

Week Three – 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.

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

Smoothie of the Day

Vegan Matcha Smoothie 

Power Performance -

Apple Quina Pancakes 
Allergens: Wheat, dairy

Hot line -

Breakfast Egg & Sausage Croissant

Halal Option Available

Tater Tots Hashbrown

Waffle & Syrup

Turkey Bacon

(Halal Meat option available)

cream of wheat

congee with condiments

Hard Boiled Eggs

AM Snacks

Assorted Fresh Fruits

Mini Muffins

Week Three – 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, Oil & Vinegar

Soup of the Day

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

Salad of the day

Kachumber Salad 

Kimchi Style 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

Huli Hili Chicken Tacos 

Krispy Cauliflower Tacos 


Nacho

steamed Vegetables

Salsa Guacamole & Sour Cream

International

Korean Beef Bibimbap -

Halal Option Available 

Zucchini mushroom & Spinach Bibimbap

Dessert

Assorted Whole Fresh Fruit

Lemon Squares

PM Snack

Assorted Fresh Fruit

Hummus & Cracker Kit

Week Three – 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, Oil & Vinegar

Soup of the Day


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

Salad of the day

Kachumber Salad 

Kimchi Style Slaw 

Entrée

General TSO Shrimp 

Chinese Eggplant with Garlic Sauce 


Jasmin Rice

KaleBenzo vegetables

International Station

Greek Chicken & Potato Bowl 

Balsamic Veg & Potato Bowl 

Garlic Sauce on Side 

Dessert

Assorted Fresh whole Fruit

Banana Cake

Week Three – 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, create your own Greek yogurt parfait cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Blueberry, Mango & Carrot

Power Performance

Chia Pudding Breakfast Bowl

Hot line

Bacon & Egg On Garlic Toast

Halal Option Available

baby pancake potato

French Toast & Syrup

Turkey Sausage

baked beans

Congee with Condiment's

Hard Boiled Eggs

AM Snacks

Assorted Fresh Fruit

Rice Krispy Square

Week Three – 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, Oil & Vinegar

Soup of the Day

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

Salad of the day

Lemon Chickpea 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

Chili Cumin Cod - 

Vegetable Samosa

Basmati Rice

Steamed Vegetables

International Station

Pepperoni Pizza

Halal Option Available

Vegetable lovers' pizza 

Gluten Free Option Available

Dessert

Assorted Whole Fresh fruit

Chocolate Fudge Cake

PM Snack

Assorted Fresh Fruit

Berry Oat Cluster

Week Three – 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

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Soup of the Day


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

Salad of the day

Lemon Chickpea Salad 

Entrée

Grilled Pork Chop & Caramelized Onions

Halal Option Available 

Vegetable Paella 

Boiled Garlic Potato

Steamed Vegetables

International Station

Fried Veal Parmesan & Marinera 

With Spaghetti

Grilled Zucchini & Marinara sauce with Spaghetti

Dessert

Assorted Fresh Fruit

Tres Leche Cake

Week Three – 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, create your own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Morning Glory – Blueberry, banana, flax seed, honey, spirulina, soy milk & Plain yogurt

Power Performance

Congee Breakfast Bowl

Hot line

Vegetable Frittata

Triangle potatoes

Pancake Puffs with Syrup

Pork Sausage Patty

Halal Breakfast meat Option available

Cream of oatmeal

Hard Boiled Eggs

Am Snacks

Assorted Fresh Fruits

Pepper Jack Crisp

Week Three – Wednesday – 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

Roasted Edamame Salad 

Pear & Cranberry 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

Blackened Baked Chicken 


Braised Vegetables & Quinoa


Roasted Potatoes

Aztec Corn

International

Beef Pasta Bake 

Creamy Veg pasta Bake 

Gluten Free & Vegan Option available 

Dessert

Assorted Fresh fruit

Vanilla Cake

PM Snack

Assorted Fresh Fruit

Roasted Seaweed Snack

Week Three – 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

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Soup of the Day

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

Salad of the day

Roasted Edamame Bean Salad 

Pear & Cranberry Salad 

Entrée

Roast Beef & gravy

Halal Option Available 

Grilled Peppers & Zucchini 

Garlic Mashed Potato

Steamed Vegetables

International Station

Baked Salmon – 

Citrus Rice & Glazed Carrots

Dessert

Assorted Fresh Fruit

Orange Citrus

Week Three – Thursday – Breakfast – 7:00am – 8:00am

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, create your own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the day

