

Week Four – 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, create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the day

Peachy Keene Smoothie

Power Performance

Avocado Chimichurri Toast


Hot line -

Greek Omelet

Tator tots

French toast with syrup

Turkey links

Halal Breakfast Meat Option Available 

cream of wheat

congee with condiments

Hard-Boiled Eggs

Am Snack

Assorted Fresh Whole Fruits

Mini Muffins – flavor subject to change

Week Four – 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 with Crackers on side

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


Salad of the day

Soy Ginger Green Bean Salad 
Mandarin Orange & Spinach 

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

Basil Lemon Chicken 
Sauté Spinach & Vegetable Couscous
Roasted Potatoes
Steamed Vegetables

International

Perogy Bar

With Bacon Green onion and Sour Cream

Dessert,

Assorted Whole Fresh Fruit

Lemon Burst Squares

Pm snacks

Assorted Fresh Whole Fruits

Hummus & Cracker Kits

Week Four – 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


Soy Ginger Green Bean Salad 

Mandarin Orange & Spinach 

Entrée

Roasted Turkey & Gravy

Halal option available

Grilled Zucchini with rst tomato 

Sweet Potato Mash

Kalebenzo Vegetable

International Station

Thai Beef Bowl



With Rice & Pineapple Slaw

Dessert

Assorted Fresh whole Fruit

Tiger Brownie

Week Four – 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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the day

Lots of ingredients! (Kale, Strawberry, blueberry, Greek Yogurt cranberry Juice & Flax Seed)

Power Performance

Mango Chia Overnight Oats


Hot Line


Leek Spinach & Mushroom Frittata

Baby pancake potatoes

Banana Pancakes & Syrup

Grilled breakfast ham

Halal Breakfast Meat Option Available 

Baked beans 

Congee

Hard Boiled Eggs

Am Snack

Whole Fresh Fruits

Rice Krispy Squares

Week Four – 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

Baby kale Cucumber & Pepper 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 –

Red Thai Pork Curry


Halal Option Available 

Eggplant Green Thai Curry 

Jasmine Rice

Steamed Veg

International Station

Beef Fries Supreme 
Fries Supreme
With Diced Tomato, Cheese Sauce & Chives

Dessert

Assorted Whole Fruit
Black Forest Cake

Pm Snack

Berry Oats

Week Four – 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.

Entrée

Grilled Garlic & Pepper Spiced Chicken
Roasted Brussel Sprout & Soy Protein 
Jalapeno Corn Bread 
Steamed Veg

International Station

Beef Burger Bar 
With Caramized Onion & Sautee Mushroom
Veg Burger

Dessert

Fruit
Banana Cake

Week Four – Wednesday – Breakfast - 7:00am – 9am

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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Virgin green Monster – Spinach Soymilk Flax & Banana

Power Performance

Bean Filled Tacos

Hot line

Breakfast sausage & Egg Muffin sandwich

(Halal Option Available) 

hashbrown triangle

Waffles & Raspberry

Bacon

Cream of oatmeal

Congee & Condiments

Hard Boiled Eggs

Am Snacks

Pepper Jack Crisp

Week Four – Wednesday – Lunch – 11:20am – 1:30pm

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

Chinese Lo Maine Noodle Salad 

Turkey Waldorf 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

Cambodian Lemongrass Beef
Halal Option available
Garlic & Hoisin Sautee Green Beans
Jasmine Rice
Steamed Vegetables

International Station

Butter Chicken Spaghetti – halal
Spaghetti & Butter Sauce
Garlic Bread

Dessert - Fresh fruit, Pound Cake

Pm Snack

Assorted Fresh Whole Fruits

Week Four – 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, Oil & Vinegar

Soup of the Day

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

Entrée

Maple Glazed Pork Loin

Marinated Broccoli & Peppers

Roasted Potatoes

Steam vegetables



International Station

Katsu Chopped Chicken



With Steamed rice & Ginger Green beans

Dessert

Assorted Fresh Whole Fruits

Tuxedo Truffle Mousse cake

Week Four – 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, create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the day

