

Sun City West Waterfitness Club



General Membership Meeting and Luncheon

April 16, 2024 11:30 am

Doors Open at 11 am, meeting begins at noon

R. H. Johnson Social Hall East (entrance closest to Fry's)

Cost: \$8 - Checks must be received by April 9

Theme: Kentucky Derby - Wear Your Derby-Decorated Hats!

Bring \$\$\$ for our very popular raffles!

Catered by McAlister's Deli

McAlister's Box Lunch Choices - Please list your menu selection number on your check

Salads

#1 Savannah Chopped

#2 Pecan Berry

#3 Grilled Chicken

Sandwiches

#4 Black Angus Roast Beef

#5 Garden Fresh Turkey

#6 Chicken Salad Croissant

#7 Veggie Sandwich

Mail your checks right away-made out to SCW Waterfitness and mail to:

SCW Water Fitness

13940 W. Meeker Blvd, Unit 115

Box 412

Sun City West, AZ 85375

Deadline for receiving your \$8 payment with your menu choice is April 9.

The meeting is open to all members. Please let us know if you will be coming to the meeting and not ordering lunch so we have enough seats.

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.