

Mountain Valley Menu

Breakfasts

CHOOSE ONE:

SAUSAGE AND EGG BREAKFAST SKILLET
(PEPPERS, ONIONS, SMOKED SAUSAGE, EGGS, MUSHROOMS AND CHEESE)

SAUSAGE GRAVY AND BISCUITS
(ADD SCRAMBLED EGGS FOR AN ADDITIONAL \$2.00 PER PERSON)

SCRAMBLED EGGS

FRENCH TOAST

PANCAKES

CHOOSE ONE:

BACON

SMOKED PORK LINK SAUSAGE

TURKEY SAUSAGE LINK

GRILLED HAM STEAKS WITH PINEAPPLE

CHOOSE ONE:

HOME FRIED POTATOES

(WITH SAUTÉED ONION AND PEPPER)

ASSORTED SCONES

(BLUEBERRY, RASPBERRY WHITE CHOCOLATE, APPLE CINNAMON)

FRESHLY BAKED BISCUITS

BUTTERED GRITS

OATMEAL

HOT ENTREES INCLUDE OUR REGULAR CONTINENTAL BREAKFAST SELECTION OF FRUIT SALAD, YOGURT, CEREALS, DANISH, MILK, COFFEE, TEA, ORANGE JUICE, AND WATER.



Mountain Valley Menu

Lunch Entrees

CHOOSE ONE:

HERB ROASTED CHICKEN BREAST

BONE IN CHICKEN BREAST DRY RUBBED WITH HERBS AND SERVED WITH SAGE SCENTED CHICKEN PAN GRAVY

BREAST OF CHICKEN COQ AU VIN

CHICKEN BREAST SAUTÉED AND SIMMERED IN THE FRENCH CLASSIC SAUCE OF RED WINE, BACON, PEARL ONIONS AND MUSHROOMS

BARBEQUED CHICKEN BREAST

BONE IN BREAST OF CHICKEN DRY RUBBED WITH BBQ SEASONING AND SLOW ROASTED SERVED WITH OUR OWN BBQ SAUCE

CAROLINA SMOKED PULLED PORK BARBEQUE
SERVED WITH COLE SLAW FOR TOPPING

MEAT LASAGNA

SERVED WITH GARLIC BREAD

VEGETARIAN LASAGNA

SERVED WITH GARLIC BREAD

BAKED STUFFED SHELLS AND MARINARA SAUCE
SERVED WITH GARLIC BREAD

BRAISED SIRLOIN TIPS OF BEEF

BEEF SIRLOIN TIPS SAUTÉED WITH MUSHROOMS AND PEARL ONIONS, SIMMERED IN BEEF DEMI-GLACE AND RED WINE SERVED WITH BUTTERED NOODLES OR RICE PILAF

LUNCH DESSERTS:

ASSORTED DESSERT BARS

CHEESE CAKE

DOUBLE FUDGE BROWNIES

LEMON BARS

CHOCOLATE CAKE

ASSORTED COOKIES

ALL HOT LUNCH MENUS COME WITH MIXED GREEN SALAD, CHOICE OF ONE ENTRÉE, SEASONAL VEGETABLE, STARCH, ROLLS AND BUTTER, DESSERT, AND BEVERAGE SERVICE



Mountain Valley Menu

Lunch Entrees Cont.

LIGHTER OPTIONS:

INCLUDE MIXED GREEN SALAD, CHIPS, PICKLES, OLIVES AND CHOICE OF SIDE SALAD AND DESSERT. VEGETARIAN SANDWICHES ARE AVAILABLE UPON REQUEST

SIDE SALADS

PASTA SALAD

MACARONI SALAD

POTATO SALAD

CUCUMBER TOMATO SALAD

ITALIAN BEAN SALAD

MOUNTAIN VALLEY DELI

SLICED HAM, TURKEY, ROAST BEEF, HARD SALAMI, ASSORTED SLICED CHEESES, LETTUCE, TOMATO, ONIONS, AND BREADS

ASSORTED CONDIMENTS

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 CHEESE WITH LETTUCE, TOMATO AND DIJONNAISE SPREAD

WRAPS:

MARINATED GRILLED CHICKEN OR SMOKED TURKEY

WITH PROVOLONE, LEAF LETTUCE AND SUN DRIED TOMATO SPREAD

HAM AND SWISS CHEESE

WITH LEAF LETTUCE AND DIJONNAISE SPREAD

MARINATED GRILLED FLANK STEAK

WITH LEAF LETTUCE, PROVOLONE AND PARMESAN CHEESE, WITH CATALINA SPREAD, MINIMUM 10 PEOPLE ADD \$4.95 PER PERSON

ALL HOT LUNCH MENUS COME WITH MIXED GREEN SALAD, CHOICE OF ONE ENTRÉE, SEASONAL VEGETABLE, STARCH, ROLLS AND BUTTER, DESSERT, AND BEVERAGE SERVICE

Mountain Valley Menu

Dinner Entrees

CHOOSE ONE:

ROAST LOIN OF PORK WITH DIJON DEMI GLACE
LOIN OF PORK DRY RUBBED WITH ASSORTED HERBS, SERVED WITH A DIJON DEMI GLACE

SAUTEED BONELESS PORK LOIN CHOPS
LEAN PORK LOIN CHOPS DREDGED IN SEASONED FLOUR AND SAUTÉED THEN NAPPED WITH A PAN GRAVY

CIDER BRAISED BONELESS PORK CHOPS
CENTER CUT PORK CHOPS SAUTÉED WITH APPLES, GARLIC AND MUSHROOMS, TOPPED WITH A SAUCE MADE OF APPLE CIDER, SWEET CREAM BUTTER, AND CREAM REDUCTION.

