



## Central Region POSSESS 2012 Mini Conference

The Central Region POSSESS Public Relations/Membership and Fundraising Committees will present a mini conference on Tuesday, July 24<sup>th</sup>, from 9 a.m. – 3:30 p.m. at the Henrico Training Center, 7701 East Parham Road, Henrico, VA 23294. We will be in rooms 2029-2032 on the second floor. We will also have a bake sale fundraiser and door prizes. Morning refreshments will be provided. See the registration form for information on lunch provided by Apple Spice Junction.



**Please mark your calendars to attend this free event (pre-registration required).**

**Anyone from a LDSS or VDSS office is welcome.**

**Registration deadline: July 10<sup>th</sup>**

Come be inspired, informed, and equipped with knowledge and new skills to enhance your customer service excellence in the social services field.

### **Dynamic speakers and topics include:**

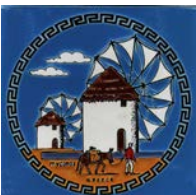
- Tonia Lee, Human Resources Analyst, VDSS  
***Updates on Managing Positions in LETS Presentation***
- Dr. George Vetrovec, MD FACC FSCAI, Professor of Medicine, VCU Medical Center  
***Women's Health – Heart Disease Presentation***
- Anita Nadal, Spanish Instructor, VCU School of World Studies  
***Conversational Spanish Teaching Session (2 hours)***

### **Platinum sponsor presentation by:**

- Everett Foxx, Vice President of Marketing and Business Development, Dominion Youth Services



**Gold Sponsor:  
The Greek Islands Restaurant**



**Silver Sponsor:**

**MARTIN'S®**



# BOX LUNCH MENU



1504 E. Parham Road, Richmond, VA 23228

PH: 804-249-3888 • FAX: 804-249-9960

FREE DELIVERY! *Driver gratuity appreciated.*

Apple Spice Junction prefers accepting your order as far in advance as possible. We take phone orders between 8 a.m. and 5 p.m. We will always do our best to accommodate your needs, but it is a good idea to call early if you have a preferred delivery time. (Minimum order 3 lunches.)



## SUPERB SANDWICHES

We prepare our premium, homemade bread from scratch every day in our store. (No frozen bread at Apple Spice!) Sandwiches prepared on bread type listed below unless you request otherwise.

### DELUXE BOX LUNCH \$7.99

Served with pasta salad, potato salad, frogeye salad, apple wedges, baby carrots w/ranch dip or potato chips (baked chips upon request), dill pickle, a fresh-baked chocolate chunk cookie and a mint. (Mustard and mayo on the side)

### EXECUTIVE BOX LUNCH \$10.49

Served with pasta salad, potato salad, frogeye salad, apple wedges, or baby carrots w/ranch dip, fresh cut veggies and our signature ranch dip, bag of chips (baked chips upon request), dill pickle, cheesecake with cherry topping and an after lunch mint. (Mustard and mayo on the side)

### ROAST BEEF

Lean top round of beef, provolone and cheddar cheese on our made from scratch 13-grain bread.

### OFFICE FAVORITE

Roast beef, oven-roasted turkey, Virginia baked ham and Swiss cheese on our made from scratch 13-grain bread.

### HERB ROASTED CHICKEN

Sliced chicken marinated in a special blend of herbs and spices, topped with Swiss cheese and served on made from scratch sourdough bread with a side of pesto sauce.

### CURRY CHICKEN SALAD

A delightful blend of sweet and savory spices with a hint of mild curry mixed with fruit and tender chicken breast served on made from scratch sourdough bread.

### TURKEY AVOCADO

Oven-roasted turkey breast, sliced avocado, sprouts and Swiss cheese on our made from scratch honey wheat bread. *Add cranberry sauce—25¢*

### BAKED HAM

Virginia baked ham and Swiss cheese on made from scratch sourdough bread.

