

Lunch Choices for Friday November 17th at Pool

Swimmer/Diver Name (First and Last): _____

Please choose **ONE** of the following lunch choices. There are sandwiches and half subs to choose from. This needs to be handed in no later than Thursday November 16th when getting on the bus for the State Meet.

Sandwiches Choice:

- All Organic Turkey**
-Tender organic turkey and creamy organic Muenster cheese with organic mayo-mustard mix and fresh organic spring mix on crusty Organic Rosemary Olive Oil Bread.
- Spicy Turkey & Avocado Sandwich-**
-Tender oven-roasted turkey breast, Havarti cheese, guacamole, leaf lettuce, and spicy mayo with a dash of Cyprus sea salt on our Organic 6-Seed bread.
- Chicken and Bacon Caesar Ciabatta-**
-Tender, juicy grilled lemon garlic chicken, applewood bacon, and fresh romaine lettuce with Caesar dressing, grated imported Parmigiano Reggiano (Aged 24 months), and a dash of black pepper on a crusty ciabatta roll.
- Ultimate Turkey BLT-**
-Organic Sourdough Bread with uncured thick cut smoked bacon, tender roasted turkey breast, shredded lettuce, and beefsteak tomatoes, finished with mayonnaise and Cyprus sea salt.
- Vegan Veggie Crunch Sandwich-**
-Fresh tomatoes, leaf lettuce, crisp sprouts, hot banana peppers, tangy white onion, with vegan thousand island dressing and dashes of Cyprus sea salt and black pepper on rye sourdough (classic marble rye available in select stores).
- Chicken Caesar Wheat Wrap-**
-Juicy, tender grilled lemon garlic chicken breast, grated Imported Parmigiano Reggiano (aged 24 months), fresh romaine lettuce, creamy Caesar Dressing, and a dash of black pepper, served in a wheat wrap.

Half Sub Choices on Other Side

Create your own Half Sub-

Bread-

- White
- Wheat
- Sesame
- Everything
- White Ciabatta

Sauces-

- Plain Mayonnaise
- Spicy Sriracha Mayonnaise
- Horseradish Mayonnaise
- Organic Yellow Mustard
- Organic Spicy Brown Mustard
- Honey Mustard
- Signature Oil
- Ranch Dressing
- Blue Cheese Dressing
- Hot Pepper Spread
- Buffalo Sauce
- Thousand Island Dressing

Cheese-

- Provolone
- American
- Swiss
- Mozzarella
- Pepper Jack Cheese

Toppings (as many as you want)-

- Organic Spring Mix Blend
- Shredded Lettuce
- Tomatoes
- Onions
- Sweet Peppers
- Hot Banana Peppers
- Dill Pickle Slices
- Black Olives
- Cucumbers

Protein-

- No Protein
- Turkey
- Roast Beef
- Ham
- Salami
- Capicola
- Spicy Ham
- Tuna Salad
- Grilled Chicken Salad
- Grilled Lemon Garlic Chicken Breast