

# Spices for Health!



October 3 - 6 • All DCs

## Menu:

- Seville Chicken with Spanish Rice
- Mexican Fish Taco with Mango and Avocado Salsa
- Chicken Salad Lettuce Wraps
- A Taste of Tuscany Pasta Bowl
- And more!



## Education:

Thursday, October 6  
at 7 pm in the Berkshire Room

Len King, McCormick Senior Research Chef, will present:  
"Spice Things Up For the Health of It!"  
with sampling.



MENU MASTERS



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