

# *May 1<sup>st</sup>, 2025*

May 1<sup>st</sup>, Thursday 2025, Dinner:

Turkey, black bean, kidney bean chili with all the fixings

Corn bread

Salad (arugula, pistachio, Feta, watermelon)



# *May 2nd, 2025*

May 2<sup>nd</sup> Friday 2025 Breakfast:

Baked Frittata with Butternut Squash, Kale, Sage, and Goat Cheese

Greek yogurt

Fresh fruit assortment

Nuts

Raw Honey

Blueberry Baked Oatmeal

May 2<sup>nd</sup>, Friday 2025 Dinner:

A complimentary dinner at the charming County Inn Restaurant, courtesy of your Wellness Team.



*May 3<sup>rd</sup>, 2025*

May 3<sup>rd</sup>, Saturday 2025, Breakfast:

Spinach Mushroom Quiche with Gruyere  
Cheese

Greek yogurt

Fresh fruit assortment

Nuts

Raw Honey

Pumpkin and Pecan Baked Oatmeal

May 3<sup>rd</sup>, Saturday 2025 Dinner:

Mocktails Peach, Pineapple mojitos

Steak and Maryland Crab Cakes

Baked Russett potatoes

Grilled vegetables



*May 4<sup>th</sup>, 2025*

May 4<sup>th</sup>, Sunday 2025 Breakfast:

Spanish Breakfast Casserole with black beans,  
sliced black olives, avocado and cherry tomatoes

Greek yogurt

Fresh fruit assortment

Nuts

Raw Honey



*Menu*