

## 2008 Region 6 Convention Menu\*

\* included with *Radisson Hotel Plymouth Harbor* package only

Convention Menu  
(all meals buffet style)

NO SUGAR IN FOOD PREPARATION OF ALL MEALS

### Saturday & Sunday – Breakfast

Orange and grapefruit juices  
Cubed fresh fruit bowl  
Scrambled eggs  
Hard-boiled eggs  
Turkey sausage  
Low fat yogurt (plain)  
Low fat cottage cheese  
Hot cooked oatmeal, with raisins and cinnamon  
Assorted cereals (individual boxes) (granola, Special K, Cheerios, Shredded Wheat)  
Assorted bagels (plain, sesame) with low fat cream cheese  
Rice cakes (plain)  
Butter, margarine, sugar free peanut butter, preserves and all-fruit spreads (sugar free)  
Coffee (decaf & regular), tea, assorted herbal teas & skim milk

### Saturday & Sunday – Lunch

Soup (vegetable stock base)  
Build your own salad bar  
Sliced turkey  
Sliced roast beef  
Poached salmon  
Sliced cheese platter  
Egg salad  
Tofu  
Brown rice  
Assorted whole wheat and white breads and rolls, rice cakes (plain)  
Condiments (mayo, mustard, ketchup low fat/sugar salad dressings & balsamic vinegar & olive oil)  
Whole fresh fruit  
Coffee (decaf & regular), tea, assorted herbal teas & skim milk

### Saturday – Dinner

Fresh fruit salad  
Assorted whole wheat & white rolls; butter and margarine  
Garden salad w/sugar-free salad dressing, balsamic vinegar & olive oil (on side)  
Chicken Picatta (sauce on side - using chicken stock base; no wine)  
Baked white and sweet potatoes (plain)  
Steamed medley of fresh vegetables (plain)  
Vegetarian selection (Tofu oriental stir fry served with brown rice)  
Baked Apples (no sugar – cinnamon only)  
Coffee and tea (decaf & regular), assorted herbal teas & skim milk