

APRIL 2010

Continuing 35 years of Stimulating an Epidemic of Health

Monday	Tuesday	Wednesday	Thursday	Friday
GEL&L = Group Exploration Lunch and Lecture L&L = Lunch and Lecture				
			1 Spicy Potato Soup Chef's Choice Soup Chicken Enchiladas Chef's Choice Tossed Salad Bar Fresh Fruit Salad Coconut Ginger Bread	2 Spicy Vegetable Soup Chef's Choice Soup Mac and Cheese Casserole Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Honey Oatmeal Bread
5 Creamy Asparagus Soup Chef's Choice Soup Cowboy Buffalo Burgers Chef's Choice Fresh Tossed Salad Fruit Salad Homemade Buns	6 Black-eye'd Pea and Spinach Soup Chef's Choice Soup Incredible Crispy Chicken Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Loaded Bread	7 Tomato Bean Soup Chef's Choice Soup Chicken Cacciatore Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Salad Sunflower Seed Bread	8 Vegetable Pesto Soup Pinto Bean Soup Italian Meatloaf Mashed Potatoes Fresh Tossed Salad Fresh Fruit Salad Whole Wheat French Bread	9 Potato Vegetable Soup Chef's Choice Soup Caesar Chicken and Veggie Ranch Wraps Chef's Choice Tossed Salad Bar Fresh Fruit Sorbet Dill Cheese Bread
12 Italian Chicken Soup Chef's Choice Spinach Lasagna Chef's Choice Fresh Tossed Salad Fresh Fruit Salad Honey Whole Wheat Bread	13 Cabbage Soup Chef's Choice Cranberry Pork Wild Rice Pilaf Fresh Tossed Salad Bar Fresh Fruit Medley Pumpkin Spice Bread	14 Cheesy Cauliflower Soup Chef's Choice Soup Mexican Buffet Fiesta Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Multi-seed Bread	15 L&L Kidney Bean Soup Hearty Vegetable Soup Chicken Parmesan Buttered Noodles Tossed Salad Fresh Fruit Salad Honey Pecan Bread	16 White Bean and Broccoli Soup Chef's Choice Soup Spaghetti with Buffalo And Veggie Marinara Fresh Tossed Salad Fresh Fruit Sorbet Whole Wheat Garlic Bread
19 Potato Cheddar Soup Chef's Choice Soup Black Bean Enchiladas Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Corn Bread	20 GEL&L Cabbage Soup Chef's Choice Soup Cowboy Buffalo Burgers Chef's Choice Tossed Salad Bar Fresh Fruit Sorbet Homemade Buns	21 Vegetable Bean Soup Chef's Choice Soup Baked Ziti Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Salad Pumpkin Seed Bread	22 L&L Carrot Ginger Soup Chef's Choice Soup Chicken Pot Pie Chef's Choice Fresh Tossed Salad Fruit Medley Loaded Bread	23 Split Pea Soup Chef's Choice Soup Mac and Cheese Casserole Chef's Organic Choice Tossed Salad Bar Fruit Sorbet Oatmeal Poppyseed Bread
26 Italian Vegetable Soup Chef's Choice Soup Buffalo Lasagna Chef's Organic Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Garlic French Bread	27 Savory Tomato soup Chef's Choice Soup Incredible Crispy Chicken Chef's Organic Choice Tossed Salad Bar Fresh Fruit Salad Zucchini Bread	28 Rosemary White Bean Soup Chef's Choice Soup Spring Vegetable Frittata Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Salad Cinnamon Raisin Bread	29 L&L Italian Peasant Soup Chef's Choice Soup Black Bean Lasagna Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Salad Basil Parmesan Bread	30 Asian Vegetable Soup Chef's Choice Soup Rosemary Catfish Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Sesame Seed Bread

Space Usage and Hospitality Services

Looking for a unique place to hold a meeting or training seminar? Consider the Taste of Health Restaurant. We have three meeting rooms and a banquet room perfect for someone looking for something quiet and out of the way. All of our meeting rooms are equipped with up to date Audio Visual Support, as well as wireless internet, also; The Taste of Health Restaurant just a dome away, all of your catering and meal needs are readily available! Check us out on our website @ www.brightspot.org



Take a walk around the Olive Garvey Lincoln Gratitude trail after lunch! It's a 5 minute walk, the view is nice, and the quiet sounds of nature can't be duplicated.

Indoor & Outdoor seating available, weather permitting

What's Happening at The taste of Health Restaurant

ASK ABOUT OUR PRE PAID MEAL AND
CARROT JUICE CARDS

TASTE OF HEALTH PRE PAID MEAL TICKET			TASTE OF HEALTH PRE PAID CARROT JUICE CARD		
BUY 9 GET 1 FREE!			THE FIRST JUICE IS ON US!		
1	2	3	1	2	3
4	5	6	4	5	6
7	8	9	7	8	9
10	11	12	10	11	12

Catering and Delivery Service

Have a crowd to provide a meal for, and no time to get away to pick it up? The Taste of Health can deliver directly to your office.

Give us a call or send us an email at tohealth@brightspot.org ahead of time and we can deliver anywhere in the metro or surrounding area. Delivery charges apply.

IMPORTANT NOTICE!

Due to the rising cost of postage we have decided to discontinue mailing our menu and newsletter. They will be available to view on our website @ www.brightspot.org.

If you wish, we can email or fax the monthly menu, simply give us a call and we will put you on the email or fax list, or sign up on our website.

Taste of Health April Menu

3100 N Hillside

Wichita KS 67219

(316) 682-3100

Adults: \$6.95 - Children

10 and under: \$3.50

Open Monday through Friday

11:30 am to 1:30 pm

**Call in and Carryout
available**

Call 682-3100 by 1:30 pm

Please pick up before
5 pm M.-Th., 4 pm Fri.

Visit our website
www.brightspot.org

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Menu subject to change
without notice