<u>Week Two – Monday – Breakfast – 7:00am – 8:30am</u>

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 -

Chery 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 17th, 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, von

Moroccan Roasted Potatoes

Steamed Vegetables

International Station

Red Curry Chicken



Cilantro rice



Charred Cauliflower VGN

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

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 VGN

Cucumber Radish Salad տ

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

Moracco Beef



Morocco Cous VGN



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 VGN



Cucumber Radish Salad VGN



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

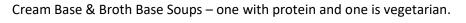
Salad Bar

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



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.

<u>Entrée</u>

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

<u>Week Two – Thursday – Dinner – 5:15pm – 6:45pm</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, 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

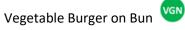
<u>Deli Bar</u>

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>

Grilled Turkey Burger on Bun





French Fries

Steamed Vegetables

International Station

Ground Pork Hunan Rice Bowl





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

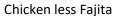
Cream Base & Broth Base Soups – one with protein and one is vegetarian

Salad of the day

Tuna Pasta Salad

Entrée

Chili Lime Chicken Fajita





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

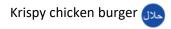
Coleslaw Salad 💎



Entrée



International Station







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

<u>Entrée</u>

Poached Eggs

Scrambled Eggs

Triangle Hashbrown

Turkey Link

Brisket & Mushrooms

Miso Glazed salmon



Boiled Veg Dumpling VGN



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.

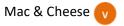
Salad of the day



Entrée

Jalapeno Fried Chicken 🕟





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