### TURKEY CRAN PEÑO

**NEW!** Oven-roasted turkey breast, cucumbers and Swiss cheese on made from scratch honey wheat bread with cranberry jalapeño sauce on the side.

### BLT

Lean bacon, garden fresh tomatoes and crisp green leaf lettuce on made from scratch sourdough bread —You'll love it!

### BLT DELUXE

The incredible BLT made even better with Swiss cheese, avocado and sprouts on made from scratch honey wheat bread.

### CLUB

Oven-roasted turkey breast and Virginia baked ham topped with bacon, cheddar & provolone cheese on made from scratch honey wheat bread. *Add cranberry sauce—25¢*

### OVEN-ROASTED TURKEY BREAST

Oven-roasted, tender white turkey breast on our made from scratch honey wheat bread. *Add cranberry sauce—25¢*

### TUNA SALAD

The finest white albacore tuna (dolphin-friendly of course) with Swiss cheese served on made from scratch sourdough bread.

### CASHEW CHICKEN SALAD

Tender chunks of chicken breast, sweet celery and onions, seasoned to perfection, topped with cashews and served on made from scratch sourdough bread.

### PASTRAMI & SWISS

Sliced pastrami and Swiss cheese on our famous 13-grain bread will give you that world-renowned deli taste.

### EGG SALAD

A delicious combination of egg salad, Swiss cheese and sliced avocado on our made from scratch sourdough bread.

### VEGETARIAN

Sliced mushrooms, tomatoes, cucumbers, avocado, green pepper and sprouts with provolone and cheddar cheese on our famous honey wheat bread.

FOR THE LOCATION OF STORES IN OTHER AREAS, FRANCHISE OPPORTUNITIES, OR TO ORDER ONLINE, PLEASE VISIT OUR WEBSITE AT

• **APPLESPICE.COM** •

# GARDEN FRESH SALADS

We prepare our premium, fresh-cut salad mix by hand daily in our store. *(No bag mix at Apple Spice!)*

Served with our made from scratch bread, butter, cinnamon honey butter, mint and your choice of Ranch, Light Ranch, Caesar, Italian, Bleu Cheese, Fat-Free Raspberry Vinaigrette, Balsamic Vinaigrette, Thousand Island, Poppy Seed or Sesame Ginger *(all dressings on the side)*.

*Add a cookie for 50¢*

## CHEF SALAD \$8.49

Strips of turkey and ham, sliced egg, jack and cheddar cheese, fresh vegetables on crisp salad greens.

## CASHEW CHICKEN SALAD \$8.49

Assorted greens mixed with fresh vegetables, topped with our famous homemade cashew chicken salad.

## MANDARIN CHICKEN SALAD \$8.99

Tender sliced chicken breast, mandarin oranges and slivered almonds on top of fresh salad greens. Served with sesame ginger dressing on the side.

## COBB SALAD \$8.49

Chunks of chicken, bacon, fresh vegetables, sliced egg, jack and cheddar cheese on top of salad greens.

## TOSSED GREEN SALAD \$6.49

Fresh leaf lettuce mixed with red cabbage, grated carrots and fresh vegetables.

## APPLE WALNUT SALAD \$8.99

Sliced apples, candied walnuts, crumbled bacon and mozzarella cheese on a crisp bed of salad greens. Served with poppy seed dressing.

## CHICKEN CAESAR SALAD \$8.99

Tender julienne strips of boneless chicken breast piled on crisp romaine lettuce with parmesan cheese, sliced egg, tomatoes and cucumbers served with our creamy Caesar dressing on the side.

## SOUTHWESTERN CHICKEN SALAD \$8.99

Fresh salad greens and vegetables topped with tender slices of chicken and drizzled with our special BBQ ranch dressing. Next we add corn, black beans, tortilla strips and cilantro to make this a taste sensation!

## CURRY CHICKEN SALAD \$8.49

Assorted greens with fresh vegetables, topped with our homemade curry chicken salad.

