



**Texas Conference for Women
Luncheon Menu with Ingredients**

**Austin Convention Center
November 9, 2022**

STANDARD MEAL

Chicken Caprese Sandwich

chicken breast, roma tomato, mozzarella cheese, arugula, focaccia bun

chicken marinade: canola oil, rice wine vinegar, coconut amino, fresh basil leaves, garlic clove, maple syrup

piquillo pepper cream cheese spread: cream cheese with piquillo peppers

DESSERT

Strawberry Oatmeal Bar: vegetarian / gluten-free

old-fashioned rolled oats, gluten-free flour, light brown sugar, ground ginger, kosher salt, margarine, freshly diced strawberries, cornstarch, lemon juice, sugar, vanilla

ALTERNATIVE MEAL

Veggie Sandwich: vegan / gluten-free

roasted eggplant, avocado artichoke hearts, hummus, lettuce, tomato, onion, balsamic reduction, olive tapenade

gluten free bread

DESSERT

Strawberry Banana Bar: vegan / gluten-free

Gluten-free flour, coconut flour, corn meal, baking powder, canola oil, coconut oil, applesauce, sugar, vanilla, soy milk, banana, freshly diced strawberries