



HEALTH SYMPOSIUM **MENU**

MORNING CONTINENTAL BREAKFAST

Assorted breakfast pastries, yogurt,
granola, fresh fruit
coffee, tea, water

LUNCH

Soup du jour
Build your own salad bar
Broiled mustard dill salmon
Garlic herb marinated chicken breast
Balsamic roasted portabella mushroom

DESSERT

Brownies
Fresh fruit

BEVERAGES

Coffee, iced tea, lemonade and water

