

## **Week Two – Monday – 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.

Fresh fruit – Sliced Pineapple, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the Day -**

Cherry Berry Smoothie

### **Power Performance -**

Pineapple Coconut Yogurt

### **Hot line -**

Hard Boiled Eggs & Fried Eggs

Hashbrown Triangle

Pancakes puffs with icing sugar & syrup

Turkey Bacon

Halal Option Available,

Cream of wheat

Congee with Condiments

### **Am Snack**

Assorted Fresh Fruits

Mini Muffins

## **Week Two – 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

### **Soup of the Day**

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

### **Salad of the day**

Antipasto Salad

Cucumber & Edamame Bean Salad 

### **Deli Bar**

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

### **Entrée**

Kung Pao Pork

Halal Option Available

Sautee Edamame Bean & Vegetables

Jasmine Rice

Steamed Vegetables

### **International Station**

Swedish Meatball 

Swedish plant base Sausage & leeks

### **Dessert**

Assorted Whole Fresh Fruit

Lemon Tart

### **PM Snacks**

Assorted Fresh Fruits

Hummus Kits

## **Week Two – 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**

Antipasto Salad

Cucumber & Edamame Bean Salad 

### **Entrée**

Thai Citrus Beef – 

Thia Noodle tofu 

Jasmine rice

steamed vegetables

### **International Station**

Buffalo Chicken Pizza 

Pepper mushroom & cheese Pizza

### **Dessert**

Assorted Fresh whole Fruit and fresh fruit salad

Lemon Shortcake

## **Week Two – 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.

Fresh fruit – Sliced Honeydew, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the Day**

Avocado Banana Smoothie

### **Power Performance -**

Bacon Egg & Cheese Bagel


### **Hot line**

Vegan Sausage & Veg Frittata

Baby pancake Hashbrown

Waffles with syrup

Sausage Patty

Halal Option available 

baked bean

Congee with condiments

### **AM Snack**

Assorted Fresh Fruits

Rice Krispy Square

## **Week Two – Tuesday – Lunch – 11:20am – 1pm**

### **Mid Autum Special Lunch for Tuesday September 17<sup>th</sup>, 2024**

### **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, 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 Feta, Eggplant & Bean 

### Deli Bar

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

### Entrée


Moroccan Beef 


Falafel Tzatziki & Pita, 

Moroccan Roasted Potatoes

~~Steamed Vegetables~~

### International Station

Red Curry Chicken 

Cilantro rice 

Charred Cauliflower 

### Dessert

~~Assorted Whole Fresh fruit~~

Silk Cake

## **PM Snacks**

Assorted Fresh Fruits

## **Week Two – 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, Oil & Vinegar

### **Soup of the Day**


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


### **Salad of the day**

Tomato Feta & Eggplant Salad 

### **Entrée**

Lemon Garlic Roast Pork

halal option available 

Roasted Zucchini 

Garlic Butter & Herb Boiled Potato

Steamed Vegetables

### **International Station**

Beef Philly

Halal Option

Veg Philly

### **Dessert**

Assorted Fresh Fruit

Banana Cake

## **Week Two – Wednesday – 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.

Fresh fruit – Sliced watermelon, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the Day**

Tropical fruit smoothie

### **Power Performance -**

Farmers Market Breakfast Bowl

### **Hot line**

3 cheese Omelets

halal Option available

Tater Tots

French Toast & Syrup

Bacon

Option available

Cream of Oatmeal

Congee with condiments

### **Am Snack**

Assorted Fresh Fruits

Yogurt tubes

## **Week Two – Wednesday – Lunch – 11:20am – 130pm**

### **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, Oil & Vinegar

### **Soup of the Day**

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

### **Salad of the day**

Tomato Cucumber & Pepper Salad 

Cucumber Radish Salad 

### **Power Performance**


Smoothie of the Day

### **Deli Bar**

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

### **Entrée**

Morocco Beef 

Morocco Cous 

Morocco style Potato

Steamed Vegetables

### **International Station**

Char Sui Pork & Bok Choy Noodle Bowl

Halal Option Available

Bok Choy & Plant Base Noodle Bowl

### **Dessert**

Assorted Fresh fruit

Pound Cake



### **PM Snacks**

Assorted Fresh Fruits

Pepper Jack Crackers

## **Week Two – 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 & Pepper Salad 

Cucumber Radish Salad 

### **Entrée**

Grilled Beef Burger 

Vegetable burger

Cajun potatoes

Steamed vegetables

### **International Station**

Grilled Chicken Gyro 

Falafel Feta Gyro

### **Dessert**

Assorted Fresh Fruit

Churro

## **Week Two – 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.

Fresh fruit – bunches of grapes, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the Day**

