

## MPITN Central Region Lunch- June 20, 2018

Thank you to the [Al Menah Shriners](#) for proving us a unique space and [Catering and Events by Suzette](#) for alternative menu selections. Below you will find the menu from the luncheon, sample menus created by our own MPITN members, and comments and suggestions from Angela Gaffney, featured speaker at the luncheon. More information about Angela can be found at [www.AngelaGaffney.com](#).

### **MPI Luncheon Menu:**

“Top Your Own Bowl”

- Salad Bowl with Sesame Dressing
- Vermicelli Rice Noodles, Brown Rice, Shredded Carrots, Julienned Radishes, Cucumber, Micro Greens, Scallions, Thai Basil, Savoy Cabbage, Jalapeno
- Grilled Chicken, Pork Belly, Tofu, Rare Beef
- Chopped Peanuts, Toasted Sesame Seeds
- Bone Broth and Red Miso Broth
- Fish Sauce, Soy Sauce, Gochujan, Chili Paste, & Siracha
- Mochi Ice Cream with Chocolate Dipped Mango

### **Group Discussion Activity**

#### **Mediterranean Menu 1**

Protein- Grilled lamb kabobs

Grain- Quinoa with vegetables, Jasmin rice with Kalamata olives

Vegetable- Roasted veggies, Greek salad

Appetizer- Pita triangles with hummus (flaxseed chips, quinoa chips)

Fruit-Melon, grapes, mandarins (fruit salad) Opted out of a traditional fruit salad to avoid allergy to coconut and dairy)

Dessert- Avocado chocolate mousse

Vegetarian option- Greek seasoned tofu, quinoa with vegetables, roasted veggies

#### **Mediterranean Menu 2**

Quinoa (pasta salad)

Eggplant (as meat substitute)

Kebabs with different meat options, lamb and chicken

Beet hummus with veggies instead of pita

Greek salad

Fruit with honey

Angela's additions:

**Mediterranean:** What great ideas provided in the menu sharing! The only thing I'd offer is to consider brown jasmine rice (not always easy to find but provides greater nutritional value versus the white jasmine rice).

## **BBQ**

### *Vegan/Vegetarian*

BBQ jackfruit tacos

Grilled vegetables

Avocado potato salad

Vinegar based coleslaw

Side salad with dressings on the side

Baked potato- build your own

### *Meat*

Pulled pork, chicken- sauce on the side

Pasta salad made with veggie noodles

Gluten free corn bread

Angela's additions:

**BBQ:** I love that this menu included grilled vegetables. Not often do we think of a variety of veggies when we think of BBQ, but there's no reason it can't include it all! Offer purple or sweet potatoes instead of a regular baked potato if you'd like. All your ideas sound amazing! Ensure that the BBQ sauces are gluten free. Chef can use a different thickening agent instead of flour, so all can enjoy.

## **Asian**

### *Plated*

Wild caught salmon with honey soy glaze

Sautéed green beans with water chestnuts

Served over brown rice

### *Non-plated option*

Bean sprouts

Water chestnuts

Brown rice

Avocado

Seaweed

Sautéed green beans with olive oil and sesame seeds

Wild caught salmon with soy sauce and honey

Rice noodles

Angela's additions:

**Asian fare:** wonderful menu put together during our time together! If it is a plated meal, you could offer a stir-fry full of amazing vegetables, and offer salmon, chicken or tofu as a protein option. Serve over brown rice with a medley of sauces to try. You can offer Tamari instead of regular soy sauce that is gluten free. Egg rolls in rice paper can be a great addition and an easy way to add vegetables into the meal. No need to fry them! Provide a few dipping options and consider making a peanut dip with almonds instead. It tastes wonderful.

### **Italian Menu 1**

Decomposed salad bar with spinach base, lemon garlic olive oil dressing, olives, red peppers, shaved brussels sprouts, blanched and shaved asparagus, manchengo

Side: Red quinoa, wilted spinach, sunflower seeds with olive oil

Salmon with vegan basil pesto (sunflower seeds, nutritional yeast), sun dried tomatoes on a bed of zucchini and squash noodles

Chocolate mousse made with coconut milk, dark chocolate, xanthum gum, topped with fresh raspberries

### **Italian Menu 2**

Leafy greens with choice of dressing. Toppings include goat cheese, pepitas, dried cranberries

Minestrone soup with gluten free pasta

Tomato basil salad with quinoa

Veggie lasagna

Eggplant parm

Italian spinach

Fresh fruit

Poached pear with sugar free caramel sauce

Italian ice

Angela's additions:

**Italian:** Had loads of great ideas between the two groups! Also consider using zucchini noodles for a GF option, or for a veggie lasagna.

