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 🚾



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 V **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

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

Vegetable & Egg 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 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

3 Cheese Omelet



Baby pancake hash brown

French Toast & Syrup

Bacon

Baked beans von



Congee with condiments

Halal breakfast meat Available (133)



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

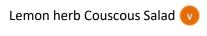
Dressings

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



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 v



International Station

Fish Nugget

Plant Base Tenders

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 & Frid Eggv

Tator tots,

Pancake Puffs & 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 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

Beef Lasagna Halal Option Available Roasted Vegetable Chickpea & Quinoa Roasted Carrots V **Herbed Steamed Potatoes**

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





Roasted Yams

Roasted Asparagus

Halal Option Available 🕟

International station -

Seasoned Salmon Tacos Bowl



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

Hot line -

Egg & Cheese Sausage Wrap

Halal Option available

Baby Pancake Hashbrown

Waffles & Syrup

Turkey Link

Baked Beans www

Congee with Condiments -

halal breakfast meat available 📖



Hard boiled Eggs

AM Snacks

Fresh Whole Fruits

Tea Biscuit

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

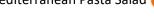
Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette and Oil & Vinegar –

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.

<u>Entrée</u>

Honey Garlic Fried Pork

Garlic & Soy Steamed Broccoli

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

Salted Crackers

<u>Week one – Thursday – Dinner 5pm – 6pm</u> <u>Special Request menu for Boarding – Long weekend</u>

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 - boarding request for long weekend

Butter Chicken - halal

Pork Kabob

Chickpea & Tofu Butter Sauce

Roasted Cauliflower & Broccoli Curry

Fries

Jasmine RIce

Steamed Veg

International Station

Bacon Grilled Cheese Grilled Cheese with Lays Chips

Halal option available on



Grilled Cheese V



Lays Chips

Dessert

Assorted Fresh Fruit, Strawberry Short cake

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

Grab and Go Breakfast - then closed till Monday for long weekend

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

Egg & cheese Breakfast Sandwich to go

Creamy pesto & bacon egg benedict

halal option available

Diced Potato

pancake puffs

Chicken Sausage

baked beans www



congee with condiments

Halal Breakfast meat available 🕟



Hard boiled Eggs

AM Snacks

Whole Fresh Fruits

Yogurt Tubes

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

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 July



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

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

<u>Entrée</u>

Roasted Turkey & Gravy

Halal Option Available

Roasted Broccoli



Mashed Potatoes



Steamed vegetables

International



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 VGN



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

Roasted Cauliflower



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 V



Entrée

Egg & cheese Muffin Sandwich



Waffles,

Diced home Fries,

Peameal bacon

Sundried Pesto Roast Chickens

Roasted Cod (133)



Mushroom thyme cheddar Quiche V



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