

Food for Thought

A BUSINESS LUNCH WORKSHOP

Survival In A Tough Economy: Reboot Your Business

Regain control by focusing on the key elements of your business that deliver the most return on your investment, and learn to let go of the bad habits and misconceptions that keep your business down.

Presented by: Tina Janni, Bates Technical College, Business & Management Training Center

Please join us for lunch and learn some information about branding your business

Date: Wednesday, September 16, 2009
Time: 11:30 a.m. - 1:00 p.m.
Place: Town Hall Meeting Room, City Hall
3715 Bridgeport Way W, University Place
Cost: \$14.00 includes boxed lunch and materials

(To register, please detach the form below and return to the City of University Place, 3715 Bridgeport Way W, University Place, WA 98466)

Questions or for more information, call Becky Metcalf (253) 460-5442, fax 566-5658

RSVP By September 11, 2009

Yes, register me for Food For Thought on June 10, 2009

Name: _____

Company: _____

Address: _____

City/St/Zip: _____

Telephone: _____ Email: _____

Payment accepted via check made out to City of University Place or Credit Card.

Visa MasterCard Number: _____

Exp Date: _____

Name as it appears on card: _____

Check one lunch option - menu on reverse

- Ham & Brie Wrap Greek Wrap The Big Beef Sandwich
- California Turkey Sandwich Turkey Cobb Salad Chicken Spinach Salad

Please make copies and use a separate form for each registration.

A minimum number of registrations are required for the workshop to be held. You will be contacted if there are not sufficient registrations.

Lunch Menu

Wraps

HAM & BRIE WRAP

Black forest ham, brie, slivered almonds, green leaf and tomato with a roasted garlic and fig spread

GREEK WRAP (VEGETARIAN)

Marinated roasted red peppers, tomato, kalamata olive, cucumber, feta cheese and white bean garlic spread

Sandwiches

THE BIG BEEF SANDWICH

Roast beef, sauteed peppers and onions, pepper jack cheese, green leaf lettuce and tomato with a roasted red pepper aioli on an alpine roll

CALIFORNIA TURKEY SANDWICH

Oven roasted turkey, avocado, red onions, shaved parmesan, green leaf lettuce and tomato with a chianti wine, rosemary spread on a whole wheat roll

Salads

TURKEY COBB SALAD

Turkey, crumbled bleu cheese, hard boiled egg, crumbled bacon, avocado and diced tomato with bleu cheese dressing

CHICKEN SPINACH SALAD

Grilled chicken, feta, walnut, onion and diced tomato with bacon vinaigrette

Sandwiches & Wraps include Tim's chips, composed salad, fresh baked cookie and 12 oz. bottle of water

Salads include a roll, whole fruit, fresh baked cookie and 12 oz bottle of water