



**The
Kennedy
Center**

DANCE *for* **PD**[®]
CLASSES | TRAINING | RESOURCES
A PROGRAM OF THE
MARK MORRIS DANCE GROUP

Training workshop catering menus

Menu A (Vegan)

Day 1: Super Greens Veggie Wrap – spinach tortilla, crispy tofu, carrots, vegan avocado mayo

Day 2: Veggie Soba Noodle Bowl – carrot, cucumber, edamame, crispy wonton, ginger soy

Menu B

Day 1: Chimichurri Steak Sandwich – ciabatta bread, grilled scallion, spinach

Day 2: Tuna Salad Sandwich – whole grain bread, crispy lettuce, pickled red onion

Menu C

Day 1: Chimichurri Steak Sandwich – ciabatta bread, grilled scallion, spinach

Day 2: Spicy Italian Sandwich – focaccia, capicola, salami, provolone, house giardiniera

Menu D

Day 1: Turkey + Havarti Dill Sandwich – whole grain bread, dill Havarti, pickles, roasted red pepper mayo

Day 2: Spicy Italian Sandwich – focaccia, capicola, salami, provolone, house giardiniera

Menu E (No red meat)

Day 1: Turkey + Havarti Dill Sandwich – whole grain bread, dill Havarti, pickles, roasted red pepper mayo

Day 2: Tuna Salad Sandwich – whole grain bread, crispy lettuce, pickled red onion

Menu F (Pescatarian)

Day 1: Super Greens Veggie Wrap – spinach tortilla, crispy tofu, carrots, vegan avocado mayo

Day 2: Tuna Salad Sandwich – whole grain bread, crispy lettuce, pickled red onion

Menu G (Gluten free)

Day 1: Turkey + Havarti Dill Sandwich – gluten-free bread, dill Havarti, pickles, roasted red pepper mayo

Day 2: Tuna Salad Sandwich – gluten-free bread, crispy lettuce, pickled red onion