

WOMEN'S WELLNESS

SPRING 2026 MENU

Some items are subject to change

FRIDAY dinner

Social: Caprese salad, spinach & artichoke dip

Toasted bread, Olives

Chicken Piccata G

Green beans GVN

Roasted potatoes GV

Vegetable soup GVN

Dinner rolls VN

Butters

Salad bar GVN

Chocolate Cake V

Coffee, teas, milks

Alt protein: Tofu Piccata GVN

SATURDAY breakfast

Toast, butters, jams, honey

Vegetable quiche V

Bacon G

Vegetarian sausage GV

Potatoes O'Brien GVN

Oatmeal bar GVN

Yogurt GV

Granola GVN

Fruit GVN

Coffee, teas, milks

Alt protein: Tofu scramble GVN

SATURDAY lunch

Power Bowls - chicken, kale,

edamame, sweet potato,

lentils, brown rice GVN

Wild rice mushroom soup GVN

Salad bar GVN

Pita bread VN

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

Grilled fish G

Baked potato bar GVN

Steamed broccoli GVN

White bean stew GVN

Salad bar GVN

Seasonal vegetable salad GVN

Dessert Bar V

Coffee, teas, milks

Alt protein: Tempeh steaks 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

Mushroom Burger V

Burger fixings

Assorted soups GVN

Sweet potato fries GVN

Kale salad GVN

Salad bar GVN

Assorted desserts

Coffee, teas, milks

Alt protein: Portobello Cap GVN