



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BLUE RIDGE ASSEMBLY SCHEDULE OF MEALS Sample Adult Menu

Breakfast

Scrambled Eggs
Sausage Patties/Homestyle Bacon
Southern-Style Buttered Grits
Buttermilk Biscuits
Sawmill Gravy
Orange Juice/Iced Water/Coffee

Scrambled Eggs
Homestyle Bacon/Sausage Links
Oatmeal W/Brown Sugar
Buttermilk Pancakes
Maple Syrup
Orange Juice/Iced Water/Coffee

Scrambled Eggs
Sausage Links/Homestyle Bacon
Sweet Potato & Scallion Hash
Cheese Grits
Homemade Cinnamon Rolls
Orange Juice/Iced Water/Coffee

Daily breakfast bar includes fruit, yogurt and cereal. **Deluxe salad bar** provided at lunch and dinner.

Contact [Group Sales & Engagement](#) for more details.

Lunch

Grilled Traditional Reubens
Grilled Turkey Reubens
Hot German Potato Salad
Marinated Coleslaw
Homemade Lentil Soup
Dutch Apple Cobbler
Iced Tea/Iced Water

Hearty Meat Chili
Roasted White Chicken Chili
Penne Pasta Alfredo W/Mushrooms
Fresh Braised Spinach
Parmesan Jalapeno Corn Muffins
Fresh Baked Cookies
Iced Tea/Iced Water

BBQ Pulled Pork Sliders
Pesto Grilled Cheese Sandwiches
Ranch-Style Baked Beans
Assorted Kettle Chips
Classic Coleslaw
Warm Peach Crisp
Iced Tea/Iced Water

Dinner

Roasted Pork Tenderloin W/Apple Raisin
Glaze
Crispy Flounder Almondine
Parmesan Roasted Trio Of Potatoes
Braised Asparagus W/Tomatoes
Fresh Baked Rolls
Buttered Coconut Pie
Iced Tea/Iced Water

Braised Sirloin Tips Au Poirve
Chicken Breast Piccata
Linguini W/Fresh Garlic & Parsley
Steamed Broccoli W/Lemon Butter
Fresh Baked Rolls
Double Chocolate Cake
Iced Tea/Iced Water

Balsamic Marinated Chicken Breast
Eggplant Parmesan
Buttered Cavatappi W/Fresh Herbs
Oven Roasted Roma Tomatoes
Toasted Garlic Bread
Tiramisu
Iced Tea/Iced Water