

Week Two – Monday – Breakfast – 7:00am – 8:30am

Requested Long Weekend Brunch & Dinner Menu

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~~

~~Broccoli Slaw~~



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

~~Chicken & Spinach & Artichoke Pizza~~

~~Vegetable Artichoke & Spinach Pizza~~

Dessert

~~Assorted Whole Fresh Fruit~~

~~Lemon Tart~~

PM Snacks

~~Assorted Fresh Fruits~~

~~Chewy Bar~~

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

General Tso Shrimp

-Broccolini Stir Fry 

Jasmine rice

steamed vegetables

International Station

-Beef Tacos 

Vegetable tacos

Salsa Sour Cream & Guacamole

Dessert

~~Assorted Fresh whole Fruit and fresh fruit salad~~

~~Triple Tiger Brownie~~

Boarder Snack – Pick up @ 6:30pm with your house Bin – subject to change

~~Mars bar~~

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

Bacon

Halal Option available 

baked bean

Congee with condiments

Hard Boiled Eggs

AM Snack

Assorted Fresh Fruits

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

Beet Spinach & Apple 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

Texas BBQ Chicken - Halal

Plant Base Beef & Aztec Corn

Sweet Potato Fries

Steamed Vegetables

International Station

Beefy Mac & Cheese

Baked Creamy Pasta

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 Cauliflower with Red Pepper Puree 

Rice Pilaf

Steamed Vegetables

International Station

Turkey Schnitzel & Mashed Potato's

Halal Option Available

Charred carrots

Dessert

Assorted Fresh Fruit

Banana Cake

Boarder Snack – Pick up @ 6:30pm with your house Bin – subject to change

Hickory Stick

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

Sausage Patty

Option available

Cream of Oatmeal

Congee with condiments

Hard Boiled Egg

Am Snack

Assorted Fresh Fruits

Brown Butter & Sea Salt Rice Krispy Square

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

Black Berry Peach 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

Roasted Cod



Roasted Eggplant Yam & Quinoa

Garlic Roasted Potatoes

Steamed Vegetables

International Station

Char Sui Pork Loin & Bok Choy Noodle Bowl - Halal

Halal Option Available

Bok Choy & Plant Base Noodle Bowl

Dessert

Assorted Fresh fruit

Pound Cake

PM Snacks

Assorted Fresh Fruits

Tostito & Guacamole

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 

Tomato Cheese Ravioli

Wedge Roasted Potatoes

Steamed vegetables

International Station

Sweet & Sour Fried Pork

Halal Option Available

Sweet & Sour Veg Stir Fry

Dessert

Assorted Fresh Fruit

Churro Fries

Boarder Snack – Pick up @ 6:30pm with your house Bin – subject to change

Chocolate Chip Cookies in Bag

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

Hard Boiled Eggs

AM Snack

Assorted Fresh Fruits

Tea Biscuit

Week Two – Thursday – Lunch – 11:20am – 1pm

Special Carribean Theme 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, 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

~~Beef Pot Pie~~

~~Halal option Available~~



~~Arugula, Green Bean with Couscous~~



~~Garlic Butter Boiled Potatoes~~

~~Steamed Vegetables~~

International Station

~~Chicken & Mushroom Gravy on Rice~~

~~Plant Base Sausage & Mushroom Gravy~~

Dessert

~~Assorted Fresh fruit~~

~~Maple Mania~~

PM Snacks

~~Assorted Fresh Fruits~~

~~Salted Crackers~~

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

Mojo Chicken – Halal

Grilled Zucchini with Feta

Cuba Style Rice

Steamed Vegetable

International station

Beef Pho Noodle

Halal Option Available

Veg Noodle pho

Dessert

Assorted Fresh Fruit

Sugar Donuts

Boarder Snack – Pick up @ 6:30pm with your house Bin – subject to change

Popcorn – Smart pop

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

Hard Boiled Eggs

Am Snack

Assorted Fresh Fruits

Yogurt Tubes

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

Salmon Nicoise Salad – Halal


Japanese Garden 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

BBQ Pulled Pork On Bun


Halal Option Available 

Vegetable Burger on Bun 

Tomato Spinach Rice

Steamed Vegetables

International Station

Fish & Chips with tartar Sauce 

Broccoli in cheese Sauce 

Dessert

Assorted Fresh fruit

Digestive Cookie

PM Snacks

Assorted Fresh Fruits

Digestive cookies

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

Salmon Nicoise

Entrée

Maple Glazed Salmon – Halal

Vegetable Shepards Pie

Steamed Vegetables

International Station

Chicken Shawarma Rice Bowl – Halal

Falafel Rice 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

Fried chicken burger 

Grilled Beef Burger 

Vegetable Sandwich

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

Creamed Spinach 

Cajun Roasted Potatoes

Kale Banzo veg

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

Braised Lamb Chop in Onion gravy

Miso Glazed salmon 

Fried 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

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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

Halal Option Available

Roasted Broccoli

Onion & Garlic Rice

Dessert

Assorted Fresh Fruit

Black Forest Cake

Ice Cream Machine