

2021 COMMUNITY CLASSES: FAMILY DAY BOXED LUNCH MENU

The kitchen will serve box lunches for the Family Days, included in the registration fee. Meals will be “to go” only from the kitchen and eaten in the studio or another open space on campus that allows for social distancing. Arrowmont front office staff will ask for your menu choices when you call to register.

2021 Spring Community Class registration opens December 7, 2020 by phone. Call 865-436-5860.

MENU OPTIONS FOR FAMILY DAY:

All meals come with: fruit cup, pickle, corn chips, cookie

SANDWICH: Pick one (two for parent & me option):

- PB&J Sandwich gluten free dairy free

Will be on a white sourdough brand bread

- Chicken Salad Sandwich gluten free dairy free

Contains chicken, celery, raisins, mayo, vinegar, salt, and pepper on wheat bread

- Vegetable Wrap gluten free dairy free

Contains baby spinach, hummus, english cucumber, roma tomato, shredded carrot, alfalfa sprout, red bell pepper, red onion, on a spinach wrap

- Roast Beef and Cheddar Wrap gluten free dairy free

Contains roast beef, baby spinach, and cheddar cheese on a spinach wrap; side of horseradish will be in a small cup

BEVERAGE: Pick one (two for parent & me option):

- Water
- Sweet Tea
- Unsweet Tea
- Apple Juice