Week One - Monday - Breakfast - 7:00am - 830am

Continental breakfast to include -

Assorted Cereals, milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – Sliced Pineapple, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Smoothies of the Morning

Antioxidant Supreme

Power Performance

Chickpea Hash on Toast

Hot line -

Egg & Sausage Muffin Sandwich triangle hash brown French Toast & Syrup Turkey Links Cream of oatmeal Congee with condiments - halal Breakfast meat available

Am Snack

Fresh Fruit, Mini Muffins

Week One - Monday - Lunch - 11:20am - 1pm

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar

Salads of the day

Lentil Chipotle Quinoa Salad 🚾

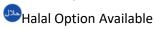


Soup of the Day - Cream Base & Broth Base Soups - one with protein and one is vegetarian.

Deli Bar - Selection of Deli Meats of Ham, Turkey, Roast beef, Cucumber, Tomato, onions, Cheese, Egg, or Tuna Salad with choice of selected Bread and spreads.

Entrée

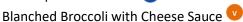
Korean BBQ Pulled Pork



Sautee Bok Choy Carrot & Plant Base V Jasmine Rice steamed Vegetables

International Station

All beef hot dog Halal Option Available 🔼



Dessert - Assorted Whole Fresh Fruit, Orange Cake

PM Snacks

Fresh Whole Fruits **Hummus & Cracker Kit**

Week one - Monday - Dinner - 5:15pm - 6:45pm

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar

Soup of the Day

Cream Base & Broth Base Soups – one with protein and one is vegetarian.

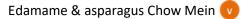
Salad of the day

Lentil Chipotle Quinoa Salad von



Entrée

House Shrimp and Chicken Stir Fry



Tempura Green Beans von



Rice

International

Prosciutto & Arugula flat Bread Pizza

Halal Option Available 🖎

Extra Cheese flat bread Pizza 💎

Gluten Free Pizza available Upon request GF

Dessert

Assorted Whole Fresh Fruit

Tres Leche cake

Week one - Tuesday - Breakfast - 7:00am - 8:30am

Continental breakfast to include;

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – Sliced Honeydew, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Smoothies of the Morning

Power Performance

Bacon & Egg Breakfast Bowl

Hot line

Cheese Omelet



Baby pancake hash

Chocolate Pancakes & Syrup

Grilled Breakfast Ham

Baked beans von



Congee with condiments

Halal breakfast meat Available



AM Snacks

Fresh Whole Fruits

Rice Krispy Sqaure

Week one - Tuesday - Lunch - 11:20am - 1pm

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

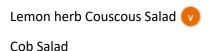
Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar

Soup of the Day

Cream Base & Broth Base Soups – one with protein and one is vegetarian.

Salad of the day



COD Jaiac

<u>Deli Bar</u>

Selection of Deli Meats of Ham, Turkey, Roast beef, Cucumber, Tomato, onions, Cheese, Egg, or Tuna Salad with choice of selected Bread and spreads.

Entrée

Chicken Breaded Burger

Vegan Veg Burger



Roasted Potatoes



Steamed Vegetables

International Station

Tilapia Fish Taco with Mango Slaw

Tartar Sauce

Vegetabile Taco

Dessert

Assorted Whole Fresh fruit, Black Forest cake

PM Snacks

Assorted Whole Fresh fruit

(Apple Banana Pear)

Week one - Tuesday - Dinner - 5:15pm - 6:45pm

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar -

Soup of the Day

Cream Base & Broth Base Soups – one with protein and one is vegetarian.

Salad of the day

Lemon Herb Couscous 💎



Cob Salad

Entrée -

Beef Shepards Pie - Halal

Roasted Brussel & Parmesan 🔽



Herb Butter & Garlic Boiled Potatoes

Steamed Vegetables

International Station

Caribbean Chicken Bowl 🕟



Dessert

Assorted Fresh Fruit

Butter tart

Week one – Wednesday – Breakfast – 7:00am – 9am

Continental breakfast to include -

Assorted Cereals 2% Milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit - Sliced watermelon, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Smoothies of the Morning

Peach Cranberry Strawberry & Orange Juice

Power Performance

Carrot Raisin Chia Oat Hot line

Scrambled Eggs & Frid Eggv

Tator tots.

