



UIFCW 2025 Lunch Menu

Lunch is free for all non-federal attendees, which includes federal contractors and CI employees.

All federal employees attending in person and partaking in the catered lunches Tuesday-Friday are required to pay for their meals. Federal employees can choose which days to partake in the catered lunches. It is preferred that federal employees pay prior to the event (by Friday, September 5, 2025 at COB MDT). However, federal employees can choose to pay throughout the event as well. Non-federal employees will be provided lunch as part of their registration.

- Tuesday lunch: Taco Bar \$25/person
- Wednesday lunch: Build Your Own Salad & Grain Bowls \$25/person
- Thursday lunch: Asian Rice Bar \$25/person
- Friday lunch: Grab and Go Deli Lunch \$20/person

*All four lunches include vegan and gluten-free options.

How to Pay:

If you are interested in purchasing catered lunches (provided by UCAR CG Catering), please click the "Purchase Lunch" button below, and select "UIFCW25" from the "Select an item or event to pay" drop-down menu. Click on "Process Payment." This should bring you to a new page where you enter the amount to pay, credit card information, and your contact information. Once the information is filled out, click "Next" to confirm your payment.

The total amount (when paying for all 4 lunches) is: \$95.

[Purchase Lunch Here](#)

Tuesday, September 9, 2025

There will be morning danishes/oatmeal, morning/afternoon snacks, and coffee/tea. Bringing a reusable bottle for water is encouraged.

Taco Bar

Southwestern Salad with Dressing on the Side

Choice of Pulled Pork, Grilled Chicken, or Ground Beef

Choice of Plant-Based "Chorizo" or Roasted Vegetables ([vegan](#))

Choice of Two: Flour Tortillas, Corn Tortilla Chips ([GF](#)), or Corn Tostadas ([GF](#))

Rice & Beans

Guacamole, Salsa, Sour Cream, Cheese, Lettuce, Tomato, Jalapeño, Lime, Cilantro

Assorted Cold Beverages will be available.

Wednesday, September 10, 2025

Build Your Own Salad & Grain Bowls



Seared Salmon & Quinoa Bowl

Spinach & Radicchio, Carrot, Radish, Chickpeas, Avocado Vinaigrette

Chimichurri Steak or Chicken with Brown & Wild Rice Bowl

Arugula, Tomato, Red Onion, Roasted Vegetables, Spicy Herb Sauce

Greek Falafel & Ancient Grains Bowl (vegetarian)

Romaine, Kalamata Olives, Red Onion, Cucumber, Tomato, Feta, Tzatziki

Marinated Roasted Tofu & Mushroom Bowl (gluten-free friendly, vegan)

Mixed Greens, Brown & Wild Rice, Edamame, Carrot, Miso Sesame Vinaigrette

Assorted Bagged Boulder Chips & Cold Beverages will be available.

Thursday, September 11, 2025

Asian Rice Bar

Asian Cabbage Slaw

Choice of Marinated Pork or Chicken and Tofu (Shrimp or Teriyaki Salmon +\$2)

Steamed Rice or Garlic Fried Rice

Stir-Fried Vegetables

Pickled Vegetables

Vegetable Spring Rolls with Dipping Sauce (vegan)

Assorted Condiments: Teriyaki Sauce, Sriracha, Sambal, Sesame Oil, Tamari

Assorted Cold Beverages will be available.

Friday, September 12, 2025

Grab and Go Deli Lunch

*Guests can Build their Own To-Go Bag with Individually Wrapped Items

Seasonal Sandwich: Chicken Caprese with Grilled Chicken, Mozzarella, Tomatoes, Basil & Balsamic Vinaigrette on Ciabatta

Choose Your Bread: Wraps, Rolls, Baguettes, Sliced Bread

(GF Breads Available)

Choose Your Fillings:

BLT, Turkey, Ham (Option to Add Cheese)

Chicken Salad, Tuna Salad, Egg Salad

Vegan & Vegetarian Options

Assorted Cold Beverages will be available.