### **Mexican Menu 1**

Taco/ Fajita station with:

Avocados	Flour/Corn Tortillas	Lettuce cups
Tomatoes	Sautéed veggies	Black beans
Sour cream	Guacamole	Skirt steak
Chicken	Tortilla chips	Salsa/pico de gallo
Cheddar cheese	Radishes	Pickled carrots
Bean sprouts	Jalapenos	All bell peppers
Shredded cabbage	Onion	Cauliflower rice & rice
Grilled corn	Queso	Fresh veggies (in place of chips)

## **Mexican Menu 2**

Southwest salad with corn, beans, lettuce, etc.  
Fruit and cheese platter  
Guacamole and salsa with gluten free chips  
Steak and chicken fajitas with veggies  
Mexican rice  
Black beans  
Jackfruit and tofu  
Coconut tres leches (dairy and gluten free)  
Water

Angela's additions:

**Mexican:** This is a great theme to go with if you want to offer a gluten free menu. Use corn tortillas and chips instead of flour options. Fresh salsa and guacamole offer wonderful nutrients. Adding grilled or roasted vegetables, and beans as mentioned in the provided menu is always a great idea. Jicama offers a lovely crunch to anything and if you dress it with lime juice and a little sea salt it's amazing all on its own!

## **Breakfast Bar Menu 1**

Omelet bar with veggies, protein including tofu, have egg substitute  
Yogurt with dried fruit, oats, pumpkin seeds, chia seeds, honey, chia seed pudding as substitute  
Nut butters including peanut, almond, sunflower seed  
Fresh fruit  
Oatmeal Bar with steel cut oats with berries

## **Breakfast Bar Menu 2**

Fruit- pineapple, melons, seasonal fruit, whole and cut  
Protein- Quinoa cereal, GF oats, eggs with veggies, bacon, turkey bacon, chicken sausage, almond milk, and yogurt  
Grains- GF oats, regular cereals, granola, GF granola, hash browns  
Condiments- nuts, seeds, dried fruits, jams and jellies  
Smoothie bar

Angela's additions:

**Breakfast Bar:** Love all these shared ideas! For a vegetarian option, and to honor egg allergies you could also offer a breakfast hash made with sweet potatoes, onion, pepper, asparagus, mushrooms, kale and more. It's a hearty start to the day! Tofu scramble with vegetables is always a wonderful option as well for vegetarian/vegan fare. Offer sliced avocado to top egg dishes. You could also offer breakfast quinoa bowls topped with the hash I mentioned and a sunny-side egg. And for smoothies, another idea is to offer smoothie bowls. Smoothie goes into a bowl instead of a cup and then you offer wonderful toppings like chia, pumpkin seeds, coconut, goji berries, fresh berries, and nuts/seeds.

### **Picnic Menu 1**

Entrees- Grilled chicken, vegan burgers, grass fed beef burgers  
Sides- Lettuce, tomatoes, pickles, onions  
Buns- gluten free and regular, bibb lettuce for lettuce wrapps  
Fruits- Watermelon, cantaloupe, strawberries  
Sides- Potato salad with herb and olive oil dressing, not mayo based  
Gluten free pasta salad with pesto based sauced  
Marinated 3 bean salad

### **Picnic Menu 2**

Grilled chicken  
Veggie burgers  
GF buns  
Large leaf lettuce for bun alternative  
Traditional condiments- tomato, onion, pickles, mustard, mayo, and ketchup  
Jalapenos  
Avocado  
Hummus based spread  
Goat cheese (slices)  
Grilled roasted veggies  
Fruit- big display of different kinds  
Vinegar based coleslaw  
Veggies chips, tortilla chips (organic)  
Hummus with seeds, roasted red pepper  
Sorbet for dessert with fruit  
White wine spritzers, pino gris, fruit infused water

Angela's additions:

**Picnic option:** Nicely done, there are a lot of options available from the group! You could also think of this option as a picnic basket option, using a variety of vegetables and hummus, a three-bean salad, cold cuts (nitrite and nitrate free when available), gourmet cheeses accompanied by fig spread and olive tapenade, grapes and sparkling water or a nice glass of wine depending on the event.

### **Salad Bar**

Greens variety with carrots, radishes, peppers, cucumber, onions, tomato, portabella mushrooms, zucchini, cabbage, pumpkin seeds, tofu, bacon, gluten free croutons, chicken, salmon, turkey, beef. Oranges, apples, craisins, strawberries, grapefruit slices, mango, blueberries, pears.

Angela's additions:

**Salad Bar:** This seems an easy one, but I included it because it can sometimes get repetitious and boring. The variety you offered in your menu is wonderful. Keep the ideas with a salad bar new and exciting. It could even be fun to offer a salad bar that has multiple already-made salad options, offering an opportunity for attendees to try a little of everything. Just be sure to provide placards with all ingredients listed.

