



## THE ROOTED WOMAN HERBAL CONFERENCE FOOD MENU | 2026

### PRE-CONFERENCE

#### Thursday Dinner

Chicken Chili and Calendula Cornbread

#### Friday Breakfast

Oatmeal Bar, Fruit, Yogurt, Tea and Coffee

#### Friday Lunch

Southwest Nachos

### WEEKEND CONFERENCE

#### Friday Dinner

Herb Roasted Chicken, Potatoes, Green Beans and Root Beer Ice Cream

#### Saturday Breakfast

Eggs, Biscuits, Chicken Sausage, and Fruit

#### Saturday Lunch

Turkey Burgers, Cole Slaw and Root Chips

#### Saturday Dinner

Loaded Sweet Potatoes, Broccoli and Chocolate-Hibiscus Cookies

#### Sunday Breakfast

Oatmeal Bar, Berries, Yogurt and Chicken Sausage

#### Sunday Lunch

Harvest Salad with Grilled Chicken

#### Menu Changes

The menu may change slightly based on the availability of food ingredients.

#### Special Diets

If you register for a gluten free or vegetarian meal plan, there will be alternative options for you. Only people who select a special meal plan during registration will have access to alternative foods. You are welcome to bring your own food and snacks. There is no community kitchen available, so please bring a cooler and/or cooking stove if needed.