

Mountain Valley Executive Menu



Breakfast \$12.00 per person

**Hot entrees include our regular continental selection of fruit salad, yogurt, cereals, danish, milk coffee, tea, orange juice and water*

Pick one

Scrambled eggs

French toast

Pancakes

Sausage and egg skillet

French toast

Pancakes

Sausage Gravy and Biscuits

Pick one

Bacon

Pork Link Sausage

Turkey Sausage

Grilled Ham Steak with pineapple

Assorted scones (blueberry, raspberry white chocolate, and apple cinnamon)

Buttered Grits (cheese on side)

Cheese Blintz's with raspberry sauce

Oatmeal with brown sugar

Home Fried Potatoes w/ peppers and onions

Lunch \$16.00 per person

**All hot lunch menus include mixed green salad, bread and butter, one entrée one vegetable and one starch with dessert and beverage*

Herb Roasted Chicken Breast

Breast of Chicken Coq Au Vin

Barbequed Chicken Breast

Chicken Potato Pot Pie

Baked Stuffed Shells with three cheeses and marinara

Braised Sirloin Beef Tips

Braised Beef Pepper Steak

Old Fashioned Beef

Carolina Smoked Pulled Pork Barbeque

Meat Lasagna

Vegetarian Lasagna

Sides

Vegetable Options: Buttered broccoli florets, Broccoli and cauliflower florets, Cauliflower mornay (in a cream sauce topped with panko bread crumbs), Sautéed French green beans, buttered corn, Malibu vegetable blend (yellow and orange carrots, broccoli and cauliflower), Thyme scented peas and pearl onions, ginger honey glazed carrots, Prince Edward Vegetable blend, Asparagus, Stewed tomatoes with croutons, Artichoke hearts and onions, Roasted root vegetables and Country style green beans.

Starches: Buttered noodles, Oven roasted potatoes, Mashes potatoes, Au gratin potatoes, Rice pilaf, Spanish rice, Blended wild rice, Gnocchi (small potato dumplings sautéed in browned butter, garlic and shallots), Garbanzo beans and lentils (braised with onions, tomato and shallots or curried). Shells and cheese (medium shell pasta in creamy cheddar cheese sauce topped with panko bread crumbs add 2.50 per person)

Desserts: Cheesecake, Double fudge brownies, Chocolate cake, Assorted cookies, and Apple pie

Lighter Lunch Offerings

*Include mixed green salad, chips, pickles, olives, and choice

Side salad and dessert. Vegetarian sandwiches are available upon request.

Mountain Valley Deli

Sliced ham, turkey, roast beef, assorted sliced cheeses, lettuce, tomato, onion and breads

Smoked Breast of Turkey Club

Sliced breast of turkey, bacon, swiss cheese, lettuce and tomato on a buttery croissant.

Ham and Swiss on a Croissant

Ham and swiss cheeses with lettuce, tomato and dijonnaise spread

Marinated Grilled Chicken or Smoke Turkey

Provolone, leaf lettuce and sundried tomato spread

Ham and Swiss Cheese

Leaf lettuce and dijonnaise spread

Marinated Grill Flank Steak

Leaf lettuce, provolone and parmesan cheeses, catalina spread (this option is 3.00 additional per person and requires a 15 person minimum)

Side Salads

- ❖ Pasta Salad
- ❖ Macaroni Salad
- ❖ Potato Salad
- ❖ Cucumber Tomato Salad
- ❖ Carrot and Raisin Salad

Lunch Desserts

- ❖ Assorted dessert bars
- ❖ Cheese cake
- ❖ Double fudge brownies
- ❖ Lemon bars
- ❖ Chocolate cake
- ❖ Assorted cookies



Dinner \$25.00 per person

Roast Loin of Pork

Loin of pork rubbed with herbs roasted and served with Dijon demi-glace

Sautéed Boneless Pork Chops

Lean pork loin chops dredged in seasoned flour and sautéed and napped with a demi-glace pan gravy

Cider Braised Boneless Pork Chops

Center cut pork chops sautéed with apples, garlic, and mushroom, with apple cider, sweet cream butter and cream reduction

Grilled London Broil w/ Sherry Mushroom Sauce

Tender flank steak marinated and grilled served with sherry mushroom sauce

Roasted Tenderloin of Beef with Bordelaise Sauce

Dry rubbed beef tenderloin, hot roasted and served with traditional bordelaise sauce

Sautéed Medallion of Beef

Tender medallions of beef, sautéed and napped with your choice of Au Poivre made of green peppercorns, cognac and demi-glace or Marsala Sauce made of rich demi-glace and Marsala.

Breast of Chicken Francaise

Tender breast of Chicken dredged in seasoned flour, sautéed and served with lemon scented Supreme Sauce

Breast of Chicken Piccata

Breast of Chicken dredged in seasoned flour, sautéed and topped with traditional Garlic Lemon Butter Sauce

Breast of Chicken Mountain Valley

Sautéed Breast of Chicken topped with sliced tomato, country ham, Swiss cheese and oven baked napped with Supreme Sauce

Herb Roasted Salmon w/ Lemon Dill Sauce

Fillet of Salmon seasoned with herbs, roasted and topped with lemon dill sauce

Grilled Fillet of Salmon with Saffron Lemon Capers Cream Sauce

Panko encrusted Tilapia Fillet

Tilapia Fillet coated with Japanese bread crumbs and served with lemon wedges.

Tilapia Meuniere served with lemon butter sauce

Fillet of Tilapia dusted with seasoned flour, sautéed and served with lemon butter

Dinner Desserts: Carrot cake, Key lime pie, Cheese cake with fruit, topping, triple chocolate, pumpkin sweet potato pecan tart, flourless chocolate torte, fresh fruit salad, warm apple cobbler with cinnamon whipped cream.

**Most food allergies and restrictions can be accommodated with advance notice.*