

Week Five – Monday – Breakfast – 7:00am – 8:40am

Continental breakfast to include -

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

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

Smoothie of the Day


Peach Medley

Power Performance

Bacon Leek & Swiss Quiche

Hot line


Ham & Cheese Biscuit

Halal B/F meat Available 

Triangle hashbrown

Blueberry Pancakes

Turkey Bacon

Halal B/F meat Available 

Cream of wheat

Congee with Condiment

Hard Boiled Eggs

AM Snacks

Assorted Fresh Fruits

Mini Muffins - Flavor subject to change

Week Five – 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


Greek Salad 


Garlic Three Bean 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 

Soy Steak Mushroom & Onion with Arugula 

Garlic Mashed Potatoes

Steamed Vegetables 

International Station

Jerk Chicken with Mango Salsa  

Coconut milk Rice & Beans

Jerk Roasted Vegetables

Dessert

Assorted Whole Fresh Fruit

Lemon Tart

PM Snacks

Assorted Fresh Fruit

Hummus & Cracker Kits

Week Five – 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

Greek Salad 

Garlic Three Bean Salad 

Entrée

Grilled Pork Chopp

Roasted Chicken Drumsticks – Halal

Halal Option Available


Fire Roasted Carrots

Rice

Steamed Vegetables

International

Garlic Sauté shrimp 

Pesto pasta 

Garlic Knots

Dessert

Assorted Fresh Fruit

Strawberry Shortcake

Week Five – Tuesday – Breakfast - 7:00am – 8:40am

Continental breakfast to include -


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

Fresh fruit – Sliced honeydew, fresh Berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Orange Ginger

Power Performance

Pineapple Coconut Smoothie Bowl 

Hot line

Everything Omelets

(halal option available)


Tater Tots

French Toast & syrup,

Bacon

Halal B/F meat Available



Baked Beans 

congee with Condiment

Hard Boiled Eggs

AM Snacks

Assorted Fresh Fruit

Rice Krispy Sqaure

Week Five – 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


Chicken & Kalamata Olive Salad

Casaer 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

Harissa Spiced Chicken 

White Quinoa Spinach & Raisins 


Rice

Steamed Vegetable

International Station

Chorizo Mac & Cheese

Halal Option Available 

Mac & Cheese 

Dessert

Assorted Whole Fresh fruit

Chocolate Silk Cake

Pm Snacks

Assorted Whole Fresh fruit

Berry Oat Cluster

Week Five – Tuesday – Dinner – 5:15pm – 6:45 pm

Closed for winter break

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

Pork Tenderloin & Beef Gravy

Halal Option Available 


Lemon Garlic Green Bean 

Roasted Potato

Steamed Vegetables

International

Turkey Pho

Halal Option Available 

Vegetable Pho

Dessert

Assorted Fresh Fruit

Banana Cake

Week Five – Wednesday – Breakfast – 7:00am – 9:00am

Continental Only

Continental breakfast to include -


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

Fresh fruit – Sliced Watermelon, fresh Berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter portions, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day


Total Health Booster

Power Performance

Avocado Power Plant Bowl 

Hot line

Egg and Pork sausage breakfast muffin

(halal option available Upon request) 

Baby Pancakes

Pancake Puffs

Chicken Links,

cream of oatmeal

congee

Hard Boiled Eggs

AM Snacks

Assorted Fresh Fruit

Pepper jack Crisp

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

Hot Lunch Served – Subject to change

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 Quinoa Salad 

Chicken Taco 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

Roasted Cod with Lime Aioli 


Tomato Cheese tortellini 

Garlic Butter Steamed Potatoes,

Steamed Kalebanzo Vegetable 

International Station

Beef French Dip Sandwich & Fries

Halal Option Available 

Grilled Eggplant Warm Sandwich 

Dessert

Assorted Fresh fruit

Pound Cake

PM Snack

Fresh Whole Fruits

Week Five – 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

Beef & Lamb Lasagna



Breaded Eggplant Lasagna

Bruschetta & Crostini

Steamed Vegetables

International

Popcorn chicken



Roasted Vegetables

Garlic mashed potato

Steamed Corn

Teriyaki Meatball Subs



Jalapeno Coleslaw



Dessert

Assorted Fresh Fruit, Eclairs

Week Five – Thursday – Breakfast – 7:00am – 8:40am

Continental breakfast to include –

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

Fresh fruit – Fresh Grapes, fresh berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter portions, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Berried Island Treasure

