Women Who Lunch....

A group of women coming together to socialize, have fun, be active, volunteer and support each other through participation in:

Luncheons, Fitness, Excursions, and other Events





The Fireside Grill

'Leap Again' Luncheon

Guest Speaker: Irene Blais - 'working with colour'
For Women Resident Club Members

Thursday, February 29, 2024, at 12 noon

\$ 25.99*

Your choice of sandwich served with

Roasted Red Pepper Bisque Soup

Salmon Avocado Toast

Open-faced sandwich on multi-grain sourdough with seared salmon, mashed avocado, cherry tomato, goat cheese, and arugula. Finished with a balsamic reduction.

<u>or</u>

Grilled Chicken Avocado Toast

Open faced sandwich on multi-grain sourdough with grilled chicken, mashed avocado, cherry tomato, goat cheese, and arugula. Finished with a balsamic reduction.

Coconut Cream Panna Cotta

An Italian classic dessert of sweetened coconut cream thickened with gelatin served with strawberry compote.

Vegetarian and Gluten Free menu options are available.

All Members <u>must register</u> to attend the luncheon.

Register and select your menu option by February 20, 2024.

Register

For more information, contact:

Karen Bellamy at <u>wwlkaren6@gmail.com</u>

Cell: 613-805-1454

OY

Maríanne Phillips at wwlmarianne@gmail.com

Cell: 613-325-6832

This message was sent to you by {Organization_Name} If you no longer wish to receive these emails, you can unsubscribe at any time {Organization_URL}