

## **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**

### **Special Menu - Diwali 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 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

VGN

Mandarin Orange & Spinach

VGN

### 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

حلال

Sautee 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 roasted 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 Yellow 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

## **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 Sautée Green Beans & Soy Steak

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 Niche 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