

Women's Wellness Fall 2026 Menu

Some items are subject to change

Whole fruit out all weekend

FRIDAY dinner

Cheese ball, crackers, olives
Tomato Basil Soup (GVN)
Pecan Crusted Chicken, Maple Glaze
Seasonal Garden Vegetables (GVN)
Garlic Mashed Potatoes (GVN)
Kale Salad (GVN)
Rolls and butter (V)
Salad bar (GVN)
Pumpkin bars
Coffee, Tea, Milks
Alt protein: Pecan Crusted Chix (GVN)

Evening snack: chips & salsa

SATURDAY breakfast

Farmers Scramble (GV)
Chicken Sausage (G)
Roasted Potatoes (GVN)
Oatmeal (GVN)
Fruit (GVN)
Yogurt
Granola (GVN)
Toasts, nut butters, jams, honey
Coffee, Tea, Milks, Orange Juice
Alt protein:
Tofu Scramble (GVN)
Vegetarian Sausage (VN)

SATURDAY lunch

Butternut Squash Soup (GV)
Wild Rice Burger(V)
Broccoli Cranberry Salad (G)
French Fries (GVN)
Salad bar (GVN)
Coffee, Tea, Milks
Alt protein: Wild Rice Burger(GVN)

Afternoon snack: Cookie tray

SATURDAY dinner

Assorted cheeses, crackers, olives
White Chili Soup (GVN)
Pork Tenderloin (G)
Seasonal Garden Vegetables (GVN)
Root Vegetable Medley(GVN)
Rolls and butter (V)
Salad bar (GVN)
Variety of quick breads (V)
Coffee, Tea, Milks
Alt protein: BakedTofu (VN)

Evening snack: Individual snacks

SUNDAY breakfast

Scrambled Egg (GV)
Wild Rice Porridge (GV)
Pork Bacon (G)
Oatmeal (GVN)
Fruit (GVN)
Yogurt (V)
Granola (GVN)
Toasts, nut butters, jams, honey
Coffee, Tea, Milks, Orange Juice
Alt protein:
Tofu Scramble (GVN)
Vegetarian Sausage (VN)

SUNDAY lunch

Minestrone Soup
Chicken Fajitas (G)
Cilantro, Lime Rice (GVN)
Black beans (GVN)
Coleslaw (GV)
Salad bar (GVN)
Coffee, Tea, Milks
Alt protein: Jack Fruit fajitas (GVN)

Menu Key:

G = gluten free

V = vegetarian (could contain dairy)

N = vegan (no animal products)

Alt protein = for vegetarians and vegans only