Light Breakfast Fare

**Breakfast Break**
Fresh baked muffins, coffee, tea

**Executive Continental Breakfast**
Fresh baked pastry, muffins, bagels, coffee, tea, orange juice, fresh fruit salad

**Wellness Fruit and Yogurt bar**
Low-fat yogurt, seasonal fruit, granola, raisins, craisins, coffee, tea, bottled water

**Boxed Breakfast**
Individually boxed fresh baked muffin, granola bar, fresh whole fruit, hard-boiled egg, yogurt cup, orange juice

**Wellness Oatmeal Bar**
Hot oatmeal, variety of toppings, coffee, bottled water

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Prices are subject to 22% service charge and 6% sales tax. Prices are subject to change without notice. Minimum group size is 25 people.

7100 Connecticut Avenue Chevy Chase, Maryland 20815 • 1-800-FOUR-H-DC (1-800-368-7432)
www.4HCenter.org
Hot Breakfast Buffets

The Eye Opener
Scrambled eggs, maple banana French toast, choice of bacon or sausage, home fries, coffee / tea, assorted juice

The Breakfast Club
Scrambled eggs with cheese & fresh herbs, choice of bacon or sausage, home fries, coffee/ tea

Executive Breakfast
Scrambled eggs, bacon, sausage, home fries, assorted pastries, coffee / tea

Breakfast Sandwiches
Egg sandwiches with cheese, choice of sausage, bacon or black forest ham, choice of croissant, English muffin, biscuit or wraps, hash browns, coffee/tea

Frittata or Scramble
Mini frittata, mixed green salad or home fries, orange wedges, coffee/ tea
Choose 2 of the following:
- egg white, spinach, sun dried tomato
- western- ham, potato, onion, pepper, cheddar,
- roasted vegetable, Boursin
- south of the border- sausage, pepper, onion, pepper jack
- roasted mushroom medley, onion, swiss

Breakfast Burritos
Scrambled egg breakfast burritos, fresh salsa, home fries, coffee/ tea

Wellness Breakfast
Scrambled egg whites with fresh herbs, turkey bacon, mini low-fat muffins, mini fruit & yogurt cups,
Breakfast Mini’s
These smaller portions are designed to mix & match; add to your favorite breakfast selections or create your own grazing menu!
(3 per person recommend for grazing menu)
25-person minimum order- choose 3 of the following

Yogurt Parfait
Low fat vanilla yogurt, fresh seasonal fruit, granola

Fruit Cup
Assortment of fresh seasonal fruit

Hard-Boiled Egg
One hard-boiled egg

Cottage Cheese
Low-fat cottage cheese, fresh seasonal fruit

Honey Poached Pear
Honey poached pear, sweet vanilla scented mascarpone, toasted almond

Banana Nut
Banana, sweet cinnamon nutmeg scented mascarpone, brown sugar sauce, crepe, toasted walnut

A La Carte

Whole fruit
Cupped yogurt
Fresh cut seasonal fruit
Bacon, pork or turkey sausage links or patties
Home fries

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Beverages

Juice Service
Assorted orange, cranberry, apple, grapefruit juice

Bottled Water- Choose Still or Sparkling Water

Coffee and Tea Service
Regular and decaf coffee, tea and condiments

Soda and Iced Tea
Assorted sodas and iced tea

Infused Water Bar
Still water with an assortment of fresh cut seasonal fruit and herbs
Breaks

Fingers & Fries

Mini Sub Sandwiches

Fresh Cut Seasonal Fruit

Fresh Cut Vegetable Platter

Nacho Chips and Salsa

Hummus and Pita Chips

Fruit and Cheese Platter

Chicken Wings

Cookies and Brownies

Mini Dessert Bars and Cupcakes

Sundae Bar
Choice of vanilla, chocolate or strawberry ice cream, assorted toppings

Pretzel Bites
Hot pretzel bites, spicy brown and yellow mustards

Energy Basket
Granola, nuts, dried fruit, snack bars

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Themed Breaks

Health Corner
Guacamole, pita chips, hummus, oatmeal bars, seasonal hand fruits

Antipasto
Assorted Italian meats and cheeses, artichoke hearts, olives, roasted red peppers, crostini

Mediterranean
House made hummus, feta cheese, roasted vegetables, kalamata olives, pita chips

Mexican Fiesta
Guacamole, fresh salsa, spicy black bean dip, tortilla chips

Cookie Jar
Assorted house baked cookies chocolate chip, double chocolate chip, sugar, oatmeal raisin and M&M sugar cookies

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Salads & Soups

House Salad Platters
Selection of entrée salads, two dressings, dinner rolls
Add shrimp, salmon, chicken, flank steak or tofu
Add a salad platter to your deli
Add a plated salad to your entrée or buffet

Selections:
- Caesar salad
- gourmet cobb salad
- grilled peach, bacon and pecan salad
- field greens
- wild watercress and endive
- chef salad
- pear, gorgonzola, walnut salad
- white bean and kale salad
- tossed mixed greens
- tomatoes with fresh mozzarella cheese

Soups
Fresh baked rolls, butter
Add soup to your deli selection
Add soup to your entrée or buffet

Selections:
- chicken noodle
- clam chowder
- vegetarian vegetable
- stuffed potato
- tomato basil
- roasted corn chowder

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So Deli

All sandwich selections include homemade potato chips
Salad choices: red potato salad, mayonnaise free coleslaw, tossed salad, Caesar salad, mayonnaise free pasta salad

Conference Sandwich Selection
Assortment of wraps and sandwiches, condiments, salad, homemade chips, cookies, soda and bottled water

So Deli Subs
Giant sub sandwiches cut into individual servings, homemade chips, cookies, bottled water / soda
Choose from: Italian, roast beef & cheddar, turkey & swiss, ham & pepper jack

