Option 1

Quinoa Salad (210 cals)

## Apple (80 cals)

Sandwich Selections: (Kaiser) Ham \& Cheddar, mayo \& lettuce/ Turkey \& Swiss, cranberry mayo \& lettuce/ Chicken \& Shredded Mozzarella, mustard, mayo \& lettuce/ Roast Beef \& Swiss, horseradish and lettuce/ Veggie - Grilled peppers, zucchini \& eggplant (260-810 cals)*

Assorted Mini Cookies (130 cals)

## Option 2

Pasta Salad (310 cals)

Orange (50 cals)

Sandwich Selections: (Sub Style bread) Ham \&
Cheddar, mayo \& lettuce/ Turkey \& Swiss, cranberry, mayo \& lettuce/ Chicken \& Shredded Mozzarella, mustard, mayo \& lettuce/ Roast beef \& Swiss, horseradish and lettuce/ Veggie - Grilled peppers, zucchini \& eggplant (260-810 cals)*

Option 3

Potato Salad (250 cals)

Banana (90 cals)

Sandwich Selections: (Panini breads) Ham \& Cheddar, mayo \& lettuce/ Turkey \& Swiss, cranberry, mayo \& lettuce/ Chicken \& Shredded Mozzarella, mustard, mayo \& lettuce/ Roast beef \& Swiss, horseradish and lettuce/ Veggie - Grilled peppers, zucchini \& eggplant (260-810 cals)*

Sandwich Selections: (Ciabatta) Ham \& Cheddar, mayo \& lettuce/ Turkey \& Swiss, cranberry, mayo \& lettuce/ Chicken \& Shredded Mozzarella, mustard, mayo \& lettuce/ Roast beef \& Swiss, horseradish and lettuce/ Veggie - Grilled peppers, zucchini \& eggplant (260-810 cals)*

## HUMBER

 Central Events Office