

Women's Wellness Winter 2026

Some items are subject to change

Whole fruit out all weekend

FRIDAY dinner

Assorted cheeses, crackers, olives

Salad bar (GVN)

Turkish White Bean salad(G)

Gnocchi Soup (V)

Garlic Bread (V)

Chicken Parmesan (G)

Seasonal Garden Vegetables (GVN)

Pasta with mushrooms and Peas

Chocolate cake

Coffee, Tea, Milks

Alt protein: Vegan Parmesan (GVN)

Evening snack: chips & salsa

SATURDAY breakfast

Toasts, nut butters, jams, honey, pastries

Spinach Quiche (GV)

Oatmeal Bar with assorted toppings (GVN)

Pork Bacon ((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)

White chili (GVN)

Steak Bowls (G)

Mashed Potatoes (GVN)

Couscous (GVN)

Spinach Salad (VN)

Peanut butter cookies (G)

Coffee, Tea, Milks

Alt protein: tempeh (VN)

SATURDAY dinner

Assorted cheeses, crackers, olives

Mushroom wild rice soup (GVN)

Salad bar (GVN)

Olive cheese bread (V)

Pork ribs (G)

Creamed corn (GVN)

Baked Potatoes (GVN)

Coleslaw (GV)(N)

Fresh Fruit (GVN)

Smores ice box cake (V)

Coffee, Tea, Milks

Alt protein: vegan tempeh ribs (VN)

Evening snack: Individual snacks

SUNDAY breakfast

Toasts, nut butters, jams, honey, pastries

Scrambled Egg (GV)

Oatmeal Bar with assorted toppings (GVN)

Potato pancakes(GV)

Chicken sausage (G)

Vegetarian sausage(V)

Fruit (GVN)

Yogurts (regular and dairy-free versions)

Granola (GVN)

Coffee, Tea, Milks, Orange Juice

SUNDAY lunch

Salad bar (GVN)

Assorted Soups

Croissant deluxe grilled cheese (V)

Mac and cheese(V)

Vegan mac and cheese (GN)

Cucumber Salad (GVN)

JoJo (VN)

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 vegans only