

# 2019 FA Business Convention Meal Plan

*\*No outside food is allowed in the dining room—only food prepared by the hotel is permitted*

## General information

- Serving sizes: consider your meals at the Convention as an “eating out” occasion (amounts are approximate—not all items are weighed and measured individually)
- Butter, oil and vinegar, and salad dressing will be on the table at lunch and dinner
- Milk will be available upon request at all meals

## Substitutions (please ask servers if you need a substitution)

- Breakfast: limited quantities of hard boiled eggs and oatmeal will be available
- Lunch/dinner: limited quantities of cottage cheese, eggs, and tofu will be available

## Hospitality Suite

- If you did *not* purchase the meal plan, a limited number of microwaves and refrigerators are available throughout the weekend in our Hospitality Suites (Gloucester & Marblehead)

### Friday, May 31

Breakfast	Lunch	Dinner
<i>(Bring your own)</i>	<i>(Bring your own)</i>	4 oz. chicken 6 oz. carrots 6 oz. rice 6 oz. salad 6 oz. strawberries 8 oz. low-fat milk

### Saturday, June 1

Breakfast	Lunch	Dinner
1.2 oz. shredded wheat 7 oz. plain, low-fat yogurt 1 apple 8 oz. low-fat milk	4 oz. salmon 6 oz. green beans 6 oz. potatoes 6 oz. salad 1 pear 8 oz. low-fat milk	4 oz. beef 6 oz. zucchini 6 oz. rice 6 oz. salad 6 oz. strawberries 8 oz. low-fat milk

### Sunday, June 2

Breakfast	Lunch	Dinner
1.2 oz. shredded wheat 7 oz. plain, low-fat yogurt 1 apple 8 oz. low-fat milk	Bring your own or boxed lunch <i>(if purchased in advance)</i>  4 oz. chicken 6 oz. carrots 6 oz. potatoes 6 oz. salad 1 pear 8 oz. low-fat milk	Boxed meal to go <i>(if purchased in advance)</i>  4 oz. chicken 6 oz. carrots 6 oz. potatoes 6 oz. salad 1 pear 8 oz. low-fat milk