

WOMEN'S WELLNESS

SPRING 2023 MENU

Some items are subject to change

FRIDAY dinner

Prime Rib & Au Jus G
Braised Brussels sprouts GVN
Baked potatoes GV
Gumbo GVN
Dinner rolls VN
Butters
Salad bar GVN
Fruit GVN
Blueberry buckle cake V
Alt protein: Tofu steak GVN

SATURDAY breakfast

Cheesy egg bake GV
Oatmeal bar GVN
Bacon G
Potatoes O'Brien GVN
Toasts and bagels
Cereal GVN
Yogurt
Fruit GVN
Alt protein: Tofu scramble GVN

SATURDAY lunch

Smoky charred cauliflower and potato soup GVN
Salad bar GVN
Ginger stir fry GVN
Tempeh with coconut milk & lemongrass GVN
Jasmine rice GVN
Fruit GVN
Peanut butter cookies GV

V = vegetarian (could contain dairy)
N = vegan (no animal products)
Alt protein = for vegetarians and vegan only

SATURDAY dinner

Wild rice mushroom soup GVN
Artichoke chicken G
Rice Blend GVN
Balsamic green beans GVN
Salad bar GVN
Fruit GVN
Cherry farro salad VN
Fresh cranberry cake V
Alt protein: Maple balsamic tempeh GVN

SUNDAY breakfast

Farmer Scramble GVN
Roasted potatoes GVN
Chicken sausage G
Oatmeal bar GVN
Toasts
Yogurt
Alt protein: Tofu scramble GVN

SUNDAY lunch

Mushroom burger GVN
Burger fixings
Assorted soups GVN
Roasted sweet potatoes GVN
Kale salad GVN
Salad bar GVN
Fruit GVN
Assorted desserts

Menu Key: G = gluten free