Avocado Banana Smoothie

### **Hot line -**

Bacon & cheese Muffin Sandwich

Diced home Fries

Banana pancake

Turkey Links

Halal Option Available

Cream of Wheat

Baked Bean

Congee with condiments

### **AM Snack**

Assorted Fresh Fruits

Berry Oat Cluster

## **Week Two – 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, Oil & Vinegar

### **Soup of the Day**

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

### **Salad of the day**

Japanese garden Salad

Fattouch 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 Pot Pie


Halal option Available 

Curly Kale, Green Bean with Quinoa 

Garlic Butter Boiled Potatoes

Steamed Vegetables

### **International Station**

Beef Pepper & Onion Pizza 

Veg Lovers Pizza 

### **Dessert**

Assorted Fresh fruit

Maple Mania

### **PM Snacks**

Assorted Fresh Fruits

Roasted Seaweed Snack

## **Week Two – 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, Oil & Vinegar

### **Soup of the Day**

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


### **Salad of the day**

Fattouch Salad 

Tomato Eggplant & bean 

### **Entrée**

Brisket Barbacoa

(Halal available) 

Breaded Eggplant & red pepper Sauce

Sundried Pesto Pasta

Steamed Vegetable

### **International station**

Coconut Shrimp & Rice 

Coconut Vegetables & Rice

### **Dessert**

Assorted Fresh Fruit

Sugar Donuts

## **Week Two – Friday – 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.

Fresh fruit – sliced cantaloup build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the Day**

Vegan Red Velvet Smoothie

### **Hot line**

Ham & Mushroom Strata

Halal Option Available

Hashbrown Potato

Waffles and syrup,

Chicken Links

Halal option available

Cream of Wheat

Congee with condiments

### **Am Snack**

Assorted Fresh Fruits

Jello

## **Week Two – 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, Oil & Vinegar

### **Soup of the Day**

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

### **Salad of the day**

Green Bean & tomato 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**

Grilled Turkey Burger on Bun

Halal Option Available 


Vegetable Burger on Bun 


French Fries

Steamed Vegetables

### **International Station**

Ground Pork Hunan Rice Bowl

Halal Option Available 

Tofu & vegetable rice bowl 

### **Dessert**

Assorted Fresh fruit

Mini Cupcakes

### **PM Snacks**

Assorted Fresh Fruits

Tostito & Guacamole Kit

## **Week Two – Friday – 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, Oil & Vinegar

### **Soup of the Day**

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

### **Salad of the day**

Tuna Pasta Salad

### **Entrée**

Chili Lime Chicken Fajita



Chicken less Fajita



Spanish Rice

Steamed Vegetables

### **International Station**

Korean Braised Pork Bowl

Halal Option

Korean Tofu Bowl



### **Dessert**

Assorted Fresh Fruit

Red velvet cake

Ice Cream Machine

## **Week Two – 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.

Fresh fruit – strawberries, Greek yogurt, cream cheese, jams and butter portions, choice of sliced breads/bagels and gluten free bread, 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 Two – Saturday – Lunch – 11:30am – 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

Deli Meat platter with Breads & Spreads

### **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, Oil & Vinegar

### **Soup of the Day**

Vegetarian Soup

### **Salad of the day**

Coleslaw Salad 

### **Entrée**




Asado Chicken 


Vegetable Enchilada Casserole 


Nacho

Street Style Corn

### **International Station**

Krispy chicken burger 

Grilled Beef Burger 

Vegetable Burger 

Caesar Salad on Side

**Dessert** - Assorted Fresh fruit, Orange Cream cake

## **Week Two – 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**

Coleslaw Salad 

### **Entrée**

BBQ Spiced Pork Ribs

halal option available

Penne Carbonara 

Cajun fries

Steamed vegetables

### **International Station**

Spaghetti & Meatballs



Garlic Bread

### **Dessert**

Assorted Fresh Fruit

Chocolate Ice cake

Ice Cream machine

## **Week Two – Sunday – Brunch – 10:30am – 12:30pm**

### **Continental breakfast to include -**

Assorted Cereals milk and Chocolate milk, croissants.

Greek yogurt, cream cheese, jams and butter portions, choice 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, Oil & Vinegar

### **Soup of the Day**

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

### **Salad of the day**

Potato Salad

### **Entrée**


Poached Eggs

Scrambled Eggs

Triangle Hashbrown

Turkey Link

Brisket & Mushrooms

Miso Glazed salmon 

Boiled Veg Dumpling 

Noodle & Broth

### **International Station**

Omelet Bar

**Dessert** - Assorted whole Fresh fruit, Cheesecake

## **Week Two – 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, Oil & Vinegar


### **Soup of the Day**


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

### **Salad of the day**

Potato Salad 

### **Entrée**

Jalapeno Fried Chicken 

Mac & Cheese 

Three Cheese Mashed Potato

steamed vegetables

### **International**

Grilled Flank Steak with Chimichurri

Roasted Broccoli

Onion & Garlic Rice

### **Dessert**

Assorted Fresh Fruit

Black Forest Cake

Ice Cream Machine