



White Crane Business Express lunch specials will be available on Wednesdays. Please e-mail, call or fax your choices to us by 12:00 pm on the Tuesday preceding Wednesday delivery. You may choose to enjoy your lunch at the Center, in our dining room; pick it up; or have your lunch delivered by a volunteer who shares your desire to support our programs.

NOVEMBER 2023

November 1st:

Chicken Caesar Wrap – Grilled chicken, romaine lettuce, with parmesan cheese and Caesar dressing served in a wrap with Pasta salad on the side.

Chicken Caesar Salad – Grilled chicken served on a bed of romaine lettuce with parmesan cheese and croutons on the side with Caesar dressing.

Butter Pecan Toffee Cookie

November 8th:

Little Italy - Salami, ham and pepperoni with a slice of provolone cheese on a croissant with basil spread and a mini green salad with Italian dressing on the side.

Italian Salad – Chopped romaine and iceberg lettuce with sliced salami and ham, shredded Monterey jack cheese, grape tomatoes, black olives, and pepperoncini. Served with Italian dressing, bread accompaniment and seasoned butter spread on the side.

Chocolate Chunk Cookie

November 15th:

Ham & Swiss Sandwich – Freshly sliced ham with Swiss cheese on a Hawaiian bun with honey mustard, mayonnaise and a mini green side salad with Honey French dressing.

Chicken Taco Salad - Shredded lettuce, shredded cheese, diced tomatoes, seasoned chicken meat (in a separate microwavable container), black beans, black olives, and green onion. Served with sour cream, salsa and corn chips on the side.

Monster Cookie

November 22nd: No White Crane due to the Thanksgiving Holiday

November 29th:

BBQ Pulled Pork Sandwich – (in a separate microwavable container) with a kaiser roll, lettuce, tomato and pickle garnish, and a mini green salad with parmesan peppercorn dressing on the side.

BBQ Pulled Pork Salad – Shredded iceberg and romaine lettuce with black beans, white corn, chopped tomatoes and shredded cheese with BBQ pulled pork served with tortilla strips and parmesan peppercorn dressing on the side.

Deluxe Sugar Cookie

Thank you for your support!

****Due to supply chain issues, menu subject to change. We apologize for the inconvenience.***



Order Form November 2023



Please e-mail your order to nutrition.spec@bondseniors.org. Be sure the subject line includes your **business name & White Crane Order** or it might be deleted. Fax orders to **618-664-1478**. You may call your order to **664-1465**. Either way, **we need your order by 12:00 pm** the Tuesday before you would like to receive your White Crane Business Express lunch.

Business Name _____

Address _____ Fax _____

Contact Person _____ Phone _____

Delivery Time _____ E-Mail _____

Wednesday, November 1 # @ \$8.00 **Subtotal** **November 1 Total** _____

Chicken Caesar Wrap _____ _____

Chicken Caesar Salad _____ _____

Thank you for your order!

Butter Pecan Toffee Cookie _____ @ 1.50 _____

Wednesday, November 8 # @ \$8.00 **Subtotal** **November 8 Total** _____

Little Italy Sandwich _____ _____

Italian Salad _____ _____

Thank you for your order!

Chocolate Chunk Cookies _____ @ 1.50 _____

Wednesday, November 15 # @ \$8.00 **Subtotal** **November 15 Total** _____

Ham & Swiss Sandwich _____ _____

Chicken Taco Salad _____ _____

Thank you for your order!

Monster Cookie _____ @ 1.50 _____

Wednesday, November 22 – No White Crane due to the Thanksgiving Holiday

Wednesday, November 29 # @ \$8.00 **Subtotal** **November 29 Total** _____

BBQ Pulled Pork Sandwich _____ _____

BBQ Pulled Pork Salad _____ _____

Thank you for your order!

Deluxe Sugar Cookie _____ @ 1.50 _____