

2026 GBS FORUM MENU



Sunday, May 17, 2026

DINNER Assorted Pizzas & Salad
Brownies & Whole Fruit
Sodas | Water

Monday, May 18, 2026*

A.M. BREAK Coffee, Hot Tea, Water, Pastries

LUNCH **Taco Bar Buffet**
Soft Shell Tacos & Corn Tortilla Chips
Seasoned Ground Beef; Shredded Chicken; Black Bean Medley; Fiesta Rice
Shredded Lettuce; Diced Tomatoes; Cheddar Jack Cheese; Black Olives; Jalapenos
Salsa and Sour Cream
Assorted Drinks | Water

P.M. BREAK Portable Snacks (i.e., cookies, chips, granola bars)
Assorted Sodas, Bottled Water

Tuesday, May 19, 2026*

A.M. BREAK Coffee, Hot Tea, Water, Pastries

LUNCH **Choice of Boxed Lunch (Selections made when registering for Forum)**

- **Italian Sub** with ham, salami, pepperoni, lettuce, tomato, banana peppers, slivered onions, provolone, vinaigrette
- **Tarragon Chicken Salad** with lettuce and tomato on Potato Knot Roll
- **Oven Roasted Turkey**, cranberry port goat cheese spread, spring mix, on black forest grain bread
- **Roast Beef and Swiss** on rye, dijonnaise with lettuce and tomato
- **Power Veggie Salad (vegetarian)** - mixed greens, chickpeas, edamame, quinoa, tomatoes, carrots, parmesan, Tuscan balsamic vinaigrette
- **Power Veggie Salad (with chilled grilled chicken)** - mixed greens, chickpeas, edamame, quinoa, tomatoes, carrots, parmesan, Tuscan balsamic vinaigrette

Boxed sandwiches include chips, brownie & bottled water;
Boxed salads include brownie and bottled water

AWARDS RECEPTION Assorted Hors d'oeuvres and Desserts

Breakfast Note: The Embassy Suites offers a free breakfast buffet for hotel guests, served daily starting at 6 AM