



WNY Gluten-Free Diet Support Group Holiday Luncheon

Sunday, December 13, 2009 • 12:30 pm – 3:30pm
Curly's Banquet Center • 647 Ridge Road • Lackawanna, NY 14218

MENU INCLUDES :

- Gluten Free Muffins
- Chicken Vegetable Soup
- Coffee/Hot Tea

ENTREES SELECTIONS INCLUDE :

Salmon w/sauce Béarnaise

Fresh salmon served with a classic French sauce made with a reduction of vinegar, wine, tarragon and shallots and finished with egg yolks and butter.

Chicken Brettone

Sautéed breast of chicken w/mushrooms, capers, white wine, veal glace & cream.

Bistro Tenders

Tender sliced beef medallions served with a reduction of red wine, fresh herbs and finished with whole grain mustard and veal glace.

Entrees include chef's choice of seasonal vegetable, au gratin potatoes and rice pilaf

DESSERT :

Curly's Swiss Roll

Crisp almond meringue roll filled with Belgian chocolate mousse

Price is \$18.00 per person for a WNYGFDSG member family (dues paid); Non member price is \$23.00.

Soda and alcoholic beverages are extra and available at cash bar.

Please make your entrée choices below and return with your check made out to WNYGFDSG, Inc.

Mail to Marilyn Hauck at 30 Ainsley Ct., Williamsville, NY 14221 before November 30, 2009.

DONT FORGET
TO MAKE G-F
COOKIES FOR
THE COOKIE
EXCHANGE!

Name	Salmon	Chicken	Bistro Tenders