

TENTATIVE – Subject to minor changes.

Women's Wellness & Adventure Weekend

Fall 2021 menu

Menu Key: **G** = gluten-free, **V** = vegetarian (no meat), **N** = vegan (no animal products)

Friday Dinner, October 1

Assorted cheeses, crackers, olives
Salad bar (GVN)
Bean with Kale Soup (GVN)
Rolls and butter (V)
Beef Roast (G)
Garlic & Chili Aubergine (eggplant) (GVN)
Balsamic Green Beans (GVN)
Garlic Mashed Potatoes (GVN)
Fresh Fruit (GVN)
Cheesecakes (V) and Chocolate Torte (GV)
Coffee, Tea, Milks

Saturday Breakfast, October 2

Toasts, nut butters, jams, honey, pastries
Zucchini Bake (GV)
Oatmeal Bar with assorted toppings (GVN)
Chicken Sausage (G)
Vegetarian Sausage (VN)
Roasted Sweet Potato (GVN)
Fresh Fruit (GVN)
Yogurts (regular and dairy-free versions)
Granola
Coffee, Tea, Milks, Orange Juice

Saturday Lunch, October 2

Salad bar (GVN)
Tomato Basil Soup (GVN)
Jamaican Jerk Wings (G)
Cauliflower Wings (VN)
Jasmine Rice (GVN)
Balsamic Beet Salad with Arugula (GVN)
Fresh Fruit (GVN)
Brownies (V)
Peanut butter cookies (G)
Coffee, Tea, Milks

Saturday Dinner, October 2

Assorted cheeses, crackers, olives
Smoky Barley and Chickpea Soup (GVN)
Salad bar (GVN)
Rolls and butter
Ribs (G)
Vegan Ribs (VN)
Baked Potato Bar (GVN)
Steamed Broccoli (GVN)
Fresh Fruit
Pumpkin Butter Cake (V)
Pumpkin Pecan Crumble (GVN)
Coffee, Tea, Milks

Sunday Breakfast, October 3

Toasts, nut butters, jams, honey, pastries
Farmer's Scramble (GV)
Oatmeal Bar with assorted toppings (GVN)
Roasted Potato Medley (GVN)
Pork Bacon (G)
Fresh fruit
Yogurts (regular and dairy-free versions)
Granola
Coffee, Tea, Milks, Orange Juice

Sunday Lunch, October 3

Salad bar (GVN)
Assorted Soups
Gyros (G) & Jackfruit Gyros (GVN)
Tzatziki Sauce (GV)
Cucumber Salad (GVN)
Cilantro Lime Rice (GVN)
Sweet Potato Fries (GVN)
Fresh fruit
Assorted Desserts
Coffee, Tea, Milks