

## **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

Waffles & Syrup

Turkey bacon

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

Dry garlic & pepper Chicken



Sautee Spinach Artichoke & Peppers 

Herbed roasted Potatoes

steamed Vegetables

### International Station

Pork Bibimbap

Halal Option Available 

Vegetable Bibimbap 

**Dessert** - Assorted Whole Fresh Fruit, Orange Cake

### PM Snacks

Fresh Whole Fruits

Chewy Bar

## Week one – Monday – Dinner – 5:15pm – 6:45pm

### No dinner

### 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 


Vegetable Fried Rice 

Spring Roll 

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 brown

Pancakes puffs & Syrup

Bacon

Baked beans 

Congee with condiments

Halal breakfast meat Available 

Hard boiled Eggs

### **AM Snacks**

Fresh Whole Fruits

Terra Root Chips

## **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**

Teriyaki Beef 

Bok Choy & Bean Stir Fry 

Lo Maine Noodle

Steamed Vegetables 

### **International Station**

Fish Nugget

Tartar Sauce

### **Dessert**

Assorted Whole Fresh fruit, Black Forest cake

### **PM Snacks**

Assorted Whole Fresh fruit

## **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 -**

Veal Parmesan with Tomato  Sauce

Butter Spaghetti

Grilled Zucchini & Fresh Basil

Steamed Vegetables

### **International Station**

Carribean Jerk Pork Bowls

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

Sausage Patty

cream of wheat

congee with condiments -

Halal Breakfast meat available 

Hard boiled Eggs

### **Am Snack**

Fresh Fruit

Brown Butter Rice & Sea Salt Krispy

## **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**

Beef Lasagna


Halal Option Available

Roasted Carrots 

Herbed Steamed Potatoes  
steamed Vegetables

### **International Station**

Chicken Burgers 

Vegetable Burger 

Fries

### **Dessert**

Assorted Whole Fresh fruit, Strawberry Dream Cake

### **PM Snack**

Assorted Whole Fresh fruit

Tostito & Guac Kit

## **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**

Traditional Roast Beef & Gravy




Halal Option available



Cheese tortellini in Rose Sauce

Roasted Yams

Steamed vegetables

Halal Option Available 

### **International station -**

Salmon 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

Waffles & Syrup

Turkey Link

Baked Beans 

Congee with Condiments -

halal breakfast meat available 

Hard boiled Eggs

### AM Snacks

Fresh Whole Fruits

Dark Chocolate Chunk

## Week one – Thursday – Lunch – 11:20am – 1pm

### Special Hannukah Lunch

#### 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~~

~~Hummus & Cracker Kit~~

## **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

Yogurt Tubes

## **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

Crunch Trail Mix

## **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**

Roasted Turkey & Gravy

Halal Option Available

Roasted Broccoli 

Mashed 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**

Honey glazed Ham

Halal Option Available

Marina Sauce 

Roasted Asparagus 

Scalloped Potatoes

steamed vegetable

**International stations**

Beef Philly Pub Bowl

Vegetable Philly Pub 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

Sundried Pesto 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**


Roasted Chicken Honey Mustard Sauce

Halal Option Available

Roasted Potatoes 

Charred Carrots

### **International Station**

Beef Bibimbap 

Vegetable Bibimbaps with Egg

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