

## **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 – wheat and corn  
Grilled onions and peppers  
Shredded cheese  
Salsa  
Guacamole  
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  
Tofu  
Black beans  
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