



# Crystal Conference Center

## Breakfast

Every breakfast includes oatmeal, fresh fruit, coffee, milk and juice.

- 1. French Toast**  
Served with bacon and hash-browns.
- 2. Pancakes**  
Served with sausage links and hash-browns.
- 3. Scrambled Eggs**  
Served with sausage patty, choice of toast or bagel and hash-browns.
- 4. Breakfast Sandwich**  
Egg english muffin with sausage, cheese, and breakfast potatoes (potatoes o'brian).
- 5. Continental Breakfast**  
Includes cereal bar, bagels, fruit yogurts, donuts, hardboiled eggs, cinnamon rolls or monkey bread.

## Lunch

Every lunch includes side salad, tea, lemonade, kool-aid, and dessert

- 1. Hamburger Bar**  
Served with veggies, fries and all the fixin's.
- 2. Chicken Tenders**  
Served with mac & cheese and corn on the cob.
- 3. Grilled Cheese & Soup**  
Served with chips and veggies.
- 4. Sandwich Bar**  
Choose from turkey, ham and tuna salad with all the fixin's, served with chips and veggies.
- 5. Taco Bar**  
Served with all the fixin's.
- 6. Sloppy Joes**  
Served with fries, baked beans and fruit.
- 7. Baked Potato Bar**  
One **BIG** potato served with all sorts of toppings and a homemade roll.

## Dinner

Every dinner includes salad bar, dessert, milk, coffee and tea.

- 1. Grilled Chicken Dinner**  
Served with mashed potatoes and corn on the cob.
- 2. Lasagna (meat or veggie)**  
Served with broccoli and garlic bread.
- 3. Turkey Dinner**  
Served with sweet potatoes, green beans and a dinner roll.
- 4. Shepards Pie**  
Served with dinner roll and fruit bowl.
- 5. Spaghetti**  
Served with green beans and garlic toast.
- 6. Parmesan Mushroom Chicken**  
Served with rice pilaf, broccoli and a dinner roll.
- 7. Pizza Pizza Pizza**  
Choose from cheese, pepperoni or supreme served with bread sticks and marinara sauce.

## Dessert

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|----------------|----------------------|
| Banana pudding | Cheesecake bites     |
| Cupcakes       | Strawberry shortcake |
| Cookies        | Dirt cake            |
| Cream puffs    | Apple crisp          |
| Brownies       | Blueberry crisp      |

If you don't see what you're looking for, just ask! We welcome suggestions.

Not all items are always available. We will inform you of any necessary changes.

We strive to provide very nutritious, and tasty meals. Some dinner & lunch selections can be interchanged.

Crystal Conference Center is managed by UCCR.

Vegetarian, Vegan, Gluten Free and Dairy Free options are available upon request. With 2 weeks advance notice we can accommodate most food allergies and restrictions.  
  
We do not serve nuts.

