

WOMEN'S WELLNESS

SPRING 2024 MENU

Some items are subject to change

FRIDAY dinner

Social: Assorted cheeses, crackers, olives

Trapp Farm organic chicken wings G

Braised Brussels sprouts GVN

Seasoned potato wedges GV

White bean & kale soup GVN

Dinner rolls VN

Butters

Salad bar GVN

Blueberry buckle cake V

Coffee, teas, milks

Alt protein: Cauliflower wings GVN

SATURDAY breakfast

Toast, butters, jams, honey

Scrambled eggs GV

Blueberry french toast bake V (+ GVN version)

Bacon G

Potatoes O'Brien GVN

Cereal GVN

Yogurt GV

Fruit GVN

Coffee, teas, milks

Alt protein: Tofu scramble GVN

SATURDAY lunch

Wild rice mushroom soup GVN

Steak and Chicken fajitas G

Black beans GVN

Refried beans GVN

Rice GVN

Tortillas VN

Salad bar GVN

Peanut butter cookies GV

Coffee, teas, 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

Social: Assorted cheeses, crackers, olives

Smoky charred cauliflower and potato soup GVN

Trapp Farm artichoke chicken G

Rice Blend GVN

Balsamic green beans GVN

Salad bar GVN

Cherry farro salad VN

Fresh cranberry cake V

Coffee, teas, milks

Alt protein: Artichoke chix GVN

SUNDAY breakfast

Toast, butters, jams, honey

Farmer scramble GV

Roasted potatoes GVN

Chicken sausage G

Oatmeal bar GVN

Yogurt GV

Fruit GVN

Coffee, teas, milks

Alt protein: Tofu scramble GVN

SUNDAY lunch

Mushroom burger V

Burger fixings

Assorted soups GVN

Roasted sweet potatoes GVN

Kale salad GVN

Salad bar GVN

Assorted desserts

Coffee, teas, milks

Alt protein: Portobello cap GVN