

## Lunch Form

A box lunch will be provided by Panera for \$10.50. This is in addition to the cost of the symposium itself. Please make your lunch choice(s) below. Both registration fee and cost of lunch must be returned with this form and the registration form.

Participant	Box Option	Sandwich Choice	Salad Choice	Cookie Choice

**Total Fees:** (    ) Symposium Participants @ \$30.00 + (    ) Lunches @ \$10.50 = \$ \_\_\_\_\_

**To Order Lunch:** Select Box Option 1, 2 or 3 for lunch; then fill in Sandwich, Salad and Cookie choices (upper case letters).

### Box Lunch Options

1. **Sandwich Box** (includes potato chips, pickle & cookie)
2. **Salad Box** (includes French baguette & cookie)
3. **Half sandwich, half salad Box** (includes French baguette & cookie)

### Sandwich Choices

**A. Napa Almond Chicken Salad**

Pepper-mustard chicken, diced celery, seedless grapes, almonds & special dressing, lettuce & tomato on Sesame Semolina bread.

**B. Roasted Turkey, Apple & Cheddar**

Roasted turkey, Vermont white Cheddar, fresh apple cabbage slaw, arugula and mustard horseradish sauce on Cranberry Walnut.

**C. Smoked Turkey and Cheese**

Smoked turkey breast, Gouda cheese, lettuce, tomatoes & our signature dressing on Whole Grain bread.

**D. Ham & Swiss**

Smoked ham, Swiss, lettuce, tomatoes and red onions with salt & pepper on Rye.

**E. Mediterranean Veggie**

Peppadew™ piquant peppers, feta, cukes, lettuce, tomatoes, red onions, cilantro, Jalapeño hummus on Tomato Basil bread.

### Salad Choices

**F. Seasonal Greens**

Seasonal greens & romaine with tomatoes, cucumbers, red onions & low-fat balsamic vinaigrette.

**G. Caesar**

Romaine, parmesan and house made black pepper focaccia croutons, Caesar dressing.

**H. Fuji Apple Chicken**

Mixed greens, tomatoes, red onions, pecans, Gorgonzola cheese, chicken, apple chips with balsamic vinaigrette.

**I. Modern Greek with Quinoa**

Quinoa tomato sofrito blend, romaine, kale, diced cucumbers, and Kalamata olives, Greek dressing and toasted almonds.

### Cookie Choices

**J. Chocolate Chip**

**K. Lemon Drop**

**L. Oatmeal Raisin**

**M. Gluten-free Chocolate Chip** (availability uncertain for July; no non-gluten substitute available at this time).