## CAESAR SALAD \$6.99

Garden fresh tomatoes and cucumbers next to grated parmesan cheese and sliced egg all piled up on a crisp bed of Romaine lettuce. Served with our creamy Caesar dressing on the side.

## SLICED HERB ROASTED CHICKEN SALAD \$8.49

A delicious combination of fresh, crisp salad greens, vegetables and herb roasted chicken breast. *Plain chicken upon request*

## TACO SALAD \$9.49

Fresh salad greens, fresh vegetables, jack & cheddar cheese, olives and avocado. Top it with our south of the border salsa, tortilla chips, chili and sour cream on the side.

## TUNA SALAD \$8.49

Assorted greens mixed with fresh vegetables, topped with the finest, fresh white albacore tuna salad.

## VEG OUT! \$9.49

An array of crisp cut garden veggies next to our famous Ranch dip.

### EXECUTIVE SALAD - ADD \$2.00

Any of our salads listed above with an added tasty cheesecake treat.

## LUNCH SPECIALS

### SANDWICH SPECIAL - \$10.49

Your choice of any sandwich, substituting either soup or tossed green salad for the side dish.

### SOUP & SALAD SPECIAL \$8.99

A cup of piping hot soup, next to a crisp tossed salad and fresh-baked bread straight from our bakery.

## BAKERY/DESSERT

### MADE FROM SCRATCH BREAD \$2.50

Honey Wheat • 13-Grain • Sourdough

### BROWNIE \$.50 • COOKIE \$.75

### RICE KRISPIE TREAT \$1.29

### CHEESECAKE SLICE \$3.29

### CHEESECAKE SIDE \$1.75

## SIDES

### SALAD DRESSING \$.99

### CHEESE \$.50

### CHIPS \$.79

### BREAD \$.50

### AVOCADO \$.99

### APPLE SLICES \$.99

### CARROTS AND RANCH \$.99

### ASJ SAUCES \$.25

(cranberry, cran-peno, ranch, pesto)

### PASTA, POTATO,

### FROGEYE SALADS

### SIDE (5 oz) \$1.49

### CUP (8 oz) \$2.99

### BOWL (16 oz) \$4.99

### QUART (32 oz) \$8.99

## SIGNATURE SOUPS

Served with our made from scratch bread  
or add a home made sourdough bread bowl for 99¢

### NEW ENGLAND CLAM CHOWDER

### FIRE-ROASTED VEGETABLE

### HOMESTYLE CHICKEN NOODLE

### BAJA TORTILLA SOUP (served with sour cream & chips)

Ask for our additional Soup selections

CUP \$3.49 • BOWL \$4.99 • QUART \$8.99

### LOADED BAKED POTATO SOUP

### AMY'S SPECIAL RECIPE CHILI

Both served with two kinds of cheese and our famous bread

CUP \$4.49 • BOWL \$5.99 • QUART \$10.99

## ICY BEVERAGES

CANNED SOFT DRINKS \$1.29 BOTTLED WATER \$1.29

SPECIALTY BOTTLED DRINKS & JUICES \$1.89

### EARLY BIRD BREAKFAST BOX \$8.49

Jumbo muffin, banana, strawberries, grapes, yogurt and juice. (minimum order of five)

Due to market fluctuations, all prices are subject to change.

**DIRECTIONS TO THE  
HENRICO TRAINING CENTER  
7701 E. PARHAM RD.  
HENRICO, VA 23294**

The Henrico Training Center is located at the Intersection of Parham and Shrader Roads (Western Henrico County). To enter the parking area, turn onto Shrader Road from Parham Road, stay in left lane, and take a LEFT on Carousel Lane (at the flagpoles). Take another right into the parking area. The following map locates the building at 7701 East Parham Road. Signs designate the appropriate parking area.

