

WOMEN'S WELLNESS

SPRING 2025 MENU

Some items are subject to change

FRIDAY dinner

Social: Caprese salad, Toasted bread, Olives

Chicken Marsala

Green beans GVN

Roasted potatoes GV

Vegetable soup GVN

Dinner rolls VN

Butters

Salad bar GVN

Tiramisu V

Coffee, teas, milks

Alt protein: Tofu Marsala GVN

SATURDAY breakfast

Toast, butters, jams, honey

Shakshuka (poached eggs in tomato sauce) GV

Bacon G

Vegetarian sausage GV

Potatoes O'Brien GVN

Toasts and bagels

Oatmeal bar GVN

Yogurt GV

Granola GVN

Fruit GVN

Coffee, teas, milks

Alt protein: Tofu shakshuka GVN

SATURDAY lunch

Power Bowls - Chicken, Tempeh

Sauteed greens, Edamame

Sweet potato, Black beans, Brown rice GVN

Wild rice mushroom soup GVN

Salad bar GVN

Pita bread

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

Salmon G

Baked potato bar GVN

Steamed lemon broccoli GVN

Smoky charred cauliflower and potato soup GVN

Salad bar GVN

Charred pineapple salad GVN

Strawberry shortcake V

Coffee, teas, milks

Alt protein: Mushroom Wellington GVN

SUNDAY breakfast

Toast, butters, jams, honey

Scrambled eggs GV

Roasted potatoes GVN

Chicken sausage G

Oatmeal bar GVN

Yogurt GV

Granola GVN

Fruit GVN

Coffee, teas, milks

Alt protein: Tofu scramble GVN

SUNDAY lunch

Juicy Lucy Burger V

Portobello Cap GVN

Burger fixings

Assorted soups GVN

Roasted sweet potatoes GVN

Kale salad GVN

Salad bar GVN

Assorted desserts

Coffee, teas, milks