

Meals at the Northern Forest Outdoor Recreation Symposium

There will be gluten free, dairy free, vegetarian, and vegan options throughout.

Snack Breaks Include:

- Water
- Coffee/Tea
- Iced tea
- Whole fresh seasonal fruit
- Granola bars

Lunch on Tuesday May 14:

THE NEW ENGLANDER

SOUPS

House made New England clam chowder served with oyster crackers

Tomato basil bisque

SALADS

Chilled harvard beets and Cabot cheddar with Italian dressing

Farmer's market salad | Cucumbers, tomatoes and carrots with maple balsamic vinaigrette or ranch dressing

Tomatoes and local mozzarella with honey vinaigrette

ENTRÉES

Chicken pot pie

Cod cake with lemon sauce

Beef stew with wild mushrooms

ACCOMPANIMENTS

Maine baked potato | Cheddar, applewood smoked bacon, sour cream, chives and broccoli florets

New England baked beans

Maple glazed carrots

DESSERTS

Apple pie

Boston cream pie

Strawberry shortcake

Dinner on Tuesday May 14:

ITALIAN

STARTERS

Rustic tomato minestrone | Hearty vegetables and orzo

Italian greens | Fennel, pecorino, hazelnuts,
crispy pancetta and roasted red pepper with Chianti
grape seed vinaigrette

Cannellini bean salad

Basil, tomato and mozzarella salad

Charred vegetables | Zucchini, tomatoes, radicchio and
artichokes with lemon olive oil drizzle

ENTRÉES

Sliced New York sirloin pizzaiola

Pepper roasted salmon and pesto sauce

Chicken scaloppini, artichoke and marsala sauce

Penne arrabbiata

ACCOMPANIMENTS

Sun-dried tomato and kale polenta

Charred green beans with bell peppers

Roasted vegetable ratatouille

Seasoned roasted potatoes

Warm focaccia with hummus, butter, olive oil and
balsamic vinegar

DESSERTS

Cassata

Lemon and ricotta cookies

Cannolis

Mini tiramisu

Breakfast on Wednesday May 15:

STICKNEY'S BREAKFAST

Fresh sliced seasonal fruit

Assorted breakfast cereals served with whole, 2% and skim milk

Assorted flavored yogurt

Pastry chef's selection of house made muffins
Danishes and breakfast breads

Assorted doughnuts

Fluffy scrambled eggs

House made brioche French toast served with
New Hampshire maple syrup

Applewood smoked bacon, link sausage and
blueberry sausage patties

Oven roasted breakfast potatoes

Lunch on Wednesday May 15:

BOXED

Each box lunch is served in a keepsake Omni Mount Washington Resort lunch bag and is accompanied by whole fruit, granola bar, potato chips, bottled spring water and a house made cookie.

VEGETARIAN BAHN MI

Portobello mushroom, tofu, vinegar cabbage slaw and tomato on focaccia bread

SLOW ROASTED NEW YORK

SIRLOIN SANDWICH

New York sirloin, Brie spread, roasted onions and arugula on a baguette

OVEN ROASTED TURKEY

Sliced turkey breast, cheddar and cranberry apple aioli on a croissant