Green Tea Shake – green tea, grapes spinach banana & honey


Hot line -

Scrambled Egg & Hard-Boiled Eggs

Dice hash brown

Waffle with syrup,

Bacon

halal b/f meat available 

cream of wheat

Congee with Condiments

AM Snacks

Assorted Fresh Fruits

Yogurt Tube

Week Three – 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


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Soup of the Day

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

Salad of the day

Caesar Salad


Sweet & Sour Broccoli 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

Szechwan Pork

Halal Option Available 

Vegetable spring Roll 

Bok Choy & Broccoli Stir Fry 

Jasmin Rice

International

Chicken Pot Pie

Halal Option Available

Mashed Potato & Gravy

Dessert

Assorted Fresh fruit

Sugar Donuts

PM Snack

Assorted Fresh Fruit

Week Three – 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


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Soup of the Day

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


Salad of the day

Okanagan Chicken Salad

Sweet & Sour Broccoli Salad 

Entrée

Dynamite Fire Chicken 


Chaat masala sweet potatoes 


Cilantro Basmati Rice

Steamed vegetables


International Station

BBQ pork wings

Halal Option available 

Mac & Cheese Bake 

sweet corn bread loaf

Halal Option available 

Dessert

Assorted Fresh Fruit

Strawberry short cake

Week Three – Friday – Breakfast – 7:00am – 8:00am

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.


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

Smoothie of the day

Mango fandango – Goji Berry Mango Smoothie

Hot line


Sauage egg & Cheese Breakfast Quesadilla

(halal egg benedict available) 

Baby Pancake Potato

Blueberry pancakes with syrup

Chicken Links

Halal Breakfast Meat Available Daily 

Baked beans

Congee with condiments

Hard Boiled Eggs

AM Snacks

Assorted Fresh Fruits

Jello Snack Pack

Week Three – 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

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Soup of the Day

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

Salad 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

BBQ Meatballs with Red Cabbage – Halal


Chimichurri Cauliflower 


Roast Potato

Steamed vegetables

International Station

Chicken Dumpling

Halal Option available 

Vegetable Dumpling 

Jasmine Rice

Dessert

Assorted Fresh fruit

Chocolate silk Cake

PM Snack

Assorted Fresh Fruit

Tostito & Guacamole Kit

Week Three – 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 and

Oil & Vinegar –

Soup of the Day

vegetarian

Salad of the day

Mediterranean pasta Salad 

Entrée

Chicken Souvlaki Kabob with Tzatziki,

Halal Option Available 

Sautee Button Mushroom & Feta 

Lemon garlic & paprika Potato

Steamed Vegetables

International Station

Smoked Ham Pizza

Cheese Pizza

Halal & gluten Free Available

Dessert

Assorted Fresh Fruit

Sticky toffee Pudding

Week Three – 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, create your own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Upon Request

Cooked Eggs to order – scrambled, Fried, or sunny side up

Week Three – 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

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

Potato Salad

Entrée

Battered Fish & Chip – Halal

Spaghetti Mushroom & Spinach - 

Roasted Vegetable & Feta Bake 

Steamed Vegetables

International Station

Jerk Pork Chop

Halal Option Available 

Coconut Rice

Dessert

Assorted Fresh fruit

Tuxedo cake

Week Three – 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

– vegetarian

Salad of the day

Potato Salad 

Entrée

Tandoori Chicken 

Vegetable Samosa 

Basmati Rice

Steamed Vegetables

International Station

Beef Koftas - 

Roasted Potatoes

Grilled Vegetable with Roasted Potatoes and garlic Sauce

Dessert

Assorted Fresh Fruit

Lemon Cream Cake

Week Three – Sunday – Brunch – 10:30am – 12:30pm

Continental breakfast to include -


Assorted Cereals milk and Chocolate milk, croissants.

create your own Greek yogurt parfait cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Soup of the day –

Vegetarian

Salad

Seven grains 


Entrée


Egg & pork Sausage Muffin sandwich,


(Halal – Breakfast muffin Sandwich Available)

Waffles

Sausage Links

Herbed Baked chicken 

Beef Bolognese Pasta, 

Cheese Cannelloni 

home Fries

Steamed Vegetables

International Station

Omelet station

Dessert

Assorted whole Fresh fruit

Apple Crumble

Week Three – 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

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


Salad of the day

Seven Grain

Entrée

Seasoned Herb Salmon - 


Roasted Carrots & Chickpea 

Garlic mashed Potatoes 

Steamed vegetables

International stations

Shoyu Noodle with Pork Char Siu

Halal Option Available 

Char Sur Veg Noodle 

Dessert

Assorted whole Fresh fruit

Maple Mania