<u>Week Three – Monday – Breakfast – 7:00am – 830am</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, 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 V 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 – Flavor Subject to change

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 տ



Nacho

steamed Vegetables

Salsa Guacamole & Sour Cream

International

Korean Pork Bibimbap -

Halal Option Available 📖



Zucchini mushroom & Spinach Bibimbap

Dessert

Assorted Whole Fresh Fruit

Lemon Squares

PM Snack

Assorted Fresh Fruit

Chewy Bar

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

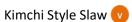
Alternating Dressing from Creamy Caesar, Italian - Fat Free, Balsamic Vinaigrette, Ranch - Fat Free, Thousand Island, Greek Feta Vinaigrette, East Asian sesame vinaigrette, French, Honey Mustard, and Raspberry vinaigrette, Oil & Vinegar

Soup of the Day

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

Salad of the day

Kachumber Salad 🚺



<u>Entrée</u>

Sweet & Sour Shrimp

Chinese Eggplant with Garlic Sauce von

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

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

Kit Kat Chocolate Bar

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

Terra Root Chips

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

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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 🔽



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

Turmeric Pea & Carrot Basmati Rice

Steamed Vegetables

International Station

Pepperoni Pizza

Halal Option Avaible

Vegetable lovers' pizza 💟



Gluten Free Option Available

Dessert

Assorted Whole Fresh fruit

Chocolate Fudge Cake

PM Snack

Assorted Fresh Fruit

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

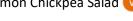
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Soup of the Day

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 Gravy

Halal Option Available

Vegetable Paella



Boiled Garlic Potato

Steamed Vegetables

International Station

Fried Veal Parmesan & Marinera



With Spaghetti

Grilled Zucchini & Marinara sauce with Spaghetti

DessertAssorted Fresh Fruit Tres Leche Cake

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

Lays Chips

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

Brown Butter Sea salt Rice Krispy

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

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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 Salad V



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

D'Trinca Baked Chicken



Medit White Bean & Greens

Garlic Onion Roasted Potatoes

Aztec Corn

International

Beef Pasta Bake



Creamy Veg pasta Bake



Gluten Free & Vegan Option available GF



Dessert

Assorted Fresh fruit

Vanilla Cake

PM Snack

Assorted Fresh Fruit

Tostito & Guacamole Kit

<u>Week Three – Wednesday – Dinner – 5:15pm – 6:45pm</u>

Special - Ballie House Dinner

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

Roasted Edamame Bean Salad 🕡



Pear & Cranberry Salad 🚺



Entrée

Beef Lasagna - Halal

Halal Option Available



Grilled Peppers & Zucchini Von



Garlic Mashed Potato

Steamed Vegetables

International Station



Citrus Rice & Glazed Carrots

Dessert

Assorted Fresh Fruit

Orange Citrus

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

Rice Krispy Sqaure Halal Option Available - pls visit the kitchen to collect your snack

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

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

Broccoli & 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

Teriyaki Pork & Peppers

Halal Option Available 👧



Vegetable Spring Roll V



Bok Choy & Broccoli Stir Fry



Jasmine Rice

International

Chicken Pot Pie

Halal Option Available Mashed Potato & Gravy

Vegetable Quiche

Dessert

Assorted Fresh fruit

Sugar Donuts

PM Snack

Assorted Fresh Fruit

Hummus & Cracker Kit

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

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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 ᇌ



Dessert

Assorted Fresh Fruit

Strawberry short cake

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

Bear Paw Cookies

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 (1)



Baked beans

Congee with condiments

Hard Boiled Eggs

AM Snacks

Assorted Fresh Fruits

Yogurt Tubes

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 🔽



Okanagan 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

BBQ Meatballs with Red Cabbage - Halal

Chimichurri Cauliflower von



Paprika & Garlic Roast Potato

Steamed vegetables

International Station

Chicken Dumpling

Halal Option available



Vegetable Dumpling 🚾



Pea & Carrot Fried Rice

Dessert

Assorted Fresh fruit

Chocolate silk Cake

PM Snack

Assorted Fresh Fruit

Digestive Cookie

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

Hawaiian 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

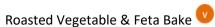
Salad of the day

Potato Salad

<u>Entrée</u>

Battered Fish & Chip - Halal

Spaghetti Mushroom & Spinach - V



Steamed Vegetables

International Station

Jerk Pork Chop

Halal Option Available

Coconut Rice

Roasted Jerk Spiced Veg

Dessert

Assorted Fresh fruit

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 Hot Dog Bar

Halal Option Available

Onion Rings

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 V

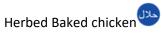
Entrée

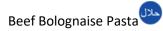
Egg & pork Sausage Muffin sandwich,

(Halal – Breakfast muffin Sandwich Available)

Waffles

Sausage Links









home Fries

Steamed Vegetables

International Staton

Omelet station

Dessert

Assorted whole Fresh fruit

Apple Crumble

<u>Week Three – Sunday – Dinner – 5:00pm – 6:00pm</u>

- 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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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

Garlic & 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