



February 2010

Continuing 35 years of Stimulating an Epidemic of Health

Taste of Health Restaurant

3100 N Hillside
Wichita KS 67219
(316) 682-3100

Adults: \$6.95
Children 10 and
under: \$3.50

Lunch served
Monday through Friday,
11:30 am - 1:30 pm

**Delivery and
Carryout available**

Call 682-3100 before 1:30 pm
Please pick up before
5 pm M.-Th., 4 pm Fri.

Ask about our meeting facilities
and group tours. Contact Joseph
via email at

tohealth@brightspot.org

Visit our website
www.brightspot.org

*Indoor & Outdoor seating
available, weather permitting*

Menu subject to change
without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Potato Cheddar Soup Chef's Choice Soup Bierocks Chef's Organic Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Zucchini Bread	2 <u>Groundhog Day!</u> Chicken Tortilla Soup Chef's Choice Soup Vegetable Enchiladas Chef's Organic Choice Fresh Tossed Salad Bar Fruit Medley Ginger Coconut Bread	3 Ratatouille Soup Roasted Garlic Potato Soup Baked Ziti Full of Beans Salad Tossed Salad Bar Fresh Fruit Salad Pumpkin Seed Bread	4 LL Curried Lentil Soup Savory Tomato Soup Cranberry Pork Mashed Sweet Potatoes Fresh Tossed Salad Fresh Fruit Salad Cinnamon Raisin Bread	5 24-Karat Gold Soup Chef's Choice Soup Macaroni and Cheese Casserole Chef's Organic Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Honey Whole Wheat Bread
8 Enchilada Soup Chef's Choice Soup Mexican Buffet Fiesta Chef's Organic Choice Fresh Tossed Salad Bar Fresh Fruit Salad Garlic French Bread	9 BCLL Chickpea Soup Chef's Choice Soup Mediterranean Fish Bake Greek Pasta Salad Fresh Tossed Salad Bar Fresh Fruit Sorbet Multi-seed Bread	10 Cheesy Cauliflower Soup Chef's Choice Soup Cowboy Buffalo Burgers Chef's Organic Choice Fresh Tossed Salad Bar Fresh Fruit Salad Homemade Buns	11 LL Creamy Asparagus Soup Minestrone Chicken Cacciatore Wild Rice Pilaf Fresh Tossed Salad Fresh Fruit Salad Basil Parmesan Bread	12 Asian Vegetable Soup Chef's Choice Soup Rosemary Catfish Chef's Organic Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Sesame Seed Bread
15 Three Bean Chili Chef's Choice Soup Crispy Chicken Chef's Organic Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Loaded Bread	16 <u>Mardi Gras</u> Gumbo Creole Tomato Soup Jambalaya Spicy Red Beans Fresh Tossed Salad Bar Fresh Fruit Sorbet Corn Bread	17 <u>Ash Wednesday</u> Italian Chicken Soup Chef's Choice Soup Spinach Lasagna Chef's Organic Side Fresh Tossed Salad Bar Fresh Fruit Salad Whole Wheat French Bread	18 LL Cabbage Soup Carrot Ginger Soup Turkey Cottage Pie Chick Pea Salad Fresh Tossed Salad Fresh Fruit Medley Honey Pecan Bread	19 Kidney Bean Soup Chef's Choice Soup Spaghetti W/ Buffalo and Marinara Sauce Fresh Tossed Salad Bar Fresh Fruit Sorbet Whole Wheat Garlic Bread
22 Split Pea Soup Chef's Choice Soup Chicken and Rice Casserole Chef's Organic Choice Fresh Tossed Salad Bar Fresh Fruit Salad Pumpkin Spice Bread	23 Pinto Bean Soup Chef's Choice Soup Italian Meatloaf Garlic Mashed Potatoes Caesar Salad Bar Fresh Fruit Salad Sunflower Seed Bread	24 Cheesy Cauliflower Soup Chef's Choice Soup Greek Chicken Garlic Lima Beans Fresh Tossed Salad Fresh Fruit Salad Dill Cheese Bread	25 LL Sweet Potato Soup Three Sister's Stew Beef Stroganoff Marinated Vegetables Fresh Tossed Salad Fresh Fruit Salad Multi-nut Bread	26 Buffalo Chili Broccoli Cheese Soup Baked Potato Bar Chef's Organic Choice Fresh Tossed Salad Bar Fruit Sorbet Honey Oatmeal Bread
BCLL = BOOK CLUB LUNCH AND LECTURE LL = LUNCH AND LECTURE				