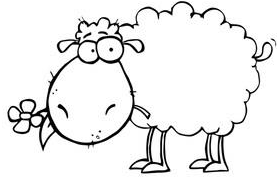


**January 31, 2023 11:30 am (doors open at 11am)
RH Johnson Social Hall West
A New Year – Time for a New Ewe!**



**General Membership Meeting & Luncheon
Catered by McAlister's Deli**

Checks must be "received" no later than January 21st

Please list your Menu selection # on your check

Lunch is \$6 per person

Mail checks payable to:

SCW WATER FITNESS CLUB

13940 W. Meeker Blvd, Unit 115

Box 412

Sun City West, AZ 85375

McAlister's Box Lunches

Salads

#1 Savannah Chopped

- Mixed greens, grilled chicken, dried cranberries, Gorgonzola cheese, honey roasted almonds, tomatoes & cucumbers. Served with tangy sherry shallot dressing, chips and cookie

#2 Pecan Berry

- Mixed greens, fresh strawberries and blueberries, candied pecans and grilled chicken, served with Fat-Free Raspberry-Pecan Vinaigrette dressing, chips and cookie.

#3 Grilled Chicken

- Mixed Greens, applewood smoked bacon, grilled chicken, cheddar-jack cheese, tomatoes, cucumbers & croutons. Served with ranch dressing, chips and cookie.

Sandwiches

#4 Black Angus Roast Beef

- Served on baguette, with provolone, spring mix, and tomatoes. Served with chips, cookie and pickle. Mayonnaise and mustard on the side.

#5 Garden Fresh Turkey

- Smoked turkey, avocado, spinach, tomato, Swiss and olive oil & balsamic vinaigrette on 9-Grain bread. Served with chips, cookie and pickle. Mayonnaise and mustard on the side.

#6 Chicken Salad Croissant

- Chicken salad dressed with spring mix and tomatoes served on croissant.
* *Contains pecans

#7 Veggie Sandwich

- Spinach, tomatoes, crisp cucumbers, red onions, house-roasted multi-colored peppers, avocado and herb mayo, seasoned with salt n' pepper on 9-Grain bread.