Purple Power Smoothie – Berries Carrot Apples Beet Parsley & Orange Juice

Hot line

Poached egg

scrambled eggs,

Tator tots

Pancake puffs & Syrup

Turkey Bacon

Halal breakfast meat option available



Cream of wheat

congee with Condiments

Hard Boiled Eggs

Am Snack

Assorted Fresh Whole Fruits

Yogurt Tubes

Week Four – Thursday – Lunch – 11:20 am – 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

Chickpea chaat Salad



Caesar 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

Fish Burger on Bun – Halal

Veg Burger on Bun

Paprika Potatoes

Mixed Veg

International Station

Pork Souvlaki & Tzatziki

Halal Option Available

Sautee Arugula Zucchini onion & feta

Lemon rice

Dessert - Strawberry Cream Cake, Assorted fresh fruits

Pm snack

Assorted Fresh Whole Fruits

Roasted Seaweed

Week Four – 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.

Entrée –

Sweet & Sour Fried Fish,

Bang Bang roasted Cauliflower

Jasmine Rice,

Lo mein noodle with broth

Halal Option Available



International Station

Roast Beef & gravy

Halal Option Available

Baked Potatoes



Dessert

Assorted Whole Fresh fruit

Vanilla Caramel Cake

Week Four – 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, create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Goji Berry Mango Smoothie

Hot line –

Smoked Salmon eggs Benedict

French Toast & syrup,

Baby Pancake potatoes,

Sausage patty

Halal Breakfast meat option available

Baked beans

Congee with Condiments

Hard Boiled Eggs



Am Snacks

Whole Fruits

Jello

Week Four– 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

Soy Vegetables Salad



Tuna Nishia 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.

Entrees –

Beef Shepards Pie



Orzo & Spinach



Steamed Vegetables

International

Buffalo Ranch Chicken Pizza



Vegetable Lovers Pizza



Gluten free pizza available



Dessert –

Assorted Fresh Whole Fruit
Wild Berry Macaroon

Pm snack

Whole fresh Fruit
Tostito & Guacamole

Week Four – 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.

Entrée

Pesto Cream Chopped Chicken

Baked Parmesan Portobello Mushroom

Egg Noodle

Steamed Veg

**International Station**

Braised Teriyaki Pork & Rice Bowl

Halal Option Available

Teriyaki Vegetable & Rice bowl

Dessert

Fresh Whole Fruits
Chocolate Silk Cake

Week Four – Saturday – Breakfast – 8:30am – 10:30am

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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection 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 Four – Saturday – Lunch – 11:20am – 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, Weekend deli meat platter with breads & Spreads

Soup of the Day

Vegetarian Soup


Salad of the Day


Potato Salad 

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

Entrée –

Seared Chicken with Chimichurri Sauce 


Grilled Vegetables with Chickpea 

Rice Pilaf

Kalebenzo Steamed

International Stations

Shrimp & Broccoli Stir Fry 

Vegetable Egg Roll 

Jasmine rice

Dessert

Chocolate Ice cake

Week Four – 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

Soup of the Day

Cream Base vegetarian


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

Entrée –

Pineapple BBQ Pork

Halal Option Available


Veg and soy protein Stuffed Peppers 

Cheese Cannelloni 

steamed Vegetables

International Station

Beef Noodle Soup 

Vegetable Noodle soup 

Dessert

Fresh fruit

Cheesecake

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

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.
create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection 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

Broth Base Soups – vegetarian

Entrée –

Egg & Sausage Muffin Sandwich

(halal Option Available),

Hard Boiled Eggs,

Pancake Bites,

Turkey Bacon,

Baby pancake hashbrown

Mushroom Chicken



Garlic Butter baked Haddock



Tempura green bean

Rice

Steamed Veg

International Station

Omelet Bar – eggs cooked to order

Dessert

Fresh fruit & Lemon Cream Cake

Week Four – 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

Broth Base Soups 



Entrée –

Honey Glazed Salmon

Chipotle mac & Cheese 


Mashed potato,
Steamed Vegetables

International Station

Tandoori Chicken 
Tandoori Cauliflower 

Dessert

Fresh fruit
Nanaimo Bar