

WOMEN'S WELLNESS

FALL 2023 MENU

Some items are subject to change

FRIDAY dinner

Assorted cheeses, crackers, olives
Salad bar (GVN)
White Chili Soup (GVN)
Rolls and butter (V)
Roasted Chicken (G)
Seasonal Garden Vegetables (GVN)
Garlic Mashed Potatoes (GVN)
Chocolate Zucchini Cake (V)
Coffee, Tea, Milks
Alt protein: Eggplant Bake (GVN)

Evening snack: Sundae bar

SATURDAY breakfast

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)
Fruit (GVN)
Yogurts (regular and dairy-free versions)
Granola (GVN)
Coffee, Tea, Milks, Orange Juice

SATURDAY lunch

Salad bar (GVN)
Turkey Stew (G)
Beef Tacos (G)
Refried Beans (VN)
Seasoned Rice (GVN)
Kale Salad (VN)
Brownies (V)
Peanut butter cookies (G)
Coffee, Tea, Milks

Whole fruit available all weekend

Menu Key:

G = gluten free

V = vegetarian (could contain dairy)

N = vegan (no animal products)

Alt protein = for vegetarians and vegan only

SATURDAY dinner

Assorted cheeses, crackers, olives
Wild Rice Soup (GVN)
Salad bar (GVN)
Rolls and butter (V)
Pork Roast (G)
Seasonal Garden Vegetables (GVN)
Parsley Potatoes (GVN)
Fresh Fruit (GVN)
Dessert (GV)
Coffee, Tea, Milks
Alt protein: Vegan Ribs (VN)

Evening snack: chips & salsa

SUNDAY breakfast

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

SUNDAY lunch

Salad bar (GVN)
Assorted Soups
French dip sandwich
Tzatziki Sauce (GV)
Cucumber Salad (GVN)
Sweet potato fries (GVN)
Assorted Desserts
Coffee, Tea, Milks

Alt protein: Grilled vegetable sandwich (VN)