

BANQUET DINNER

SATURDAY, OCTOBER 20

Mixed Greens with
Tomatoes and Cucumbers

Cheese Enchiladas

Vegetable Tamales

Spanish Rice prepared with
Cilantro and Corn

Pinto Beans

Calibacitas (Mexican Squash
and Mixed Vegetables)

Condiments:
Red Chili • Green Chili
Salsa • Sour Cream

Whole Wheat and Wheat Tortillas

Apple Dumplings

Iced Tea



All items are prepared with
Butter or Vegetable Oil

Beverages served at room
temperature with ice optional

ALL MEALS SERVED IN THE
ALVARADO BALLROOM
(ROOM DE)



NAMA 2007

AYURVEDA IN PRACTICE

HOTEL ALBUQUERQUE

at Old Town

800 Rio Grande Blvd. NW
Albuquerque, NM 87104

(505) 843-6300

Just north of I-40 on Rio Grande Blvd.

**National Ayurvedic
Medical Association
Fifth Annual Conference**

**Healthy
Living and
Professional
Education**

MENUS

**ALBUQUERQUE,
NEW MEXICO
OCTOBER 18 - 21, 2008**

WELCOME DINNER

THURSDAY, OCTOBER 18

Romaine Salad with
Tomatoes and Cucumbers

Pasta Bar with Spinach Fettuccini, Egg
Noodle and Bowtie Pasta

Served with Alfredo, Pesto or
Vegetable Marinara Sauce

Pasta Sides:

Olive Oil • Butter • Grated Parmesan
Cheese • Chili Flakes • Artichoke Hearts
• Mushrooms • Olives • Sun Dried
Tomatoes • Capers

Asparagus and Green Beans

Wheat Rolls

Carrot Cake

Iced Tea



All items are prepared with
Butter or Vegetable Oil

Beverages served at room
temperature with ice optional

BREAKFASTS AND LUNCHES

BREAKFASTS

FRIDAY, OCTOBER 19

Fresh Waffles • Oatmeal
Assorted Bagels • Assorted Danish
Sliced Fresh Fruit • Grapes • Strawberries

SATURDAY, OCTOBER 20

Whole Wheat Pancakes • Cream of Wheat
Assorted Bagels • Assorted Muffins
Pears • Apples • Bananas

SUNDAY, OCTOBER 21

Blue Corn Pancakes • Oatmeal
Assorted Bagels • Assorted Danish
Sliced Fresh Fruit • Grapes • Strawberries

AT EVERY BREAKFAST

Scrambled Eggs
Hard Boiled Eggs (peeled)
Potatoes (hash browns, cottage fries, etc.)
Rye • Wheat • Sourdough Breads
Coffee • Decaf • Hot Tea (Black & Herbal)
Milk • Whole Milk • Soy Milk
Butter • Cream Cheese • Jam
Turbinado Sugar • Honey • Sucanat Sugar

LUNCHES

Mixed Greens

Side Vegetables for Salads and
Sandwiches (raw): sliced avocado,
sprouts, lettuce, tomatoes,
cucumbers, mushrooms

Salad Dressings:
Ranch • Vinegar and Oil
Sliced Lemons

Hot Grilled Vegetables:
Eggplant and Tomatoes • Zucchini and
Yellow Squash • Red and Green Bell
Peppers

Steamed White Rice

Vegetarian Minestrone Soup (Friday)

Vegetarian Vegetable Soup (Saturday)

Hard Boiled Eggs (peeled)

Assorted Cheeses

Assorted Breads for Sandwiches

Brownies • Cookies • Whole Fruit

Iced Tea