

**Saturday, August 4, 2012**  
***“Navigating Your Writing Life” Symposium***  
Presented by the Virginia Writers Club

**BOXED LUNCH MENU**

(Includes choice of one sandwich, one side, fresh fruit salad or brownie, and drink)

E-MAIL or call in and leave a message with your selections to Linda Layne [VWCMail@aol.com](mailto:VWCMail@aol.com); 434-842-6203  
by July 30<sup>th</sup>, if possible. Late orders will be taken for those who register late but choices may be limited.

**Sandwiches (Choose one)**

- Veg Head** - Hummus, sundried tomatoes, cucumbers, sweet peppers, sprouts and lettuce on a wheat sub roll  
**El Paso** - Sliced chicken breast, jalapeño mayo, lettuce, tomato and red bell peppers on a soft pepper bread  
**Mid Atlantic** - Peppered ham, smoked gouda, lettuce, red onion and spicy brown mustard  
**West Coast** - Smoked turkey, avocado, provolone, sprouts and creamy whole grain mustard on a 7 wheat sub  
**Ivy 3-Way** - Smoked turkey, bacon, boursin cheese, lettuce and tomato on a sub roll  
**Open Field Tackle** - Honey ham, spinach dip, sprouts, lettuce and tomato on a kaiser roll  
**English Derby** - Rare roast beef, sharp cheddar, lettuce, tomato, red onion and horseradish on sourdough  
**The Rotunda** - Country ham, Swiss, pineapple and honey mustard on a kaiser roll  
**Reuben** - Corned beef, Swiss, sauerkraut and thousand island dressing on rye  
**Foods' Favorite** - Rare roast beef, havarti, lettuce, tomato and creamy whole grain mustard on a kaiser roll  
**The Roma** - Fresh mozzarella, basil, tomato, red onions and olive oil on ciabatta  
**The Henny Penny** - Sliced boneless fried chicken breast, herbed mayo, lettuce, tomato and Monterey Jack cheese on a sub roll  
**Dante's Inferno** - Pepperoni, pastrami, hot peppers, jalapeño jack cheese, onions, and spicy mustard on a sub roll  
**Caesar Wrap** - Sliced grilled chicken, romaine, tomato, caesar dressing and parmesan cheese  
**The Charlemagne** - Ham or turkey, brie and sliced apples on rosemary bread  
**Hoo's Chicken** - Sliced grilled chicken, monterey jack, hot peppers, lettuce, tomato and spicy brown mustard on sub roll  
**The Nova Scotia** - Thinly sliced smoked salmon, red onions, capers, egg salad and cream cheese on a croissant  
**The Club** - Smoked turkey, honey ham, bacon, Swiss, cheddar, lettuce, tomatoes and mayo on toasted bread

**Sides (Choose one)**

- |                        |                            |                                  |           |
|------------------------|----------------------------|----------------------------------|-----------|
| Shirley's Potato Salad | Red Skin Dill Potato Salad | Marinated Garden Vegetable Salad |           |
| Macaroni Salad         | Tomato Cucumber Salad      | Chef's Pasta Salad of the Day    | Cole Slaw |

**Dessert (Choose one)**

- Brownie          Fresh Fruit Salad

**Canned Drinks, Bottled Water, Hot Tea & Coffee will be available**