



PAN-AMERICAN YOUTH CHAMPIONSHIPS XXXIV

Orlando, Florida | July 15-20, 2024 |  US CHESS

DAILY BREAKFAST MENUS FOR COMPETITORS & ATTENDEES

Breakfast Buffet Monday

Fresh Orange, Grapefruit and Cranberry Juices
Assorted Sliced Melons and Fruits (VGN)
Assorted Danish, Bakeries, and Bagels with Cream Cheese, Butter and Preserves

Farm Fresh Fluffy Scrambled Eggs (GF, DF)
Three-Cheese Blend, Fresh Cut Chives
Applewood Smoked Bacon (GF, DF)
All-Natural Oatmeal, Assorted Toppings

Breakfast Buffet Tuesday

Fresh Orange, Grapefruit and Cranberry Juices
Assorted Sliced Melons and Fruits (VGN)
Assorted Danish, Bakeries, and Bagels with Cream Cheese, Butter and Preserves

Farm Fresh Fluffy Scrambled Eggs (GF, DF)
Shaved Parmesan, Tomato Bruschetta
Turkey Sausage (GF, DF)
All-Natural Oatmeal, Assorted Toppings

Breakfast Buffet Wednesday

Fresh Orange, Grapefruit and Cranberry Juices
Assorted Sliced Melons and Fruits (VGN)
Assorted Danish, Bakeries, and Bagels with Cream Cheese, Butter and Preserves

Farm Fresh Fluffy Scrambled Eggs (GF, DF)
Roasted Tomato Salsa, Queso Fresco
Breakfast Potatoes (GF, DF, VGN)
All-Natural Oatmeal, Assorted Toppings

Breakfast Buffet Thursday

Fresh Orange, Grapefruit and Cranberry Juices
Assorted Sliced Melons and Fruits (VGN)
Assorted Danish, Bakeries, and Bagels with Cream Cheese, Butter and Preserves

Farm Fresh Fluffy Scrambled Eggs (GF, DF)
Basil Pesto, Gruyere
Georgia Sausage (GF, DF)
All-Natural Oatmeal, Assorted Toppings

(GF = gluten free; DF = dairy free; V = vegetarian; VGN = vegan)



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Breakfast Buffet Friday

Fresh Orange, Grapefruit and Cranberry Juices

Assorted Sliced Melons and Fruits (VGN)

Assorted Danish, Bakeries, and Bagels with Cream Cheese, Butter and Preserves

Farm Fresh Fluffy Scrambled Eggs (GF, DF)

Roasted Mushrooms, Crumbled Goat Cheese

Country Sausage (GF, DF)

All-Natural Oatmeal, Assorted Toppings

Breakfast Buffet Saturday

Fresh Orange, Grapefruit and Cranberry Juices

Assorted Sliced Melons and Fruits (VGN)

Assorted Danish, Bakeries, and Bagels with Cream Cheese, Butter and Preserves

Farm Fresh Fluffy Scrambled Eggs (GF, DF)

Marinated Olive Tapenade, Feta

Breakfast Potatoes (GF, DF, VGN)

All-Natural Oatmeal, Assorted Toppings

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DAILY LUNCH MENUS FOR COMPETITORS & ATTENDEES

Lunch Buffet Monday

Baby Kale Caesar, Shaved Parmesan, Olive Oil Parmigiana Crouton, Caesar Dressing
Focaccia with Butter

Cala Bella Meatballs, San Marzano Tomato
Semolina Gnocchi Heirloom Tomato, Wild Mushroom, Smoked Chicken

Toasted Farro and Bulgur Risotto, Aged Parmesan
Ras El Hanout Roasted Vegetables (GF, DF, VGN)

Lunch Buffet Tuesday

Mexican Street Corn Salad
with Roasted Poblano Cotija Cheese, Chili, Citrus Crema (GF,V)
Tortilla Chips

Street Tacos:
Chicken (GF), Ft. Pierce Swordfish (GF, DF)
Toppings to Include: Pico De Gallo, Salsa, Guacamole, Sour Cream, Jalapenos,
Cilantro, Lime, Chopped Onion, Flour and Com Tortilla

Poblano Rice (GF, V)
Mi Casa Beans (GF, DF)

Lunch Buffet Wednesday

Butter Lettuce, Radicchio, Tomato, Watermelon Radish, Celery, Hearts of Palm,
Blood Orange Dressing (GF, DF)
Mini Biscuits and Butter

Smoked Lake Meadows Jerk Rub Chicken, Pan Jus, Green Tomato Chow Chow (GF, DF)
Mojo Flank Steak (GF, DF)

Whipped Potato and Boniato (GF)
Orange Zest Roasted Carrots (V, GF, DF)

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Lunch Buffet Thursday

Farmers Salad, Radish, Grilled Asparagus, Broccolini, Cucumber,
Heirloom Tomato, Lemon Pecorino Vinaigrette (GF, V)
Warm Rolls and Butter

Roasted Lake Meadows Chicken, Parmesan Chicken Jus,
with Roasted Wild Mushrooms, English Pea Puree
Seared Local Grouper, Fennel Butter (GF)

Orecchiette Pasta Mac & Cheese, Buttered Biscuit Crumb (V)
Seasonally Roasted Farm Vegetables (GF, DF, VGN)

Lunch Buffet Friday

Steakhouse Wedge, Heirloom Tomato, Smoked Bacon, Bleu Cheese,
with Buttermilk Dressing (GF)
Warm Rolls and Butter

Grilled Hanger Steak Tips (GF, DF)
Grilled Herb Marinated Chicken Breast (GF, DF)

Loaded Baked Potato (GF, V, DF),
with Green Onion, Bacon, Butter, Sour Cream, Taleggio Cheese
Grilled Asparagus Hollandaise, Chimichurri (GF, V)

Lunch Buffet Saturday

Mediterranean Salad with Baby Romaine, Baby Medley Tomatoes,
Kalamata Olives, Cucumbers, Feta, Shaved Red Onion, Croutons, Greek Vinaigrette
Warm Pita with Lemon Hummus

Oregano Marinated Chicken (GF,DF)
Falafel (V)

Lemon Wild Rice, Toasted Pine Nuts, Roasted Leeks (GF,DF)
Grilled Vegetables, Roasted Eggplant, Artichokes, Crispy Garbanzo Beans (VGN,DF,GF)

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