate condiments
- Wheat breads
- Low-fat cottage cheese
- Green chile and salsa on the side
- Regular milk, skim milk and 2% milk

Buffet includes non-alcoholic beverage, sugar-free jam and Splenda, plus other assorted sugar substitutes.

Lunch Buffet (11:30AM – 1PM)

\$9.95 per person + tax and gratuity

- Salad Bar: nuts, assorted greens, tomatoes, carrots, broccoli heads, mushrooms, sliced cucumbers, celery, salsa, zucchini, hard boiled eggs, lemon slices
- Assorted Dressings: vinegar/oil, low-fat bleu cheese, low-fat thousand island, low-fat ranch
- *Baked herb chicken*
- *Country wild rice*
- Soup (no flour or sugar)
- Chef's fresh veggies
- Low-fat cottage cheese
- Sliced fresh fruit

Buffet includes non-alcoholic beverage and Splenda, plus other assorted sugar substitutes.

Lunch Buffet (11:30AM – 1PM)

\$9.95 per person + tax and gratuity

- Salad Bar: nuts, assorted greens, tomatoes, carrots, broccoli heads, mushrooms, sliced cucumbers, celery, salsa, zucchini, hard boiled eggs, lemon slices
- Assorted Dressings: vinegar/oil, low-fat bleu cheese, low-fat thousand island, low-fat ranch
- *Chicken fajitas with tortillas (wheat)*
- Soup (no flour or sugar)
- Chef's fresh veggies
- Low-fat cottage cheese
- Sliced fresh fruit

Buffet includes non-alcoholic beverage and Splenda, plus other assorted sugar substitutes.