Waffles & Syrup

Bacon

cream of wheat

congee with condiments -

Halal Breakfast meat available 👞

Am Snack

Fresh Fruit **Yogurt Tubes**

Week one – Wednesday – Lunch 11:10am – 1pm

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar

Soup of the Day

Cream Base & Broth Base Soups – one with protein and one is vegetarian.

Salads of the day

Caesar Salad

Tomato & cucumber Salad von



Deli Bar - Selection of Deli Meats of Ham, Turkey, Roast beef, Cucumber, Tomato, onions, Cheese, Egg, or Tuna Salad with choice of selected Bread and spreads.

Entrée

Mediterranean Chicken (halal) Sundried Zucchini Spinach & Artichoke V Lemon Rice steamed Vegetables

International Station - Chefs Choice

Beef Bolognaise



Sautee Veg with Alfredov

Dessert

Assorted Whole Fresh fruit, Strawberry Dream Cake

PM Snack

Assorted Whole Fresh fruit

Chocolate Chip Energy Balls

Week one – Wednesday – Dinner – 5:15pm – 6:45pm

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and

Oil & Vinegar -

Soup of the Day

Cream Base & Broth Base Soups – one with protein and one is vegetarian.

Salad of the day

Tomato & cucumber Salad von



Entrée

Roasted Turkey & Gravy

Roasted Broccoli Florets

Garlic Mashed Potatoes

Steamed Vegetables

Halal Option Available 📖



International station -

Haddock Fish Tacos with rst corn



Vegetable Taco Bowls



Dessert

Nanaimo Bar

Week one - Thursday - Breakfast 7:00am - 8:30am

Continental breakfast to include

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – bunches of grapes, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Smoothies of the Morning

Strawberry & Watermelon

Hot line -

Egg & Cheese Sausage Wrap

Halal Option available

Baby Pancake Hashbrown

Blueberry Pancake & Syrup

Turkey Bacon

Baked Beans 🚾

Congee with Condiments -

halal breakfast meat available 📖

AM Snacks

Fresh Whole Fruits

Cookie & Cream Granola Bar

Week one - Thursday - Lunch - 11:20am - 1pm

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar -

Soup of the Day

Cream Base & Broth Base Soups – one with protein and one is vegetarian.

Salads of the day

Mediterranean Pasta Salad 💎



Three Bean Salad 💎



<u>Deli Bar</u> Selection of Deli Meats of Ham, Turkey, Roast beef, Cucumber, Tomato, onions, Cheese, Egg, or Tuna Salad with choice of selected Bread and spreads.

Entrée

Honey Garlic Fried Pork Stir Fry,

Vegetable Noodle Stir Fry 💎 Jasmine Rice

Steamed Vegetable

Halal Option Available 📖

International Station

Beef Nacho Bar

Refried Bean & Cheese Sauce

Salsa Guacamole, Sour Cream

Dessert

Assorted Whole Fresh fruit, Raspberry Tart

PM Snack

Assorted Whole Fresh fruit, Roasted Seaweed

Week one – Thursday – Dinner 5:15pm – 6:45pm

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar -

Soup of the Day

Cream Base & Broth Base Soups – one with protein and one is vegetarian.

Salad of the day

Mediterranean Pasta Salad 🕡



Three Bean Salad



Entrée

Traditional Roast Beef & Gravy
Halal Option available
Cheese tortellini in Rose Sauce

Roasted Yams

Steamed vegetables

International Station

Bacon Grilled Cheese Grilled Cheese with Lays Chips

Halal option available 🕟

Grilled Cheese 🔻

Lays Chips

Dessert

Assorted Fresh Fruit, Strawberry Short cake

Week One - Friday - Breakfast - 7:00am - 8:30am

Closing day Continental breakfast only

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – sliced cantaloup, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Smoothies of the Morning

Kale mango pineapple Smoothie

Hot line

Creamy pesto & bacon egg benedict

halal option available

Diced Potato

pancake puffs

Chicken Sausage

baked beans 🚾



congee with condiments

Halal Breakfast meat available 👧



AM Snacks

Whole Fresh Fruits

Jello

Week One - Friday - Lunch - 11:20am - 1pm

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar -

Soup of the Day

Cream Base & Broth Base Soups – one with protein and one is vegetarian.

