

 3ABN Women's Conference
November 6 – 8, 2026

Vegan MENU by Chef Amir
Meals will be served at the church gym.

FRIDAY DINNER is Tex-Mex:

Roasted Corn & Black Bean Salad

Vegan Fajita Veggies – *grilled bell peppers, onions, mushrooms & zucchini*

Vegan Cabbage with mixed Fresh Garden Vegetables

Jackfruit & Sweet Potato

Cilantro Lime Rice

Vegan Rice Pudding *(Dessert)*

SABBATH LUNCH is Mediterranean:

Fresh Homemade Salad – *crisp seasonal vegetables with house dressing*

Dal Makhani – *slow cooked lentils with cumin, garlic, onions and traditional spices*

AlooGobi – *potatoes and cauliflower sauteed with turmeric, tomatoes & indian spices*

Vegan Tofu Masala – *roasted tofu with mixed vegetables, onion, tomato, garlic & spiced gravy*

Vegetable Biryani – *Basmati rice cooked with fresh vegetables and aromatic spices*

Eggplant & Roasted Potatoes

Vegan Carrot Halwa *(Dessert)*

SABBATH DINNER is Flavors of the South:

Roasted Sweet Potato Kale Salad – *fresh kale, roasted sweet potatoes,
with greek yogurt & ranch dressing*

Vegan Okra Masala – *tender okra cooked with onions, tomatoes & spices*

Southern BBQ Jackfruit – *slow-cooked jackfruit in smoky BBQ sauce*

Cajun Red Beans

Southern Fried Cauliflower

Dirty Rice

Cajun Roasted Potatoes

Semolina Pudding *(Dessert)*