

Menu

April 30th, 2026

April 30th, Thursday 2026, Dinner:

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

Corn bread

Salad (arugula, pistachio, Feta, watermelon)

May 1st, 2026

May 1st Friday 2026 Breakfast:

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

Greek yogurt

Fresh fruit assortment

Nuts

Raw Honey

Blueberry Baked Oatmeal



May 1st, Friday 2026 Dinner:

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

May 2nd, 2026

May 2nd, Saturday 2026, Breakfast:

Spinach Mushroom Quiche with Gruyere
Cheese

Greek yogurt

Fresh fruit assortment

Nuts

Raw Honey

Pumpkin and Pecan Baked Oatmeal

May 2nd, Saturday 2026 Dinner:

Mocktails Peach, Pineapple mojitos

Steak and Maryland Crab Cakes

Baked Russett potatoes

Grilled vegetables



May 3rd, 2026

May 3rd, Sunday 2026 Breakfast:

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

Greek yogurt

Fresh fruit assortment

Nuts

Raw Honey

