

ECTC Buffet Luncheon Selections

10 Day / 2 Week Rotating Buffet

All ECTC Buffet Luncheon Selections Beverage Service
and for Dessert Assorted Cakes and Pies (unless otherwise noted)

The Daily Buzz Buffet

Mixed Garden Salad with Red Wine Vinaigrette
Warm Rolls and Butter
Sautéed Chicken topped with a Lemon and Caper Butter Sauce
Sambucca Shrimp with Tomato Salsa
Steamed Asparagus
Rice Pilaf

Soup, Sandwich and Salad Buffet

Mixed Garden Salad with Assorted Dressings
Bakery Fresh Sour Dough Bread Boules
Home-Made Chili with Beef
Cream of Broccoli Soup
Sour Cream, Grated Cheddar Cheese, Diced Onions
Gourmet Sandwiches to include
Chicken on Ciabatta Bread, Ham Wrap, Turkey Wrap and Veggie Wrap

The Capital Buffet

Mixed Garden Greens with Gold and Burgundy Tomatoes
Warm Rolls and Butter
Tender Boneless Chicken Breast with a Gold Barbeque Sauce
Beef Burgundy with Mushrooms
Garlic Mashed Potatoes
Buttered Sweet Corn

The Belmont Buffet

Mixed Garden Salad with Assorted Dressings
Warm Rolls and Butter
Baked Tilapia Fillets
Slow Roasted Herb Crusted Pork Loin
Red Bliss Oven Roasted Potatoes
Steamed Green Beans

Tuscan Buffet

Tuscan Bean Soup
Tomato Mozzarella Salad with Pesto & Basil
Warm Rolls and Butter
Chicken sautéed with Artichokes, Roma Tomatoes, Spinach, Garlic and Basil
Pasta Fruittadimare – Seafood Penne Pasta sautéed with a Light Chardonnay Cream Sauce
Mushroom Risotto
Seasonal Vegetable Medley
Dessert ~ Tiramisu

All menu prices are subject to applicable service charge and 5% sales tax

Oriental Buffet

Mixed Garden Salad with Assorted Dressings
Warm Rolls and Butter
Thai Chicken ... shredded chicken with julienne carrots, dicon radishes,
spring onions and garlic tossed in a thai chili sauce
Shrimp and Scallops sautéed in shrimp oil with a Mango and Orange Sauce
Jasmine Rice
Oriental Vegetables

German Buffet

Mixed Garden Salad with Assorted Dressings
Pretzel Rolls and Butter
Sauerbraten
(Marinated Roasted and Braised Beef)
Bratwurst with Sauerkraut
German Potatoes
Fresh Vegetable Medley

The Washingtonian Buffet

Mixed Garden Salad with Assorted Dressings
Warm Rolls and Butter
Salmon with a Lemon Caper Sauce
Chicken Breast topped with Tomatoes, Pesto and Buffalo Mozzarella
Rice Pilaf
Fresh Vegetable Medley

Mediterranean Buffet

Mixed Garden Salad with Assorted Dressings
Warm Rolls and Butter
Beef and Chicken Kabobs with Vegetables –
Marinated in Olive Oil, Turmeric, Garlic and Peppers and Grilled to Perfection
Served with a Lemon Yogurt Dip
Couscous

South of the Border Buffet

Flour Tortillas
Shredded Romaine Lettuce
Diced Tomatoes, Chopped Onions & Jalepenos
Shredded Monterey Jack Cheese, Sour Cream, Pico de Gallo and Salsa Fresca
Black Bean
Spanish Rice
Carnitas (Diced Mexican Pork)
Carne Asada (Thinly Sliced Marinated Beef)
Crispy Tortilla Strips
Churros

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