

WOMEN'S WELLNESS

FALL 2024 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 Breast (G)
Seasonal Garden Vegetables (GVN)
Garlic Mashed Potatoes (GVN)
Chocolate Zucchini Cake (V)
Coffee, Tea, Milks
Alt protein: Eggplant Bake (GVN)

Evening snack: chips & salsa

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)
Butternut squash soup (GVN)
Beef Tacos (G)
Refried Beans (GVN)
Black Beans (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 Ribs (G)
Seasonal Garden Vegetables (GVN)
Parsley Potatoes (GVN)
Fresh Fruit (GVN)
Pecan Bars (V)
Coffee, Tea, Milks
Alt protein: Vegan Ribs (VN)

Evening snack: Sundae bar

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
Wild Rice Burger(V)
Garlic Aioli (GV)
Cucumber Salad (GVN)
Sweet potato fries (GVN)
Assorted Desserts
Coffee, Tea, Milks
Alt protein: Grilled vegetable sandwich (GN)