



Deli-icious will be preparing lunch for us

Lunch includes sandwich or a Salad with chips, cookie and Water

Lunch Choices:

****Gluten Free available for all sandwiches**

_____ **Panini – Turkey and Havarti**

_____ **Panini – Ham and Swiss**

_____ **Veggies on Main wrap** (Havarti, hummus, lettuce, tomato, onions, cucumber and roasted red pepper)

_____ **Chef Salad** ____ **Ranch Dressing** ____ **Italian Dressing**

_____ **Garden Salad** ____ **add egg and cheese** ____ **Ranch Dressing** ____ **Italian Dressing**

Special lunch requirements: _____ **Gluten-free** **Allergies** _____

NOTE: VCQ will try their best to accommodate special lunch request, but if this has not been acceptable to you, please check here: _____ **I will be bringing my own lunch.**

Send workshop registration form and your check **payable to VCQ** by Saturday, October 4, 2025.

Jan Farrow, 234 Winchester Tr, Mineral VA 23117

Email: inpersonprograms@vcq.org or call/ text (540) 287-5822 with any questions.

See you in Culpeper!