



## 2022 PA Conference for Women

### **Boxed Lunch**

***\*\*All boxes include a bottled water and cutlery kit with napkin\*\****

### ***Sandwich Entrees***

Chicken Salad with Pickled Red Onions and Arugula on a Multigrain Hoagie Roll

Multigrain Bread(Enriched Wheat Flour, Niacin, Iron, Calcium, Thiamin, Riboflavin, Folic Acid (Wheat), Water, High Fructose Corn Syrup, Oat Groats, Sunflower Seeds, Millet Flaxseed And 2% Or Less Of Each Of The Following: Cracked Wheat, Sea Salt, Lactic Acid, Natural Flavor (Wheat), Propylene Glycol, Potassium Sorbate (For Freshness), Granulated Sugar, Yeast, Soybean Oil, Evaporated Salt, Flax Seeds, Oats (Wheat), Sunflower Seeds Millet Seeds, Calcium Sulfate, Wheat Flour, Contains 2% Or Less Of Each Of The Following: Ammonium Sulfate, Ascorbic Acid, Azodicarbonamide (Ada), Enzymes (Wheat), L-Cysteine Hydrochloride, Soybean Oil), Chicken Salad (Chicken(Chicken Breast (Boneless, Skinless Chicken Breast with Rib Meat, Water, Seasoning (Potato Starch, Sodium Phosphates, Dextrose, Spice, Garlic Powder, Sea Salt Blend (Potassium Chloride, Sea Salt)), Vinegar), Mayonnaise(Vegetable Oil (Canola and/or Soy), Egg Yolks, Distilled Vinegar, Water, Sugar, Salt, Spices, Lemon Juice, Natural Flavor, Calcium Disodium EDTA (used to protect Flavor)), Black Pepper), Pickled Red Onions(Red Onions, Sugar, Red Wine Vinegar (Red Wine Vinegar, Potassium Metabisulfite, Diluted with Water to 5% Acidity)), Baby Arugula

Allergens: Soy, Wheat, Egg, Milk

### ***Specialty Entrees***

Vegan Falafel on a Gluten Free Wrap

Wrap (Water, Tapioca Starch, Rice Flour, Soybean Flour, Dextrose, Soybean Oil, Potato Starch, Chia Flour, Yeast, Contains 2% or less of : Xanthan Gum, Salt, Rice Starch, Corn Dextrin, Polyglycerol Esters of Fatty Acids, Mono And Diglycerides, Fumaric Acid, Calcium Propionate, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Inulin, Cellulose Gum, Guar Gum, Sodium Bicarbonate), Falafel Nuggets(Garbanzo Beans, Water, Onions, Corn Oil, Dehydrated Onion, Rice Flour, Parsley, Cilantro, Sea Salt, Mint, Garlic (Garlic, Water), Cumin, Coriander, Black Pepper), Cabbage, Carrots, Hummus(Cooked Chickpeas, Water, Sesame Tahini, Lemon Juice, Soybean Oil and/or Canola Oil, Seasoning (Salt, Sugar, Cellulose, Modified Corn Starch, Spices, Citric Acid), Contains 2% or less of: Garlic Puree (Garlic, Citric Acid, Ascorbic Acid), Soy Lecithin, Natural Flavors), Cucumber

Gluten Free

Allergens: Soy, Sesame

***Side***

**Cranberry Quinoa Salad**

Celery, Canola Oil(Canola Oil, TBHQ (antioxidants), Citric Acid (antioxidants), Dimethylpolysiloxane (anti-foaming agent)), Fresh Parsley (Fresh Parsley), Red Wine Vinegar(Red Wine Vinegar, Potassium Metabisulfite (Added to Protect Color), Diluted with Water to 55 Acidity), Dried Cranberries(Cranberries, Sugar, Citric Acid, Sunflower Oil, Elderberry Juice Concentrate (color)), White Quinoa(White Quinoa), Black Pepper(Black Pepper), Salt(Salt, Sodium, Silicoaluminate, Sodium Thiosulfate, Potassium Iodide), Golden Raisins(California Golden Raisins, Sulfur Dioxide (Sulfites)), Scallions

Gluten Free, Dairy Free

Allergens: N/A

***Specialty Cup of Sweets***

**Fresh Mixed Berry Parfait**

Strawberries, Blueberries

Allergens: N/A