Salad of the day

Caesar Salad

Roasted Corn and BBQ Chicken Salad ()



Deli Bar - Selection of Deli Meats of Ham, Turkey, Roast beef, Cucumber, Tomato, onions, Cheese, Egg, or Tuna Salad with choice of selected Bread and spreads.

Entrée

Butter Chicken & Naan



Vegetarian Samosa



Basmati Rice

Steamed Vegetables

International Station

Teriyaki Meatballs -

Rice



Teriyaki Tofu & Rice 🚾



Dessert Assorted Fresh fruit, Lemon Macaroon

PM Snacks

Assorted Fresh fruit

Tostito Guac Chips

Week One - Friday - Dinner - 5:00pm - 6:00pm

Themed evening menu created by boarders, or

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar

Soup of the Day

Cream Base & Broth Base Soups – one with protein and one is vegetarian.

Salad of the day

Caesar Salad

Tomato & cucumber Salad www



Entrée

Maple glazed smoked Ham

Halal Option Available

Butter egg noodle pasta

Scalloped Potatoes

International

Steamed vegetables

Bulgogi Chicken & rice bowl
Halal Option Available
Bulgogi Veg & tofu Bowl

Dessert Assorted Fresh Fruit, Chocolate Chip Cookies and Soft serve Ice Cream

<u>Week One – Saturday – Breakfast – 8:30am – 10:00am</u>

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – strawberries, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Egg cooked to order -

If the boarder is up and wants some eggs, just ask! From fried eggs, cheese omelet to scrambled

Week one - Saturday - Lunch - 11:20am - 1:00pm

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed,

Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar -

Soup of the Day - Vegetarian Soup

Salad of the day - Seven grain Salad

Entrée

Grilled Lemongrass Pork

Halal Option Available ()



Garlic & Ginger Sautee Veggies www



Rice

Noodle & Broth

International Station (1)3



Fried Shrimp Bao Bun

Pickled Veg Bao



Dessert

Assorted Fresh fruit, Boston Cream Cake, and ice Cream Machine

Week one – Saturday - Dinner – 5:00pm – 6:00pm

Themed event menu suggested by boarders or

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar -

<u>Soup of the Day</u> - Cream Base & Broth Base Soups – one with protein and one is vegetarian.

Salad of the day -

Seven Grain Salad 💎

Entrée

Chicken parmesan ()

Marina Sauce 🔻



Butter Parm Pasta

Veg Quinoa casserole v

steamed vegetable

International stations

Shrimp Noodle Bowl – Halal

Vegetable Noodle Bowl

Dessert

Assorted Fresh Fruit, Apple Crumble, and Ice Cream Machine

Week one - Sunday - Brunch - 10:30am - 12:30pm

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Greek yogurt, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar

Soup of the Day - Vegetarian soup

Salad of the day Potato Salad Entrée Egg & cheese Muffin Sandwich Waffles, Diced home Fries, Peameal bacon Garlic & Herb Roast Chicken Roasted Cod Mushroom thyme cheddar Quiche International

<u>International</u>

Omelet Bar

(Ham, Pepper, Green Onions, Tomato and Cheese)

Dessert Assorted whole Fresh fruit, Red Velvet Cake, and ice Cream Machine

Week one - Sunday - Dinner - 5:00pm - 6:00pm

Themed event menu suggested by boarders or

Salad Bar

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets, Carrot Sticks, Celery Sticks, Sliced Red Onion, Jalapeno or banana Peppers, Pickles, Olives, Sliced Beets, Sunflower seed, Pumpkin seed, dried Cranberries - Daily Proteins from Shredded Cheeses, Salmon, Tuna, Tofu, Hummus, Chickpeas, Beans, Quinoa, Meat & Meatless Proteins

Dressings

Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar —

Soup of the Day - Vegetarian Soup

Salad of the day - Potato Salad

Entrée

Smoked Ham with Honey Mustard Sauce

Halal Option Available

Mashed Potato



Charred Carrots

International Station

Big Ol Beef Burrito 🙉



Vegetable Burrito

<u>Dessert</u> - Assorted Fresh Fruit, Cinnamon Sugar Funnel Fries, and Ice Cream Machine