

2018 Midsouth Women's Herbal Conference Menu

Standard Meal Plan

Friday Dinner

Honey Lime Cilantro Chicken
Brown Rice and Green Beans
Side Salad

*Dessert: Earl Gray Brownie Bites with
Edible Rose Petals*

Saturday Breakfast

Southwestern Egg Bake
Seasonal Berries and Fruit

Saturday Lunch (Keynote)

Chicken Pot Pie + Salad

Dessert: Southern Chocolate Kraut Cake

Saturday Dinner

Italian Herb Meatballs and
Whole Wheat Pasta
Spring Greens Salad

Sunday Breakfast

Mushroom and Spinach Quiche
Fresh Fruit and Granola

Vegetarian Meal Plan

Friday Dinner

Zucchini and Quinoa
Stuffed Portabellas
Side Salad

*Dessert: Earl Gray Brownie Bites with
Edible Rose Petals*

Saturday Breakfast

Southwestern Egg Bake
Seasonal Berries and Fruit

Saturday Lunch (Keynote)

Vegetable Pot Pie + Salad

Dessert: Southern Chocolate Kraut Cake

Saturday Dinner

Italian Herb Marinara and
Whole Wheat Pasta
Spring Greens Salad

Sunday Breakfast

Mushroom and Spinach Quiche
Fresh Fruit and Granola



Menu subject to change.

Updated 8/31/17