### **Plated Lunch**

Salad: Mixed greens topped with jicama slaw, green onion, shredded carrots, mandarin citrus vinaigrette

Main: Roasted Portobello mushroom stuffed with quinoa/faro/brown rice mixture with roasted beets, cherries, plums, topped with wilted spinach

Sides: Grilled Asparagus and sweet potatoes

Dessert: tossed fruit cobbler with rolled oat crumble

### **Boxed Lunch**

Vegan/Vegetarian- GF wrap with veggies (goat cheese for vegetarians)

Super food salad with nuts on the side

Quinoa

Corn chips

Fruit

Southwest wrap- GF wrap, chicken, black beans, corn, tortilla strips, cilantro, avocado

Strawberry tart

GF/Dairy Free whoopee pies

Turkey avocado on GF croissant with sprouts

Angela's additions:

**Boxed Lunch:** Great job honoring the folks who are vegetarian and gluten/dairy free! These can be tough for folks with food allergies as they usually just have a sandwich, bag of chips, and a cookie. None of which is too nourishing, or allergy friendly. Offering salads instead of sandwiches/wraps can also be a healthy and safe option.

### **Plated Dinner Menu 1**

Option 1: Spinach Salmon Salad with fresh fruit sorbet

Option 2: Salmon with Quinoa, grilled asparagus, mushrooms, beet salad with balsamic vinaigrette dressing. Champagne sorbet with fruit

Option 3: Cauliflower steak with a vegan ranch dressing

Option 4: Portobello steak mushroom, cauliflower rice

Food stations:

Grilled chicken, brown rice, mixed greens with carrots, cucumbers, pumpkin seeds, grilled veggies-squash and zucchini

### **Plated Dinner Menu 2**

Strawberry spinach salad with pecans

Grilled chicken, broccoli, carrots, cauliflower, black beans, brown rice

Water

Dessert- grilled pineapple

Angela's additions:

**Plated Dinner:** Great input from the two groups! The options are endless for this type of request. I would encourage you to always begin with which vegetables you're going to feature, build the plate with color and then decide on the protein. Encourage chef to create new flavors and offer a twist from the normal meal people are expecting. Make their taste buds sing!

### **Meat and Potatoes Meal**

Baked/Grilled Chicken

NY strip

Zucchini medley, tomatoes, onions, asparagus, peppers, olive oil

Roasted new potatoes

Mixed greens salad

Risotto

Sorbet

Angela's additions:

**Meat & Potatoes Meal:** Improve on this traditional request by adding in one or two interesting vegetables. Over time, or with the client's permission you can substitute even more. Instead of potatoes, you could offer roasted root vegetables like carrots and parsnips. Offer a sweet potato instead of a white potato. Add sautéed mushrooms, onions and kale to the plate (all wonderful cancer-fighting foods). If you're offering a rich root vegetable or potato, no need for a grain to be added to the plate. You could offer another vegetable medley, or a beautiful salad. Sometimes it's nice to add something sweet to the salad like berries, dates, or apple to balance out the salt of the steak.

### **Dessert**

Apple shooter

Chia see pudding with cinnamon or cocoa with coconut milk

Fruit plate or kabob

Flowerless dark chocolate cake

Roasted flavored pumpkin seeds

Fruit popsicles

Smoothies

Coconut ice cream with berries

Roasted peaches or apricots

Mochi with mango

Angela's additions:

**Dessert:** I really can't think of anything more than you've come up with. One thing to consider is that it's always possible to make gluten free crusts and cobbler topping and no one will know the difference. The more you can do to make it an all-inclusive dessert, the better.

### **Alcoholic Beverages**

Vodka drinks/gin/scotch/whiskey  
Fruit based cocktails  
Rum- cane sugar  
Bloody mary  
Mimosas with fresh fruit juices  
Margaritas  
Gluten free beer  
Mocktails  
White and red wine  
Chocolate cake shot  
Champagne

Angela's additions:

**Alcoholic Beverages:** Way to go, you've covered all bases here. The only other drink I'd recommend is the new drinks that are carbonated flavored water mixed with rum. These are gluten free and very low in sugar, which makes it appealing for many. There's a brand called Truly and a few others as well.

### **Snack Bar**

Trail Mix- Build your own  
Build your own yogurt and parfaits- fruit yogurt, non dairy yogurt  
Vegetable crudité with multiple veggie options, hummus, ranch, blue cheese, etc.  
Deconstructed avocado toast  
Deconstructed granola bars- dry fruit, past: honey, PB, almond butter, granola, oats  
Cereal Bars- oats, granola, cereal, fruit, nuts, milk, dairy free milk

Angela's additions:

**Snack Bar:** The build-your-own ideas are fantastic. Consider high fiber, healthy fat and sweet/salty when thinking of snacks. Gourmet popcorn (not caramel, I mean a fun flavor like rosemary parmesan or something), Tortilla chips with mango salsa and guacamole, Cheese tray with olives, pickles, and various toppings and GF crackers, Roasted garbanzo beans, Fruit with nut butter, dark chocolate with cherries and almonds.