



**The Woman's Club of Roland Park
Fall Lunch Menus
October through December 2024**

Date	Option	Menus
Week 1 Oct 10	1 Protein Main	Rosemary garlic roast chicken with herb butter sauce, accompanied by red skin mashed potatoes and sauteed green beans
	2 Vegetarian- Gluten-Free	Roasted portobello steak with herb butter sauce, accompanied by red skin mashed potatoes and sauteed green beans
	Dessert	Mini maple Bundt cake
Week 2 Oct 17	1 Protein Main	Grilled honey-glazed salmon filet, served with roasted vegetables and quinoa
	2 Vegetarian- Gluten-Free	Grilled honey-glazed tofu, served with roasted vegetables and quinoa
	Dessert	Spiced apple crisp, served with a scoop of vanilla whipped cream
Week 3 Oct 24	1 Protein Main	Grilled herb-marinated catfish, served with wild rice and farm fresh vegetables
	2 Vegetarian- Gluten Free	Grilled herb-marinated cauliflower steaks, served with wild rice and farm fresh vegetables
	Dessert	Carrot cake with whipped cheese frosting
Week 4 Oct 31	1 Protein Main	Roast beef with red wine demi-glace sauce, served with parsley butter rice pilaf and balsamic roasted pumpkin
	2 Vegetarian- Gluten-Free	Chef selected mushroom blend with red wine demi-glace sauce, served with parsley butter rice pilaf and balsamic roasted pumpkin
	Dessert	"Dead" velvet mini cake: red velvet mini cake with a vanilla glaze and a fresh strawberry on top

Week 5 Nov 7	1 Protein Main	Oven-roasted pork loin with Dijon sauce, served with parsley-infused white rice and caramelized carrots
	2 Vegetarian-Gluten-Free	Grilled tofu with Dijon sauce, served with parsley-infused white rice and caramelized carrots
	Dessert	Bread pudding with chunks of apples and a sprinkle of cinnamon
Week 6 Nov 14	1 Protein Main	Turkey meatballs in pumpkin alfredo sauce, served with brown butter penne pasta, roasted broccoli and bread
	2 Vegetarian-Gluten-Free	Cremini mushroom in pumpkin alfredo sauce, served with brown butter penne pasta, roasted broccoli and bread
	Dessert	Apple cider cake frosted with sweet vanilla glaze
Week 7 Nov 21	1 Protein Main	Oven-roasted turkey and gravy, served with rice pilaf, roasted & caramelized sweet potato and pearl onion
	2 Vegetarian-Gluten-Free	Oven-roasted cauliflower and gravy, served with rice pilaf, roasted & caramelized sweet potato and pearl onion
	Dessert	Pumpkin spice mini cake with cinnamon whipped cream
Week 8 Dec 5	Special Lunch	No sit-down lunch. Mini sandwiches and cookies will be offered in celebration of the Silent Auction.
Week 9 Dec 12	1 Protein Main	Winter grilled chicken stew with potatoes, carrots, peas, celery and onions, served with brown rice and steamed broccoli
	2 Vegetarian-Gluten-Free	Winter vegetable stew with potatoes, carrots, peas, celery and onions, served with brown rice and steamed broccoli
	Dessert	Mini chocolate cake with vanilla buttercream