So Deli Buffet
Build-your-own sandwich, assortment of deli meats, cheeses, condiments, specialty breads, salad, homemade chips

Executive Sampler
Assortment of premier pre-made wraps and sandwiches, condiments, salad, chips, mini dessert, bottled water & soda
choose 3 of the following:
- roast beef with corn salsa and chipotle cream
- black forest ham and Havarti
- soy ginger salmon salad
- peppered flank steak, caramelized onion and bleu cheese
- Mediterranean shrimp salad

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Themed Buffets

**Italian Pasta Bar**
Includes two pasta selections, two sauces, garlic bread, grated parmesan, Assorted brownies, iced tea and coffee
proteins:
  - add meatballs
  - add chicken
  - add Italian sausage
pastas:
  - penne, rotini, spaghetti, fettuccine, rigatoni, elbows
  - whole grain penne, barilla plus
sauces:
  - garlic white wine, pomodoro, Bolognese, pesto, white cream, tomato basil cream

**Build-your-own Tacos**
Includes two proteins, crunchy and soft tortillas, two salsas, spicy black beans, cilantro lime rice, assorted desserts, iced tea and coffee
proteins:
  - beef barbacoa, beef picadillo,
  - pork carnitas, chicken tinga
salsas:
  - avocado salsa fresca, chipotle salsa
  - roasted corn salsa, pico de gallo
  - salsa rojo, salsa verde

**Texas-style Barbecue**
BBQ chicken and BBQ pulled pork, southern coleslaw, fresh fruit tray, corn on the cob, BBQ baked beans, sliced garlic Texas toast, apple pie, iced tea and coffee
Themed Buffets

Tailgate
Includes two entre selections, one side choice, coleslaw, baked beans, condiments, potato chips, cookies or brownies, iced tea and coffee
Entrees:
  hamburgers, hotdogs, bratwurst, smoked sausages
Sides:
  homestyle potato salad or Italian pasta salad

Asian Buffet
Includes two entre selections, one starch, sweet chili steamed vegetables, egg rolls, condiments, fortune cookies, iced tea and coffee
Entrees:
  Korean BBQ beef, Thai basil tofu, Mongolian beef, yellow curry chicken, pork char siu, Szechuan chicken with peanuts, Thai BBQ chicken, Panang beef curry, teriyaki chicken, spicy Thai basic pork stir fry
Starches:
  steamed jasmine rice, steamed brown rice, Lo Mein with oyster sauce, Chinese black rice, whole grain five blended rice

Maryland Buffet
Handmade crab cake, old bay chicken wings, fried fish, steamed shrimp, coleslaw, potato salad, corn on the cob, roasted potato wedges, freshly baked cookies, iced tea and coffee along with traditional condiments

Traditional dinner
includes two entrée selection, fingerling potatoes, seasonal fresh vegetables, freshly baked rolls, assorted beverages including iced tea and water, coffee service, chef’s choice dessert
Entrees:
  grilled sirloin strip of beef marinated and seared breast of chicken, broiled tilapia filet or ratatouille stuffed peppers

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Plated Entrees

All plated entrees served with house, house-baked rolls and seasonal vegetables

Marinated Tilapia Filet
Pesto sauce, basil fried polenta, tomato basil salsa

Grilled Salmon Steak
Teriyaki glaze, jasmine rice, sesame green beans

New York Sirloin Steak*
Garlic compound butter, roasted asparagus, mashed potatoes

Grilled Filet Mignon*
Bacon wrap, blue cheese crumble, baby carrot, roasted red potato

Pan Seared Medallions of Pork
Roasted apples and fennel, brown rice

Pesto Crusted Pork
House mac and cheese, roasted brussel sprouts

Grilled Breast of Chicken
Fresh herbs, lemon braised kale and whole grain couscous

Pan Seared Breast of Chicken
Soba noodles with vegetable and green tea sauce

*steak cooked to medium doneness. medium rare or rare options are not available.
Carving Choices

Herb Rubbed Top Round

Cherry Dijon Pork Loin

Honey Glazed Ham

Country Style Roasted Turkey Breast

Slow Roasted Prime Rib
  add Au Jus
Appetizers

Each serves 25-30 persons

**Baked Brie and Crostini**
Baked brie with raspberry sauce, wrapped in pastry, with crostini

**Savory Spinach Dip**
A large round bread filled with fresh spinach dip with crackers

**Hearty Artichoke Dip**
Baked and served hot with garlic toasted pita points

**Signature Crab Stuffed Mushroom Caps**
Topped with hollandaise sauce

**Bacon Wrapped Shrimp**
Glazed lightly with teriyaki BBQ sauce

**Beef Meatballs**
Your choice of sauce: BBQ, Swedish, sweet and sour

**Greek Spanakopita**
delicate layers of phyllo dough filled with spinach, onions, cheese and herbs

**Chicken Satay Skewers**
Chicken breast tenders glazed with sesame garlic sauce and teriyaki sauce

**Mini Twice Baked Potatoes**
Stuffed baby redskin potatoes topped with bacon crumbles and cheddar cheese

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Dessert Minis

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Choose up to 3 of the following

**Strawberry Shortcake**
Fresh strawberry, pound cake whipped cream

**Banana Caramel**
Banana, pound cake, vanilla pudding, caramel

**Brownie Bites**
Brownie minis, whipped cream

**Cookies & Cream**
Vanilla pudding, cookie crumbles whipped cream

**Peaches & Cream**
Peaches, pound cake, whipped cream

**Strawberry Orange**
Macerated strawberry, orange scented mascarpone, crepe, orange zest

**Banana Nut**
Banana, sweet cinnamon nutmeg scented mascarpone, brown sugar sauce, crepe

**Chocolate Mousse**