

Women's Wellness Fall 2025 Menu

Some items are subject to change

Whole fruit out all weekend

FRIDAY dinner

Assorted cheeses, crackers, olives
Salad bar (GVN)
German Sausage Chowder (G)
Stuffed Cabbage Soup (GVN)
Rolls and butter (V)
Shrimp Scampi (G)
Seasonal Garden Vegetables (GVN)
Rice pilaf (GVN)
Carrot cake
Coffee, Tea, Milks
Alt protein: Vegetable scampi (GVN)

Evening snack: chips & salsa

SATURDAY breakfast

Toasts, nut butters, jams, honey, pastries
Cheese Egg 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
Alt protein: Tofu Scramble (GVN)

SATURDAY lunch

Salad bar (GVN)
Tortilla soup (GVN)
Cream of potato soup (GV)
Fish Tacos (G)
Refried Beans (GVN)
Black Beans (GVN)
Kale Salad (VN)
Zucchini brownies (V)
Peanut butter cookies (G)
Coffee, Tea, Milks
Alt protein: Fishless fish (VN)

SATURDAY dinner

Assorted cheeses, crackers, olives
Hearty Vegetable Soup (GVN)
Salad bar (GVN)
Rolls and butter (V)
Pork Tenderloin (G)
Seasonal Garden Vegetables (GVN)
Parsley Potatoes (GVN)
Fresh Fruit (GVN)
Lemon Bars (V)
Coffee, Tea, Milks
Alt protein: Braised Tofu (VN)

Evening snack: Individual snacks

SUNDAY breakfast

Toasts, nut butters, jams, honey, pastries
Scrambled Egg (GV)
Oatmeal Bar with assorted toppings (GVN)
Root Vegetable Hash (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: Vegan Burger (GN)

Menu Key:

G = gluten free

V = vegetarian (could contain dairy)

N = vegan (no animal products)

Alt protein = for vegetarians and vegan only