

# CHEF EXPRESS

Name: _____	SC ID #: _____
Phone #: _____	Vegetarian: Yes? No?
Today's Date: _____	Gluten-Free: Yes? No?
Pick-Up Date: _____	Pick-Up Time: _____

24 Hour  
Notice  
Please

Please choose any one (1) Sandwich or Salad Platter

## Sandwich Options:

### Sandwiches:

- Turkey
- Roast Beef
- Ham
- Tuna Salad
- Chicken Salad
- BLT
- Peanut Butter & Jelly

### Bread:

- Hard Roll
- Wrap
- White
- Wheat
- Rye
- Gluten-Free Bread

### Toppings:

- American Cheese
- Provolone Cheese
- Lettuce
- Tomato
- Onion

## Salad Options:

### Salad Platters:

- Large Tossed Salad
- Tuna Salad Platter
- Cottage Cheese Fruit Platter
- Grilled Chicken Breast Salad

### Dressing:

- Creamy Italian
- Thousand Island
- French
- Low-Fat Ranch
- Low-Fat Italian

## Snacks, Sides & Desserts:

Please choose any three.

- |                                     |                                  |   |
|-------------------------------------|----------------------------------|---|
| <input type="checkbox"/> Side Salad | <input type="checkbox"/> Yogurt  | <input type="checkbox"/> Fresh Fruit<br>(Specify) _____ |
| <input type="checkbox"/> Chips      | <input type="checkbox"/> Cookies | <input type="checkbox"/> Brownie                        |
| <input type="checkbox"/> Bagel      | <input type="checkbox"/> Muffin  |   |

## Beverages:

Please choose one.

- |                                       |                                      |  |
|---------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Whole Milk   | <input type="checkbox"/> Skim Milk   | <input type="checkbox"/> Soy Milk      |
| <input type="checkbox"/> Coke         | <input type="checkbox"/> Diet Coke   | <input type="checkbox"/> Sprite        |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Bottled Water |

## Food Allergies:

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If you are looking for an item not on our menu, please specify below:

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413-748-3205

[www.spfldcol.campusdish.com](http://www.spfldcol.campusdish.com)

