



## 2016 PFLAG TENNESSEE/KENTUCKY STATE CONFERENCE

### LUNCH MENU

NAME: \_\_\_\_\_

Choose ONE: \_\_\_ Pasta Salad, \_\_\_ Potato Chips, \_\_\_ Pretzels, \_\_\_ Fruit

BREADS (Choose ONE): \_\_\_ Sourdough, \_\_\_ Rye, \_\_\_ Whole Wheat, \_\_\_ Whole Wheat Wrap  
\_\_\_ Gluten-Free

#### SANDWICHES/WRAPPS – (Choose ONE)

\_\_\_ **Smoked Oven Roasted Turkey** – Thinly sliced cucumbers, leaf lettuce, herb cream cheese and shallot mustard mayonnaise (402 Cal)

\_\_\_ **Smoked Roast Beef** – Blue cheese crumbles, purple onions and shallot mustard mayonnaise (673 Cal)

\_\_\_ **Tarragon Almond Chicken Salad** – All white meat, roasted red peppers, celery, purple onions, tarragon, leaf lettuce and toasted almonds (370 Cal)

\_\_\_ **Vegetarian Club** – Provolone cheese, Monterrey jack cheese, tomato, cucumber, leaf lettuce, purple onions, herb cream cheese and shallot mustard mayonnaise (611 Cal)

**NOTE:** If you have dietary restrictions that these choices do not accommodate, please contact Don Cross by email at [j.doncross@gmail.com](mailto:j.doncross@gmail.com) or telephone at 502-645-2810.