

YWCA IS ON A MISSION

SNOHOMISH COUNTY LUNCHEON MENU - APRIL 18, 2019

Rosemary Grilled Chicken Salad

(gluten free/dairy free)

Spring mix and romaine with red onion, dried cranberries, shredded carrots, cucumber swirl, blue cheese (on the side), and herb chicken, served with raspberry vinaigrette and balsamic vinaigrette

Vegetarian: Rosemary Grilled Cauliflower Salad

(gluten free/dairy free)

Spring mix and romaine with red onion, dried cranberries, shredded carrots, cucumber swirl, blue cheese (on the side), and herb grilled cauliflower, served with raspberry vinaigrette and balsamic vinaigrette

Rolls and Butter

Desserts:

Apple Crumble

Lemon Strawberry Duo

Coffee and Tea

KING COUNTY LUNCHEON MENU - MAY 16, 2019

Washington Smoked Chicken Salad

(gluten free/dairy free)

Quinoa and asparagus salad with red piquillo peppers and olive oil vinaigrette.

Vegetarian: Lentil Salad

(gluten free, dairy free, vegan)

Lentil and wild rice salad with red piquillo peppers, asparagus, and red wine vinaigrette.

Rolls and Butter

Desserts:

Lemon and Ginger Cheesecake

With raspberry sauce and mango ganache

Gluten-Free Rich Chocolate Cake

(gluten free, vegan)

With mango gelee, chocolate mousse, and mango ganache

Coffee and Tea