



## **Headlands Institute Lunch Menu Samples**

### ***Soup, Sandwich & Salad Buffet***

*Freshly made Soups  
(Usually 2-3 selections)  
(ie. Ginger Butternut w/Chives, Chicken Gumbo, Minestrone,  
Chili Bean w/Grated Cheese, New England Clam Chowder)  
Assorted Breads & Pitas  
Assorted Sliced Meats & Cheeses  
Assorted Sandwich Spreads  
(ie. Tuna Salad, Egg Salad, Green Bean Patè, Humus, & Tofu Spread  
Tossed Green Salad w/Assorted Dressings  
Assorted Pasta & Vegetable Salads*

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### ***Mini Pizza & Salad Buffet***

*Assorted Freshly made Soups  
Assorted Mini Pizzas with Various Toppings'  
Tossed Green Salad w/Assorted Dressings  
Assorted Pasta & Vegetable Salads*

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### ***Soup, Lasagna & Salad Buffet***

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

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### ***Taco & Tostada Bar***

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

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### ***Desserts***

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

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