



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BLUE RIDGE ASSEMBLY SCHEDULE OF MEALS Sample Catering Menu

The following options are available at a variety of price points to meet your group's needs. Contact [Group Sales & Engagement](#) for more details.

All meals include sweet tea or lemonade by the gallon.

Oriental Beef & Broccoli
Vegetable Fried Rice
Vegetable Egg Rolls
Vegetarian Option: Sweet Fire Tofu

Baked Spaghetti
Fresh Caesar Salad
Roasted Sourdough
Vegetarian Option: Baked White Spaghetti w/Pesto

Hearty Meatloaf
Scallion Mashed Potatoes
Braised Whole Green Beans
Vegetarian Option: Tofu/Vegetarian Loaf

White Chicken Enchiladas
Spanish Rice
Black Bean & Corn Salad
Vegetarian Option: Fresh Vegetarian Enchiladas

NC Pulled Pork w/BBQ Sauce
Smokey Potato Salad
Loaded Baked Beans
Vegetarian Option: BBQ Tempeh

Pork Loin w/Peach Compote
Basmati Rice Pilaf
Sesame Kale Salad
Vegetarian Option: Lemon Pepper Seitan

Blackened Tilapia
Southern Collard Greens
Fried Green Tomatoes w/Cajun Remoulade Sauce
Vegetarian Option: Blackened Tofu

Dessert Options:
Banana Split Cake
Coconut Custard Pie
Tres Leche Cake
Southern Coca Cola Cake