

## London Convention Centre Food & Beverage Options for Synod 2019

### Monday Refreshment Break

- ❖ Muffins & gluten-free muffins
- ❖ Cut fruit on trays
- ❖ Tea, coffee, juices (soy milk available)

### Tuesday Refreshment Break

- ❖ Muffins & gluten-free muffins
- ❖ Whole fruits
- ❖ Tea, coffee, juices (soy milk available)

### Monday Lunch

- ❖ Vegetarian Soup
- ❖ Celery & carrot sticks
- ❖ Apples & bananas
- ❖ Assorted cookies
- ❖ Choice of Sandwich **OR** salad
  - Deli Sandwiches on Kaisers
    - Gluten free bread available
    - Vegetarian options available (including egg salad)
    - Vegan wrap option
  - Garden salad w/house vinaigrette on the side

### Monday Banquet

- ❖ Roast top sirloin w/ pepper corn sauce (gluten free)
  - Assorted rolls & butter
  - Cole slaw salad (vegetarian & gluten free)
  - Field greens w/house vinaigrette on the side (vegetarian, gluten free & vegan)
  - Roasted potatoes (vegetarian, gluten free & vegan)
  - Vegetable medley (vegetarian, gluten free & vegan)
  - Penne pasta primavera w/ parmesan cheese on the side (vegetarian & vegan)
  - Assorted cakes, pies & ice cream
  - Pastries & gluten free brownies

#### Additional Option (MUST be ordered ahead of time)

- Tuscan Ratatouille in a Mediterranean Polenta Boat (vegetarian, gluten free & vegan) protein is tofu

\*Please note: We have tried to accommodate most dietary considerations. Due to the large number of participants, we are unable to provide for every concern. It is hoped that by providing the menus, participants can prepare accordingly.

\*In some cases, there is increased cost for certain menu options. We are happy to provide them, but ask that they are requested on the registration form so that we can ensure the proper number requested without incurring waste or additional cost.

Your understanding is greatly appreciated.