

Lunch & Learn – January 12, 2010 at Noon

Registration Deadline – January 5, 2010

Space is limited!!

First-come, first-serve, payment and registration form required to hold spot.

Lunch Provided: Mellow Mushroom - See Back of Form for Menu and Choices

**Sponsored by the Legal Support Staff of
Winston-Salem for the Legal Community**

NC State Bar Approval Pending & Expected!!!

WHEN: Tuesday, January 12, 2010; 12:00 - 1:00 p.m.

WHERE: Womble Carlyle Sandridge & Rice, PLLC
One West Fourth Street, Winston-Salem
12th Floor, take stairs to 13th Floor Piedmont Room

SPEAKER: Don Rabon, Certified Fraud Examiner and retired Deputy
Director of the North Carolina Justice Academy

TOPIC: "Detecting Deception"

COST: Members \$12.00 -- Non-Members \$20.00 –Attorneys \$30.00

NAME: _____

FIRM: _____

ADDRESS: _____

TELEPHONE: _____ E-MAIL: _____

MEMBER: NON-MEMBER ATTORNEY
NC BAR NO. _____

Please make your check payable to LSSWS and mail to:

Ne’Kecha Pellam
Law Compliss
One West Fourth Street
Winston-Salem, NC 27101

For further information, please contact Amy L. Slusher at 747-2609 or aslusher@wcsr.com.

Visit www.lssws.org for more information about our organization.

Mellow Mushroom-L&L January 12, 2010
Please CIRCLE your choice of salad OR hoagie.

SALADS

GREEK-Iceberg, Red Cabbage, Carrots, Cucumbers, Onions, Green Peppers, Mushrooms, Feta, Kalamata Olives, Tomatoes, Peperoncini, and Banana Peppers. Served with Esperanza dressing.

CHEF- Iceberg, Red Cabbage, Carrots, Cucumbers, Onions, Green Peppers, Mushrooms, Feta, Kalamata Olives, Tomatoes, Mozzarella, Ham, and Sprouts. Served with Esperanza dressing.

FIELD GREEN-Assorted gourmet Lettuce, Mushrooms, Tomatoes, and Green Olives. Served with our Balsamic Vinaigrette dressing.

TOSSED-Lettuce, Red Cabbage, Carrots, Mushrooms, Cucumbers, Cheddar Cheese, and Tomatoes. Served with Esperanza dressing

CAESAR-Traditional

OPTIONAL DRESSINGS-Herb Vinaigrette, Spicy Ranch, Bleu Cheese, 1000 Island, Honey Mustard, Esperanza, Ranch, and Balsamic Vinaigrette

GRILLED HOAGIES: Circle-6 inches or 12 inches

IRV'S SAUSAGE & PEPPERS

Sausage Links, stuffed with Caramelized Onions, Green Peppers, and Provolone cheese. Garnished with Deli Mustard.

PORTOBELLO & CHEESE

A grilled Portobello Mushroom Cap big enough to wear on your head basted with Garlic Butter and accompanied by Artichoke Hearts, Sun Dried Tomatoes, Spinach, and Feta. Garnished with Sprouts.

STEAK & CHEESE

Grilled Steak and Mushrooms, Onions, and Green Peppers, smothered with Provolone Cheese. Try it with Bacon and extra Cheese. Or ask for the Black and Bleu-same Hoagie, but with Bleu Cheese instead of Provolone.

MEATBALL

Meatballs, smothered in tangy Marinara and melty Mozzarella. Try it with grilled Mushrooms & Onions.

CHICKEN PARMESAN

Grilled Chicken, baked with Marinara and Mozzarella Cheese and kissed with Oregano.

TOFU

French or Wheat Bread, with Teriyaki grilled Tofu, covered with Provolone Cheese and garnished with grilled Mushrooms, Onions and Green Peppers, topped with Sprouts.

TEMPEH

Marinated grilled Tempeh, covered with Feta Cheese and garnished with grilled Mushrooms, Onions and Green Peppers. Served with Sprouts and Pesto Mayo.

CHICKEN & CHEESE

Chicken grilled with Teriyaki, Mushrooms, Onions and Green Peppers. Smothered with Provolone Cheese.

JERK CHICKEN

Grilled Mushrooms, Onions, Green Peppers, spicy Jerk Chicken, and Pineapple. With Spinach, Feta, and Pesto Mayo.