

**We Can! Training
Augusta, Maine
April 8 & 9, 2010**

Meal Order Form

***Before March 25, please print, complete and send with check for \$48.00 to:
(Make check payable to University of Maine Cooperative Extension.)***

**Heather Andrews
Cooperative Extension
125 State Street, 3rd Floor
Augusta, ME 04330**

Last name: _____ **First name:** _____

Organization: _____

Mailing Address: _____ **Daytime phone:** _____

_____ **Email address:** _____

Special dietary requirements: _____

Lunch Day 1:

Please select one:

Grilled Chicken Caesar Salad Crisp Romaine lettuce tossed with homemade croutons in lite Caesar dressing, topped with grilled chicken breast strips, whole wheat Rolls with butter or margarine

or

Vegetarian Mediterranean Wrap filled with hummus, mixed greens, Greek olives, Havarti with dill, roasted red peppers and Kosher dill pickle

Lunch Day 2:

Please select one:

Chicken Salad Wrap with apples, tarragon, smoked Gouda, walnuts and lite mayo served with a demi Caesar salad of crisp Romaine lettuce tossed with homemade croutons in lite Caesar dressing

Vegetarian Cobb Salad with garbanzo beans, avocado, tomato, cucumber, shredded carrots and red cabbage over lettuce, garnished with crumbled blue cheese and served with garlic herb vinaigrette, whole wheat rolls with butter or margarine

Lunches include homemade potato leek and vegetable soups, strawberries spa dessert and regular or decaffeinated coffee, tea and ice water.

Break refreshments will include fresh fruit assortment, popcorn popped in corn oil, assorted teas, regular or decaffeinated coffee and ice water.

If you have any questions, please contact Heather Andrews at 207-622-7546 or handrews@umext.maine.edu