GRILLED LONDON BROIL WITH SHERRY MUSHROOM SAUCE
TENDER FLANK STEAK MARINATED AND GRILLED SERVED WITH SHERRY MUSHROOM SAUCE

ROASTED TENDERLOIN OF BEEF WITH BORDELAISE SAUCE
DRY RUBBED TENDERLOIN OF BEEF, SLOW ROASTED AND SERVED WITH TRADITIONAL BORDELAISE SAUCE

BREAST OF CHICKEN FRANCAISE
TENDER BREAST OF CHICKEN DREDGED IN SEASONED FLOUR AND EGG BATTER, SAUTÉED AND SERVED WITH LEMON AND INFUSED SUPREME SAUCE

BREAST OF CHICKEN PICCATA
BREAST OF CHICKEN DREDGED IN SEASONED FLOUR, SAUTÉED AND TOPPED WITH THE TRADITIONAL GARLIC LEMON BUTTER SAUCE, WITH CAPERS AND PARSLEY

BREAST OF CHICKEN MOUNTAIN VALLEY
SAUTÉED BREAST OF CHICKEN TOPPED WITH DICED TOMATO, COUNTRY HAM, SWISS CHEESE AND OVEN BAKED, NAPPED WITH SUPREME SAUCE

HERB ROASTED SALMON WITH LEMON DILL SAUCE
FILLET OF SALMON SEASONED WITH HERBS AND ROASTED TOPPED WITH LEMON DILL SAUCE

GRILLED FILLET OF SALMON
FILLET OF SALMON SEASONED AND GRILLED, FINISHED WITH SAFFRON LEMON CAPER CREAM SAUCE.

TILAPIA MEUNIÈRE
FILLET OF TILAPIA DUSTED WITH SEASONED FLOUR, SAUTÉED AND SERVED WITH A LEMON BUTTER SAUCE

PANKO ENCRUSTED TILAPIA FILLET
TILAPIA LOINS COATED WITH JAPANESE BREAD CRUMBS AND PAN-FRIED, SERVED WITH LEMON WEDGES AND BEURRE BLANC (WHITE WINE AND LEMON BUTTER SAUCE)

ALL DINNER MENUS COME WITH CHOICE OF TWO VEGETABLES, STARCH, ROLLS AND BUTTER, DESSERT, AND BEVERAGE SERVICE



Mountain Valley Menu

Dinner Entrees Cont.

VEGETABLE SELECTIONS

BUTTERED BROCCOLI FLORETES

BROCCOLI AND CAULIFLOWER FLORETES

CAULIFLOWER MORNAY (IN CREAM SAUCE TOPPED WITH PANKO BREAD CRUMBS)

SAUTEED FRENCH GREEN BEANS

BUTTERED CORN

MALIBU VEGETABLE BLEND (YELLOW AND ORANGE CARROTS, BROCCOLI AND CAULIFLOWER FLORETS)

THYME SCENTED PEAS AND PEARL ONIONS

GINGER HONEY GLAZED CARROTS

PRINCE EDWARD BLEND VEGETABLES (GREEN BEANS, WAX BEANS, CARROTS)

STEWED TOMATOES (WITH CROUTONS, ARTICHOKE HEARTS AND ONIONS)

COUNTRY STYLE GREENS (COLLARD GREENS BRAISED WITH ONIONS AND BACON)

STARCH SELECTIONS

BUTTERED NOODLES

OVEN ROASTED RED POTATOES

MASHED POTATOES

AUGRATIN POTATOES (ADD \$2.50 PER PERSON)

RICE PILAF

SPANISH RICE

BLENDED WILD RICE

GARBONZO BEANS AND LENTILS (BRAISED WITH ONIONS, TOMATO, AND SHALLOTS OR CURRIED)

MOUNTAIN VALLEY MACARONI AND CHEESE, SHELL PASTA AND CHEDDAR CHEESE SAUCE TOPPED WITH TOASTED PANKO BREAD CRUMBS) ADD \$2.50 PER PERSON

DINNER DESSERTS

CARROT CAKE

KEY LIME PIE

CHEESE CAKE WITH FRUIT TOPPING

TRIPLE CHOCOLATE CAKE

PUMPKIN SWEET POTATO PECAN TART

FLOURLESS CHOCOLATE TORTE

FRESH FRUIT SALAD

WARM APPLE COBBLER WITH CINNIMON WHIPPED CREAM

OUR MENUS ARE DESIGNED TO APPEAL TO A BROAD RANGE OF TASTES. IF YOUR LOOKING FOR SOMETHING NOT OFFERED ABOVE PLEASE FEEL FREE TO ASK US TO PERSONALIZE YOUR MENU.

IF YOU WISH TO ADD A SECOND ENTRÉE PLEASE ASK YOUR SALES PERSON FOR THE ADDITIONAL CHARGE