



healthy
together

You are invited to

An Inspirational Talk with Sodexo's Ambassador

Chef Michael Smith

Friday, September 28, 2012

Providence Care
St. Mary's of the Lake Hospital
Cafeteria

11:30 a.m. - 12:15 p.m.
Meet & Greet

12:15 - 1:00 p.m.
Talk on *Sustainability of
Cooking from Scratch*

1:00 - 2:00 p.m.
Book Signing (books will also
be available @ MHS & PM)



\$25

Fast Flavours

For every book sold,
\$3 will be donated
back to United Way

Cafeteria Menu @ SMOL, MHS & PM

Friday, September 28

Featuring Recipes of Chef Michael Smith

*Spicy Orange-Poached Salmon with
Ginger Soy Marmalade*

Or

*Sweet Potato Chickpea Curry with
Lightly Scented Jasmine Rice
& Mixed Green Salad*

sodexo Providence
Care