

TEXAS

CONFERENCE FOR

WOMEN

REGULAR MEAL Bento Box Lunch Ingredients:

Main Dish – Sweet Tea Brined Chicken Sandwich:

Tea
Brown sugar
Kosher salt
Onion
Lemon
Garlic
Rosemary
Black pepper
Chicken thigh
Flour
Yeast

Side Dish #1 – Quinoa Salad with Texas Caviar:

Quinoa
Cumin
Black beans
Black eye peas
Corn
Red bell pepper
Jalapeno
Red onion
Lime
Cilantro
Olive oil
Kosher salt
Romaine lettuce

Side Dish #2 – Roasted Vegetable Salad with Maple Balsamic Dressing:

Sweet potato
Brussel sprouts
Oregano
Spinach
Balsamic vinegar
Maple syrup

Dessert – Strawberry Cheesecake Bar:

Flour
Butter
Strawberry
Cornstarch
Lemon juice
Cream cheese
Vanilla
Egg
White chocolate
Graham cracker

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ALTERNATIVE MEAL Bento Box Lunch Ingredients:

Main Dish – Sweet Tea

Brined Vegan Shred Salad:

Vegan chicken

Butter lettuce

Arugula/Microgreens

Edible flowers

Radish

Carrot

Snap peas

Red cabbage

Oregano

Kosher salt

Black Pepper

Tea

Brown sugar

Onion

Lemon

Garlic

Rosemary

Shallots

Blood orange juice

Red wine vinegar

Side Dish #1- Quinoa Salad with Texas Caviar:

Quinoa

Cumin

Black beans

Black eye peas

Corn

Red bell pepper

Jalapeno

Red onion

Lime

Cilantro

Olive oil

Kosher salt

Romaine lettuce

Side Dish #2- Roasted Vegetable Salad with Maple Balsamic Dressing:

Sweet potato

Brussel sprouts

Oregano

Spinach

Balsamic vinegar

Maple syrup

Dessert – Magic Cookie Bar:

Soymilk

Margarine

Vanilla

Tapioca flour

Cinnamon

Kosher Salt

Pumpkin seeds

Cranberry

Vegan chocolate