

**VIRGINIA ASSOCIATION OF SCIENCE TEACHERS
2024 PROFESSIONAL DEVELOPMENT INSTITUTE**

MENUS

VAST does not make any money on the meals. Prices reflect what the hotel is charging.

VAST cannot provide any substitutes for the menus listed below. Do NOT purchase a particular meal if you have specific dietary requirements that are not met in the menu.

CONTINENTAL BREAKFAST

Friday & Saturday

(BREAKFAST IS INCLUDED WITH THE PDI REGISTRATION FEE)

Assorted Breakfast Sandwiches
Regular and Decaffeinated Coffee
Orange Juice, Water

TICKETED THURSDAY PLATED DINNER

Cost is \$38.92

(NOT INCLUDED IN THE PDI REGISTRATION FEE, PURCHASE A DINNER TICKET USING THE ONLINE PDI REGISTRATION FORM, DEADLINE TO REGISTER AND PAY FOR A DINNER TICKET IS OCTOBER 31, DINNER TICKETS ARE NOT AVAILABLE FOR PURCHASE ON SITE AT THE PDI)

Chief's Choice Salad
Snap Peas with Roasted Tomatoes
Garlic Mashed Potatoes
Sliced Top Sirloin with Wild Demi Glace
Regular and Decaffeinated Coffee
Iced Tea, Water

TICKETED FRIDAY BUFFET LUNCH

Cost is \$21.64

(NOT INCLUDED IN THE PDI REGISTRATION FEE, PURCHASE A LUNCH TICKET USING THE ONLINE PDI REGISTRATION FORM, DEADLINE TO REGISTER AND PAY FOR A LUNCH TICKET IS OCTOBER 31, LUNCH TICKETS ARE NOT AVAILABLE FOR PURCHASE ON SITE AT THE PDI)

Chef's Choice Salad
Steamed Broccoli
Rice Pilaf
Chicken Breast with Bur Blanc Sauce
Regular and Decaffeinated Coffee
Iced Tea, Water

TICKETED SATURDAY BOXED LUNCH

Cost is \$21.64

(NOT INCLUDED IN THE PDI REGISTRATION FEE, PURCHASE A BOX LUNCH TICKET USING THE ONLINE PDI REGISTRATION FORM, DEADLINE TO REGISTER AND PAY FOR A BOX LUNCH TICKET IS OCTOBER 31, BOX LUNCH TICKETS ARE NOT AVAILABLE FOR PURCHASE ON SITE AT THE PDI)

All box lunches are served with a piece of fruit, bag of chips, cookie, bottled water or assorted soft drinks.

Three options are available on a first-come basis.

Sliced Turkey Breast with Monterey Jack Cheese served on Sliced French Bread

Sliced Black Forest Ham with Cheddar Cheese served on a Croissant and Spicy Mustard

Grilled Marinated Vegetables, Roasted Red Peppers, Shredded Cheese, Lettuce and Tomato served with Balsamic Glaze on a Spinach Tortilla