

2019 RWASD Meeting Menus

January

Regular Meal:

Italian Chicken: topped with mozzarella cheese and marinara sauce with Italian stir fry vegetables.

Gluten Free:

Chicken topped with mozzarella cheese and marinara sauce with Italian stir fry vegetables.

Vegetarian Meal (Not Gluten Free):

Linguini and marinara sauce with Italian stir fry vegetables.

Vegan Meal:

Sliced tomato, carrots/celery, baked potato, cottage cheese, egg, and stir fried vegetables.

Dessert:

Chocolate mousse with whipped cream (not gluten free)
Seasonal fruit

All Meals Include:

Mixed green salad, Ranch and Italian Dressings, Basket of warm garlic bread (non-gluten free/ non-vegan) at tables. Coffee, decaf, hot or iced teas.

February:

Regular / Gluten Free Meal:

Mexican Chicken Salad: chicken breast, tomatoes, avocado, mushrooms, and green onions on a bed of fresh greens with salsa ranch dressing.

Vegetarian/Vegan Meal:

Mexican Salad: black beans (no pork base) in mixed green with tomatoes, avocado, mushrooms, green onions and cucumber with salsa ranch dressing.

Dessert:

Carrot cake
Fruit

All Meals Include:

Basket of chips (non-gluten free/ non-vegan) and salsa at tables.
Coffee, decaf, hot or iced teas.

March

Regular Meal:

California Chicken: chicken breast topped with tomato, avocado, cheese, and white wine sauce with parmesan potatoes

Gluten Free Meal:

California Chicken: chicken breast topped with tomato, avocado, and cheese with parmesan potatoes (no sauce).

Vegetarian/VeganMeal:

Sliced tomato, carrots/celery, baked potato, cottage cheese, egg, and steamed vegetables.

Dessert:

Sherbet
Fruit

All Meals Include:

Mixed green salad, Ranch and Italian Dressings, Basket of warm rolls (non-gluten free/ non-vegan) at tables. Coffee, decaf, hot or iced teas.

April

Regular/Gluten Free Meal:

Chicken Oriental Salad: mixed greens with oriental dressing, bean sprouts, mandarin oranges, roasted peanuts, and grilled chicken breast.

Vegetarian/Vegan Meal:

Oriental Black Bean Salad: greens mixed with oriental dressing, bean sprouts, mandarin oranges, roasted peanuts, topped with black beans, and dressing on the side.

Dessert:

Chocolate cake
Fruit

All Meals Include:

Vegetable soup, warm sliced baguettes and butter (non-gluten free) at tables. Coffee, decaf, hot or iced teas.

May:

Regular Meal:

Turkey Croissant: fresh turkey, sliced Jack cheese, lettuce, and sliced tomato with potato salad.

Gluten Free:

Turkey lettuce wrap: fresh turkey, sliced Jack cheese, and sliced tomato wrapped in lettuce with potato salad.

Vegetarian/Vegan Meal:

Sliced tomato, carrots/celery, baked potato, cottage cheese, egg, and steamed vegetables.

Dessert:

Chocolate cake

Fruit

All Meals Include:

Mixed green salad with Ranch and Italian dressings, and hot rolls and butter (non-gluten free) at the tables. Coffee, decaf, hot or iced teas.

June:

Regular/Gluten Free Meal:

Taco Salad with Grilled Chicken: mixed greens surrounded by corn tortilla chips, grated cheddar cheese, diced tomatoes, avocado, and sliced olives with ranch salsa dressing.

Vegetarian/Vegan Meal:

Taco Salad: black beans (no pork base), extra veggies, no cheese and gluten free oil and vinegar dressing.

Dessert:

Vanilla ice cream.

Fruit

All Meals Include:

Fresh tortilla chips and salsa at tables. Coffee, decaf, hot or iced teas.

July:

No meeting.

August:

Potluck at location to be announced.

September:

Regular/Gluten Free Meal (designate as regular meal):

Chef Salad: Julienned ham, turkey, cheddar, Monterey jack, swiss cheeses, tomato wedges, and hardboiled egg on a bed of fresh greens. Served with ranch or Italian dressing.

Vegetarian/Gluten Free Meal (designate as vegetarian):

Salad with cheddar, Monterey jack, swiss cheeses, tomato wedges, and hardboiled egg on a bed of fresh greens. Served with ranch or Italian dressing.

Vegan Meal:

Sliced tomato, carrots/celery, baked potato, cottage cheese, egg, and extra vegetables.

Dessert:

New York Cheese Cake

Fruit

All Meals Include:

Hot rolls and butter (not gluten free) on tables. Coffee, decaf, hot or iced teas.

October:

Regular/Gluten Free Meal (designate as regular):

Chicken Enchiladas made with corn tortillas, with rice pilaf, and Mexican-style pinto beans.

Vegetarian/Gluten Free Meal (designate as vegetarian):

Cheese enchiladas with rice pilaf, and Mexican-style pinto beans.

Vegan Meal:

Mexican-style pinto bean salad with tomato and cucumber and baked potato.

Dessert:

Sherbert

All Meals Include:

Mixed green salad with ranch and Italian dressings. Fresh tortilla chips and salsa at tables. Coffee, decaf, hot and iced teas.

November:

Regular Meal: (designate as Chicken)

Chicken Cordon Bleu with rice pilaf and steamed vegetables.
Contains chicken and ham with a sauce. **Not gluten free due to
breading on the chicken**

Regular/Gluten Free/Vegetarian Meal: (designate as Salmon)

Salmon with rice pilaf and steamed vegetables.

Vegan/Vegetarian Meal: (designate as Vegan)

Sliced tomato, carrots/celery, baked potato, cottage cheese, egg, and
steamed vegetables.

Dessert:

Chocolate Mousse with whipped cream (Not gluten-free)
Fruit

All Meals Include:

Hot rolls and butter (not gluten free) on tables. Coffee, decaf, hot or
iced teas.

December:

Potluck off-site. Holiday Party.