

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

Hard Boiled Eggs

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 


Greek 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

 Halal Option Available

Sautee Bok Choy Carrot & Plant Base 

Jasmine Rice

steamed Vegetables

International Station

All beef hot dog

Halal Option Available 

Blanched Broccoli with Cheese Sauce 

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 

Greek Salad 

Entrée

House Shrimp and Chicken Stir Fry 

Edamame & asparagus Chow Mein 

Tempura Green Beans 


Rice

International

Prosciutto & Arugula flat Bread Pizza

Halal Option Available 

Extra Cheese flat bread Pizza 

Gluten Free Pizza available Upon request 

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

Banana Smoothie

Power Performance

Smashed Avocado & Portobello Mushroom Biscuit


Hot line

Cheese Omelet 

Baby pancake hash

Chocolate Pancakes & Syrup

Grilled Breakfast Ham

Baked beans 

Congee with condiments

Halal breakfast meat Available 

Hard boiled Eggs

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


Lemon herb Couscous Salad 


Caesar 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

Chicken Breaded Burger 

Vegan Veg Burger 

Roasted Potatoes 

Steamed Vegetables

International Station

Tilapia Fish Taco with Mango Slaw

Tartar Sauce

Vegetable Taco

Dessert

Assorted Whole Fresh fruit, Black Forest cake

PM Snacks

Assorted Whole Fresh fruit

(Apple Banana Pear Tangerine)

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 

Creole Veg & Seet Potato Fries 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 & Fried Egg 


Tator tots,

Waffles & Syrup

Bacon

cream of wheat

congee with condiments -

Halal Breakfast meat available 

Hard boiled Eggs

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 

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 

Lemon Rice

steamed Vegetables

International Station - Chefs Choice

Beef Bolognese 

Mushroom Alfredo 

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 


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 

Hard boiled Eggs

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 

Caesar 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

Honey Garlic Fried Pork

Vegetable Noodle Stir Fry 

Jasmine Rice

Steamed Vegetable

Halal Option Available 

International Station

Beef Nacho Bar - Halal

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 

Hard boiled Eggs

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

Meatballs & Gravy – Halal

Mashed Potato

Meatless Sausage & Mashed Potato

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 

Entrée

Maple glazed Pork Loin


Halal Option Available

Butter egg noodle pasta 

Scalloped Potatoes 

Steamed vegetables

International

Bulgogi Chicken & rice bowl 

Halal Option Available

Bulgogi Veg & tofu Bowl

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

Week One – Saturday – Breakfast – 8:30am – 10:00am

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 

Rice

Noodle & Broth

International Station 

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 –

Soup of the Day - 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 

steamed vegetable

International stations

Salmon Budha Bowl

Vegetable Budha 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

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

Dessert - Assorted Fresh Fruit, Cinnamon Sugar Funnel Fries, and Ice Cream Machine