



S A M P L E L U N C H M E N U

SAMPLE LUNCH MENU



MARITIME INSTITUTE OF TECHNOLOGY & GRADUATE STUDIES

Monday

- Broccoli and Cheddar Chowder
- Chicken Vegetable Soup with Lime and Cilantro
- Pepper Steak with Port, Zinfandel, and Mushroom Sauce
- Honey Buffalo Wings

Tuesday

- Roasted Red Pepper Soup
- French Onion Soup
- Carved Eye Round with Horseradish Cream Sauce
- Sausage Jambalaya
- Baked Cod with Orange Fennel Salsa

Wednesday

- Chicken Noodle Soup
- Tortilla Soup
- Cajun Roasted Chicken
- Stuffed Shells with Hot Sausage
- Carved Herb Breadcrumb Crusted Pork Loin

Thursday

- Cream of Asparagus Soup
- Vegetable Soup with Roasted Garlic
- Sliced Beef Brisket with Pearl Onions and Baby Carrots
- Chicken Cordon Bleu
- Shrimp Creole with Rice

Friday

- Cream of Mushroom Soup
- Minestrone Soup
- Potato Crusted Salmon with Mustard Cream Sauce
- Bok Choy and Beef Stir Fry
- Barbequed Pulled Pork

In addition to the lunch entrees, the following all-you-can-eat stations are also available:

- Salad Bar with all the Fixings
- Hot Dog, Hamburger, and Deli Station
- Assorted Beverages – including a variety of sodas, milk, fresh coffee, and herbal teas
- Assortment of Desserts – including cakes, ice cream, cookies, and pies

For additional information on our Conference Amenities, please contact the Sales Department toll-free at (866) 629-3196. You may also visit our website at www.ccmitt.org.