

MJH AND JM FALL/WINTER MENU 2009-2010

WRAPS

TUNA SALAD, WITH CRISP ROMAINE LETTUCE AND BEEFSTEAK TOMATO

FALL GRILLED VEGETABLE, HUMMUS AND ROMAINE HEARTS

SANDWICHES

ROAST BEEF, FIRE ROASTED RED PEPPERS, ARRUGULA AND STONE GROUND MUSTARD

OVEN ROASTED TURKEY BREAST, APRICOT CHUTNEY AND RADISH SPROUTS

SMOKED SALMON, DILLED REMOULADE, JULIENNE EUROPEAN CUCUMBER, BLACK BREAD

SOUP

FALL BUTTERNUT SQUASH AND APPLE

MUSHROOM BARLEY

SALADS

GRILLED CHICKEN CAESAR, GARLIC CROUTONS, CAESAR DRESSING

MIXED GREENS, SHREDDED CARROTS, BOOCCOLI, GARBANZO BEANS, BEETS, MARINATED
ARTICHOKE HEARTS, GRAPE TOMATOES, BALSAMIC DIJON VINAIGRETTE

DESSERTS

JUMBO CHOCOLATE COOKIE

CHOCOLATE FUDGE BROWNIE

FRESH FRUIT SALAD

MINI FRUIT PIES

SNACKS

ASSORTED CHIPS

GOURMET TERRA CHIPS

BEVERAGES

PELLEGRINO WATER, SPRING WATER, ICED TEA, ICED COFFEE, ASSORTED SODAS, HERBAL TEA
AND FLAVORED COFFEES