

2026 VLT Conference Luncheon Menu



Sandwiches

Individually wrapped sandwiches served with 12 oz Soft Drink or Bottled Water, Chips, and a cookie. Mustard and mayonnaise served on the side.

1	Turkey & Cheddar	Turkey, Cheddar Cheese, Lettuce, Tomato. Served on wheat bread
2	GF Turkey & Cheddar	Turkey, Cheddar Cheese, Lettuce, Tomato. Served on Gluten Free Bread (GF)
3	Garden Veggie	Hummus, Cucumber, Tomato, Lettuce, Avocado, Sprouts. Served on wheat bread (VG)
4	Ham & Swiss	Ham, Swiss Cheese, Lettuce, Tomato. Served on wheat bread
5	Turkey BLTs	Turkey, bacon, Lettuce, Tomato. Served on wheat bread (DF)

Salads

Served individually and offered with 12 oz Soft Drink or Bottled Water, whole fruit and a cookie.

6	Garden Green Salad with tofu	Spring Mix, Cucumber, Tomato, Shredded Carrot with Tofu.
7	Garden Green Salad with chicken	Spring Mix, Cucumber, Tomato, Shredded Carrot with Chicken.
8	Caesar Salad with tofu	Romaine, Croutons, Parmesan, Tofu, Creamy Caesar Dressing
9	Caesar Salad with chicken	Romaine, Croutons, Parmesan, Chicken, Creamy Caesar Dressing
10	No Lunch Order	I won't be joining you for lunch.

VG= vegan; GF = gluten free, DF= dairy free