# 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 V

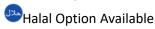


Soup of the Day - Cream Base & Broth Base Soups - one with protein and one is vegetarian.

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

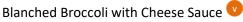
Korean BBQ Pulled Pork



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.

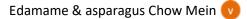
## Salad of the day

Lentil Chipotle Quinoa Salad 😡



## Entrée

House Shrimp and Chicken Stir Fry



Tempura Green Beans 😡

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**

Smashed Avocado & Portobello Mushroom Biscuit

## **Hot line**

Cheese Omelet



Baby pancake hash

Chocolate Pancakes & Syrup

Grilled Breakfast Ham

Baked beans von



Congee with condiments

Halal breakfast meat Available (1)32



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

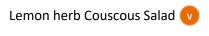
## **Dressings**

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



## Caesar 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**

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 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 & Frid Eggv

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 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



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 von

## Entrée

Roasted Turkey & Gravy

Roasted Broccoli Florets

**Garlic Mashed Potatoes** 

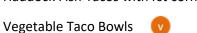
**Steamed Vegetables** 

Halal Option Available 📖



# **International station** -

Haddock Fish Tacos with rst corn





## **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 www

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

<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

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 v

Three Bean Salad v

Entrée

Traditional Roast Beef & Gravy

Halal Option available (December 2)

Cheese tortellini in Rose Sauce v

**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

# <u>Week One – Friday – Breakfast – 7:00am – 8:30am</u>

# **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 vsn congee with condiments Halal Breakfast meat available state with the same available st

# **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 Sauage & 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 von



## <u>Entrée</u>

Maple glazed Pork Loin

Halal Option Available

Butter egg noodle pasta 🔽



Scalloped Potatoes v



Steamed vegetables

## **International**

Bulgogi Chicken & rice bowl Halal Option Available

Bulgogi Veg & tofu Bowl

**<u>Dessert</u>** 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 von



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

## 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 🕡



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

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 (133)



Vegetable Burrito

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