***From the North (Washington D.C., Fredericksburg, etc.):*** Take I-95 South. Right after the I-295 interchanges, look for Exit #83B (Parham Road West). From the foot of the exit, travel 4.7 miles; take a left (at the 8<sup>th</sup> stoplight) onto Shrader Road. Take the first left onto Carousel Lane and then another right into the parking area.

***From the West (Charlottesville, etc.):*** Take I-64 East, exit right at Exit #181 (Parham Road North). Take a left at the stoplight at the foot of the exit, onto Parham Road. Travel 1.7 miles and take a right (at the 4<sup>th</sup> stoplight) onto Shrader Road. Take the first left onto Carousel Lane and another right into the parking area.

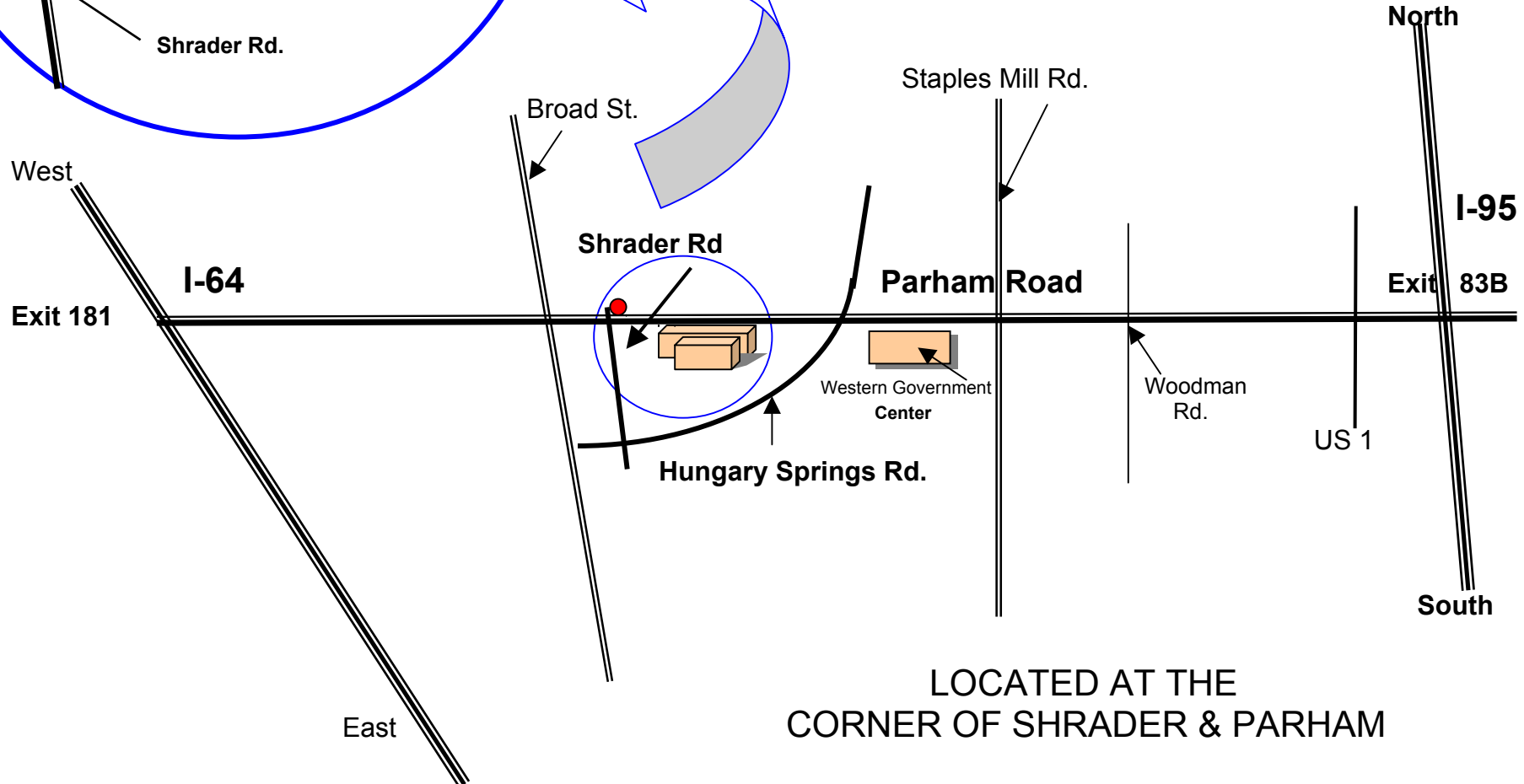
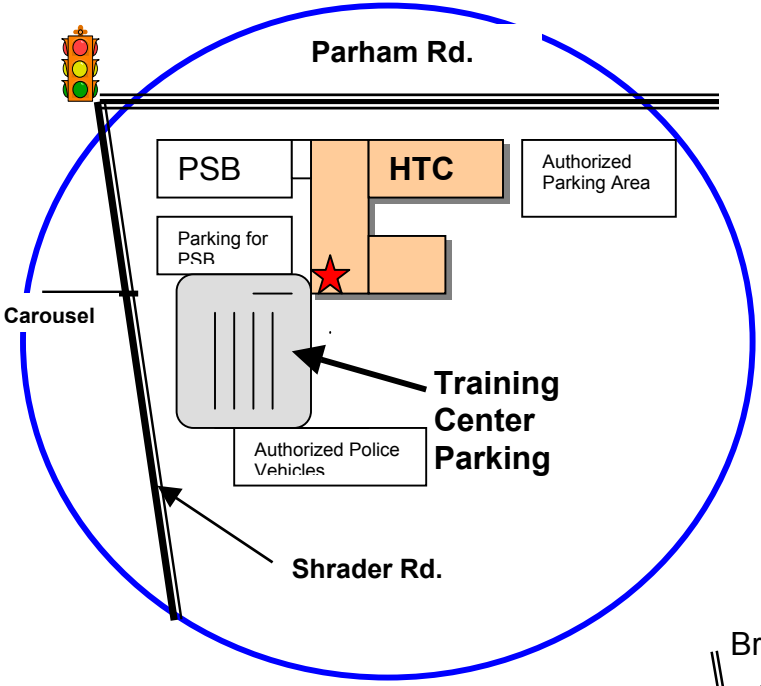
***From the East (Norfolk, Williamsburg, etc.):*** Take I-64 West. Merge with I-95 North for about two miles, and then exit right at Exit 79 to follow signs back to I-64 West (signs to Charlottesville). Take Exit 181B (Parham Road North). From the foot of the exit, travel 1.5 miles; take a right (at the 4<sup>th</sup> stoplight) onto Shrader Road. Take the first left onto Carousel Lane and then another right into the parking area.

***From the South (Petersburg):*** Take I-95 North, and exit at I-64 West. Turn right at 181B, Parham Road North. From the foot of the exit, travel 1.5 miles; take a right (at the 4<sup>th</sup> stoplight) onto Shrader Road. Take the first left onto Carousel Lane and another right into the parking area.

***From the South (Western Chesterfield):*** Take Chippenham Parkway to the Willey Bridge. Once you cross the bridge, the road becomes Parham. From the first stoplight at the foot of the bridge, travel 5.8 miles; take a right onto Shrader Road (first light after Broad Street). Take the first left onto Carousel Lane and another right into the parking area.

***From I-295:*** Take Exit 45B (Woodman Road). Travel 2.0 miles and turn right onto Parham Road. Travel 2.1 miles and take a left onto Shrader Road. Take the first left onto Carousel Lane and another right into the parking area.

**DIRECTIONS TO THE  
HENRICO TRAINING CENTER  
7701 E. PARHAM RD.  
RICHMOND, VIRGINIA 23294**



**LOCATED AT THE  
CORNER OF SHRADER & PARHAM**