

## **Region 6 Convention Menu 2024**

Buffet style – 2 double-sided stations. No sugar, alcohol or flour in food preparation. Items will be labelled.

### **Friday Buffet Dinner:**

#### **Taco Bar**

Ground Beef

Black beans

Tortillas

Grilled onions and peppers

Shredded cheese

Salsa

Potato – baked and sliced in half

Rice

Mixed Green Salad with red onions and grape tomatoes

Dressings: Oil and Vinegar

Assorted bread rolls

Fresh Sliced Fruit

Coffee and Tea

Water

### **Saturday Banquet Buffet Dinner:**

Plain Grilled Chicken

Baked Haddock

Mixed Green Salad: Tomatoes, cucumbers, carrots, croutons, cheese, diced eggs (all items separate)

Dressings: Oil and Vinegar.

Assorted bread rolls

Chef selected steamed veggie

Baked white and sweet potato sliced in half

Fresh sliced fruit

Coffee and Tea

Water