

# **2010 National Ki-Aikido Seminar Banquet**

***Glenn Miller Ballroom in the University Memorial Center  
(UMC)***

**6:30 to 9 p.m.  
Saturday, July 10, 2010**

**Served Buffet Style**

## **MENU CHOICES**

*With Beef, Chicken, Fish and Vegetarian Options*

### **UMC House Salad**

Mixed greens with carrots, onion, tomato, cucumber and sunflower  
Seeds with Ranch dressing or Chinese chicken salad dressing

### **Chicken and Long Rice Noodles**

Chicken & long rice noodles with onion, ginger & garlic

### **Salmon steak with Maltaise sauce**

Salmon in a buttery white wine and fresh orange juice sauce

### **Kung Pao Beef**

Spicy bits of beef, carrots, peanuts and onions in a rich dark sauce

### **Marinated Vegetable & Tofu Kebobs**

A variety of vegetables and tofu marinated in olive oil and seasonings

### **Wild rice with scallions**

Special blend of rices cooked in butter with green onions

### **Oriental Stir Fried Vegetables**

Peas, cabbage, sprouts, onions, peppers and  
mushrooms stir-fried and seasoned

### **Dinner Rolls with butter**

### **Fresh fruit with amaretto sauce**

A rich sauce of amaretto, milk, sugar and pastry cream drizzled over  
fresh, seasonal fruit

### **Tea cookies**

Variety of small cookies made with butter, eggs, chocolate and nuts

## **DRINK OPTIONS**

**Regular Coffee, Decaffeinated, Assorted Hot Tea by the pot  
Ice Tea and Ice Water**

**Bar set up to serve soda, beer, wine. Each participant over 21 will receive 2 drink tickets at the door.**