

Buffet Breakfast (Sponsorship opportunity available)

Baskets of Breads, Butter & Jam
✦
Baskets of Breakfast Muffins
Raspberry Muffin with Pecan Streusel
Raisin Bran Muffin
Morning Glory Muffins
Toasted Pita Strips
✦
Nature's Farm™ Scrambled Eggs
✦
Crispy Bacon
Grilled House Pork Breakfast Sausage
✦
Potato Cakes
Broiled Herbed Half Tomato
✦
Sliced Seasonal Fresh Fruit
✦
Assorted Juices
Regular & Decaffeinated Coffee
Assorted Teas

Morning Health Break sponsored by the Winnipeg Construction Association

Banana Loaf
Lemon Poppy Seed Loaf
Zucchini Loaf
Whole Fruit
Regular & Decaffeinated Coffee
Assorted Teas

Lunch Buffet (Sponsorship opportunity available)

Tomato, Red & Yellow Peppers, Cucumber & Red Onion Salad
with an Oregano Red Wine Vinaigrette
✦
Whipped Spicy Feta & Roasted Red Pepper Dip
Warm Whole Wheat Pita Bread
Assorted Marinated Olives
✦
Sirloin Beef Souvlaki
Chicken Breast Souvlaki
Lamb Souvlaki
✦
Lemon Scented Roasted Vegetables
Rice Pilaf with Chickpeas
✦
Honey-Walnut Baklava

Chocolate Covered Strawberries
Baskets of Assorted Fresh Baked Breads with Butter
Regular & Decaffeinated Coffee
Assorted Teas

Afternoon Health Break sponsored by the Winnipeg Construction Association

Deliciously Decadent Chocolate Fountain
An exciting assortment of fruit and snacks for dipping in a cascading waterfall of Belgian chocolate
Regular & Decaffeinated Coffee
Assorted Teas