

234th US Army Birthday

Honoring Service and Sacrifice

Special Celebration Menu

for

June 14, 2009



ARMY STRONG.™

Established on June 14, 1775, the United States Army has played a vital role in the growth and development of our nation. On this 234th Birthday, we pay special tribute to our Noncommissioned Officers, the backbone of our Army.

APPETIZERS and BREADS

- Gazpacho Chilled Soup Crab Salad Spread
- Cheese Sampler Herbed Baguette Slices
- Assorted Raw Fresh Veggies w/ Dips
- Select Spreads and Choice of Whole Grain Breads

SIDES

- Corn on the Cob Roasted Herbed Potatoes
- Stir Fry Vegetables Mixed Grain Brown Rice
- Broccoli Medley Baked Sweet Potato
- Oven Crisp Onion Rings & French Fries
- Calico Salad Tri-color Pasta Salad
- Seasonal Fruit Salad German Cole Slaw
- Salad Bar with Assorted Regular & Low Fat Dressings

SWEET ENDINGS

- Decorated ARMY 234th Birthday Cake
- Fresh Baked Assorted Cookies
- Chilled Melon Balls with Tri-Color Sherbet
- Lemon Meringue & Boston Cream Pies
- Layered Fruit and Sweetened Yogurt Parfaits
- Watermelon Wedges



ENTRÉES

- Grilled Steak w/ Peppers, Mushrooms & Onions
- Barbequed Chicken
- Asian Pork Riblets
- Blackened Salmon Fillets
- Stuffed Wraps w/ Zucchini, Mushroom, Olives, Sweet Pickled Peppers
- Garden Stacked Turkey Burger
- Sweet Italian Sausage in Marinara on Sub Roll
- Your Choice Deli Bar – ham, beef, chicken, turkey, tuna w/ assorted veggies, whole grain breads and wraps

Crab Bruschetta Salad

100 servings:

- 20 pounds Crab Flakes/or Flake & Chunks
- 10 pounds fresh (13 $\frac{3}{4}$ cups) Tomatoes (seeded and chopped)
- 5 pounds Red Onions (finely diced)
- 1 pound Chopped Fresh Basil

Dressing

- 7 $\frac{1}{2}$ cups Olive Oil
- 2 $\frac{1}{2}$ cup Balsamic Vinegar
- 1 $\frac{2}{3}$ cup Lemon Juice
- 1 T Salt
- 1 tsp Pepper

Preparation:

Thaw crab flakes in refrigerator or thaw under cold water prior to use, reserve.

Combine Crab flakes with tomatoes, red onions, basil, olive oil, balsamic vinegar and lemon juice into a bowl.

Season with salt & pepper and refrigerate for at least an hour to allow flavors to combine.

Serve chilled along with slices of baguette bread

Gazpacho Chilled Soup

- **Gazpacho**

Ingredients

20 pounds tomatoes, red ripe, seeded and diced

5 pounds red bell pepper, diced medium

3 pounds red onions, diced medium

3 pounds celery, diced medium

3 pounds cucumber, diced medium

3 oz garlic, minced

3 cups red wine vinegar

5 quarts vegetable juice

½ tsp cayenne

3 1/2 T cumin

- 2 pounds Lemon slices and cilantro for garnish

- Preparation : remove onion skins, wash, trim and chop all vegetables

Mix diced tomato, peppers, red onions, celery and cucumber together in a medium bowl. Divide the mixture in half and separate in two bowls.

Add garlic to one of the bowls and empty into blender. Add vinegar to the blender and puree until smooth.

Add the vegetable juice, cayenne and cumin to the blender. Blend.

Add the puree to the bowl of diced vegetables.

Refrigerate overnight. Garnish with lemon and cilantro.

Serving Size: 1 cup