

## 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*