

## Midsouth Women's Herbal Conference 2024 Food Menu

### Pre-Conference Program

Day & Meal	Food & Beverages
Thursday Dinner	Smoked Chicken, Gouda Grits, Collard Greens Salad Bar & Blueberry Bread Pudding, Tea, Water  Special meal options include sauteed mushrooms, dairy free seasoned grits, and additional salad bar options
Friday Breakfast	Build Your Own Breakfast Burritos Fruit, Yogurt, Cereal and Oatmeal Bar Milk, Oat Milk, OJ, Coffee, Water  Special: tofu scramble, chia pudding, corn tortillas (GF)
Friday Lunch	Butternut Squash Soup + Apple and Arugula Flatbread (Vegan and GF flatbread available) Salad Bar, Tea, Water

### Weekend Conference

Day & Meal	Food & Beverages
Friday Dinner	Loaded Harvest Sweet Potatoes Seasoned Chicken, Roasted Broccoli, Salad Bar Pumpkin Dessert Bars  Special meal options include roasted chickpeas and sunflower seed sauce for sweet potatoes, plant-based cheeses/butter/sour cream
Saturday Breakfast	Breakfast Buffet: Eggs, Grits, Bacon, Biscuits, Fruit, Yogurt, Cereal and Oatmeal Bar Milk, Oat Milk, OJ, Coffee, Water  Special: plant-based meat, chia pudding, GF biscuit
Saturday Lunch	Build Your Own Buddha Bowls: Rice, Chicken, Sweet Potatoes, Spinach, Cabbage, Feta Cheese, Peppers, Chickpeas, Carrots, Tahini Dressing Salad Bar, Tea, Water
Saturday Dinner	Turkey Chili with Cornbread and Salad Bar Apple Crisp, Tea, Water  Special meal options include vegan chili and GF cornbread
Sunday Breakfast	Southwest Breakfast Bar Tortillas, Eggs, Sausage, Salsa, Hashbrowns, Cheese Fruit, Yogurt, Cereal and Oatmeal Bar Milk, Oat Milk, OJ, Coffee, Water  Special: tofu scramble, chia pudding, corn tortillas (GF)