



HEALTH SYMPOSIUM  
**MENU**

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**MORNING CONTINENTAL BREAKFAST**

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

**LUNCH**

Soup du jour

Build your own salad bar

*Spring mix | Baby spinach*

*Fresh toppings to include: Cucumber, grape tomato, shredded  
carrot, red onion, herb crouton, grated parmesan cheese*

*Choice of dressing*

Broiled mustard dill salmon

Garlic herb marinated chicken breast

Balsamic roasted portabella mushroom

**DESSERT**

Brownies | Fresh fruit

**BEVERAGES**

Coffee, iced tea, lemonade and water

