

## WOMEN'S WELLNESS

### FALL 2024 MENU

Some items are subject to change

#### FRIDAY dinner

Assorted cheeses, crackers, olives  
Salad bar (GVN)  
German Sausage Chowder (G)  
Stuffed Cabbage 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)  
Cole Slaw (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)*