

Lunch Shopping Guide

Venues: Costco, Von's, Trader Joe's, Whole Foods

Costco Premade Platters	<ul style="list-style-type: none"> • Turkey and Cheese Roll-up Wraps • Chinese Chicken Salad Kit
Von's Deli Trays	<ul style="list-style-type: none"> • All Rolled Up • Pita Pocket Pleaser • Signature Café Sandwich Tray • Deli Counter Party Tray • Turkey Gobbler with Wheat Bread
Whole Foods Catering Menu	<ul style="list-style-type: none"> • Platters: Jumbo Shrimp Cocktail Platter, Grilled Vegetable, Vegetable Crudités, Mediterranean, Bruschetta • Vegetable Enchilada Casserole • Grilled Vegetable Lasagna • Salads: Baby Field Greens • Sandwiches: Signature Sandwich Box (turkey or vegetable), Make Your Own Sandwich Platter (comes with meat, cheese bread, and a fixings tray)
Sandwiches & Wraps	<p>Make your own sandwich and wrap platters using the following:</p> <ul style="list-style-type: none"> • Whole grains: Whole grain bread, wheat pita, whole grain tortilla wrap, wheat lavash wrap • Lean protein selections: turkey, roast beef, turkey pastrami, hummus, marinated tofu • Veggie toppings: grilled vegetables, lettuce, spinach, tomato, cucumber, onion, sprouts
Salads	<ul style="list-style-type: none"> • Made-to-order or ready-made from the deli section. Choose salads with darker greens over iceberg. Make your own salad. • Pre-washed/Pre-cut lettuce and vegetables • Pre-cooked chicken breast strips or salmon, vacuum packed tuna, baked tofu, or lean deli meat • Rinsed beans: garbanzo or kidney beans • Crumbled feta, parmesan, or blue cheese • Vinaigrette dressing or low-fat creamy dressing • Chopped nuts, fresh or dried fruit
Additional items	<ul style="list-style-type: none"> • Costco Dolma served with cucumber yogurt • Fundamental Foods Ready to Eat Hummus Wraps (Whole Foods) • Sushi with low sodium soy sauce packets: California rolls, vegetable rolls, salmon or tuna rolls