

APPENDIX E: SAMPLE WASTE REDUCING MENUS

SAMPLE WASTE REDUCING MENU INTRODUCTORY TEXT

In the United States alone, we waste approximately 63 million tons of food. About 40% of that comes from consumer-facing businesses, like hotels. This means we're not only wasting food - we're also wasting resources, water, and energy and simultaneously, emitting more potent greenhouse gases that harm the environment.

[HOTEL X] is doing its part by developing a waste reducing menu that uses all edible parts of fruits and vegetables and uses other ingredients that are easily repurposed or donated at the end of an event.

This menu will be prepared with thoughtful consideration for your event attendees' experience and with an eye towards eliminating unnecessary food waste. However, menu creation only addresses one

aspect of food waste. [HOTEL X] encourages you to discuss with our event staff other strategies we can all employ to reduce food waste and improve event sustainability.

Note: The ranking (1 - 5) indicates yield efficiency for all **produce** items - higher ranked items create less organic waste in the kitchen.

WASTE REDUCING BRUNCH BUFFET MENU

- Breakfast Sandwich Bar:** Watermelon (5)
- Brioche bread
 - Multi-Grain Bread
 - Tomatoes (5)
 - Red onions (4)
 - Seared mushrooms (5)
 - Greens: Braised kale (5), Spinach (5)
 - Cheeses: Cheddar, Goat cheese
 - Spreads: Sunflower butter, Cream cheese
 - Proteins: Smoked Salmon, Soft scrambled eggs, Bacon, Sausage
- Parfait Bar:**
- Yogurt
 - Fruits: Strawberries (4), Blueberries (5), Raspberries (5)
- Toppings: Pecans, Almonds, Sunflower seeds
- Additional Items:**
- Potato Hash (5)
- Pastries:**
- Berry Muffins
- Beverages:**
- Coffee
 - Teas: Summertime flower tea blends or berries tea blends
 - Selection of fruit infused beverages

WASTE REDUCING LUNCH BUFFET MENU

- Soups:**
- Watermelon Gazpacho (5)
 - Sausage, Kale (5)
 - Black Eyed Pea Soup (Optional: shredded cheddar)
- Salads:**
- Mixed Greens Salad: Mixed Greens (e.g. spinach, lettuce (5), Pickled Watermelon Rind, Goat cheese, Toasted almonds, Bacon Vinaigrette
 - Caesar Salad: Kale (5), Tomato (5), Sliced onion (4), Croutons (brioche), Caesar dressing
 - Smoked Salmon and Potato (5) Salad
- Sandwiches:**
- BLT Sandwich: Bacon, Lettuce (5), Tomato (5)
 - Brioche (Optional: Cheddar)
 - Kale and Hummus Sandwich: Kale (5), Hummus, Pickled Onions (4), Thinly sliced multi-grain bread
- Hot from the Buffet**
- Quinoa Stir Fry: Egg, Onion (4), Fried Garlic (4), Mushrooms (5), Kale (5)
- Desserts:**
- Mixed berry Cobbler, Top with candied pecan
 - Bread Pudding: Made with brioche bread, Top with Crème Chantilly and berries (5)