



Headlands Institute Dinner Menu Samples

Asian Buffet

*Teriyaki Chicken
Thai Curry Vegetables
Steamed Rice
Egg Rolls with Sweet & Sour Sauce
Tossed Green Salad w/ Assorted Dressings
Assorted Asian & Vegetable Salads
Fresh Hot Rolls with Butter*

★★★

Lasagna & Salad Buffet

*Vegetable Lasagna
Meat Lasagna
Eggplant Parmigiano
Garlic Bread & Rolls
Tossed Green Salad w/ Assorted Dressings
Assorted Pasta & Vegetable Salads*

★★★

Taco & Tostada Bar

*Fresh Tortillas & Tostada Shells
Meat & Vegetarian Tostada Fillings
Refried Beans
Spanish Rice
All the Fixings
(ie. Grated Cheese, Sliced Olives, Shredded Lettuce , Sour Cream etc.)
Freshly Made Salsa & Guacamole
Tossed Green Salad w/ Assorted Dressings*

★★★

Pasta Buffet

*Spaghetti & Spinach Fettuccini
Meat, Marinara & Alfredo Sauce
Garlic Bread & Rolls
Italian Salad Bar including
Tossed Green Salad w/ Assorted Dressings
Assorted Pasta & Vegetable Salads*

★★★

Desserts

*We frequently serve:
Assorted Freshly Baked Cookies, Carrot Cake, Asst. Cakes, Freshly Baked Brownies
and Fresh Fruit*

*All meals include fresh brewed regular & decaffeinated coffee,
select teas, and assorted fruit juices*