Hot line –

Roasted Vegetable Frittata

Hard boiled eggs,

triangle hashbrown,

Fresh Toast Waffles & Syrup

Turkey Links

halal b/f meat option available



cream of wheat

congee with condiments

AM SANCKS

Assorted Fresh Fruit

Yogurt Tubes

Week Five — Thursday — Lunch — 11:20 — 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

Caesar Salad

Cheddar Ranch Potato

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

Shanghai Pork & Bok Choy Noodle

Halal Option Available



Broccoli & Green Bean Stir Fry

Steamed Veg

International

Madras Chicken Curry



Tandoori Roasted Vegetables

Basmati Rice

Dessert

Assorted Fresh fruit

Maple Mania Squares

PM Snacks

Assorted Fresh fruit

Roasted Seaweed Snack

Week Five – 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

Cucumber & Sweet Pepper Salad



Chicken Taco Salad

Entrée

Portuguese Piri Piri Chicken



Corn Bread & Kael Migas



Portuguese Tomato Rice

Steamed Veg

International

Teriyaki Meatball Subs- 

Jalapeno Coleslaw- 

Meatless Tender Subs- 

Dessert

Assorted Fresh Fruit

Boston Cream cake

Week Five – Friday – Breakfast – 7:00am – 8:40am

Continental breakfast to include –

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

Fresh fruit — Sliced Cantaloup, fresh berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter portions, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Green Apple Banana

Hot line

Egg & Cheese Croissant sandwich

Baby pancake hash brown,

Chocolate pancakes with syrup,

Frizzled Ham

baked beans,

congee with condiments

Hard Boiled Eggs

AM SNACKS

Assorted Fresh Fruit

Jello

Week Five—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

Cucumber & Sweet Pepper Salad

BLT 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 Tater Tot Casserole



Roasted Peppers & Zucchini & Kale



Mushroom Rice

Kalebenzo Veg



International station

Pepperoni pizza

Vegetarian pizza



Halal & gluten free available



Dessert

Assorted Fresh fruit

Mini Cupcakes

Pm snacks

Assorted Fresh fruit, Tostito & Guacamole

Week Five – Friday – Dinner – 5:00pm – 6:00pm

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, Oil & Vinegar

Soup of the Day

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

Salad of the day

Caesar salad

BLT Salad

Entrée

Brown Sugar & Pear Salmon-



Sautee Ginger & Garlic Bok Choy and Watercress



Jasmine Rice

Steam vegetables

International

Chicken Shawarma & Fries Bowl-



Falafel Bowl

Garlic Sauce

Dessert

Assorted Fresh Fruit

Red Velvet Cake

Week Five – 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 – Fresh Strawberries, fresh berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter portions, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Eggs cooked to order

If the boarder is up and wants some eggs, just ask! From fried eggs, cheese omelet to scrambled

Week Five – 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

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

Korean Style Fried Chicken



Korean Style Veg Stir Fry




Noodle & Broth

Steamed Vegetables



International Station

Beef Quesadilla 

Pepper & Cheese Quesadilla

Sweet Potato Fries & Spicy Mayo

Dessert

Assorted Fresh fruit

Tuxedo Cake

Week Five – Saturday – Dinner – 5:00pm – 6:00pm

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, Oil & Vinegar

Soup of the Day

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

Entrée

Herb Garlic Grilled Lamb Chop 

Sautee broccolini & Quinoa 

Rice Pilaf

Steamed Vegetables

International

BBQ Pork Bao Buns

Halal Option Available 

Pickled Veg Bao Buns

Dessert



Assorted Fresh Fruit

Chocolate Ice Cake

Week Five – 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, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit~~

Soup of the day – Vegetarian Soup

Entrée

~~Breakfast sausage & Egg muffin sandwich,~~

Scrambled Eggs

Tater Tots

Waffles syrup

Peameal bacon

Maple Salmon



BBQ Meatballs



Rice

steamed vegetables

International Station

Omelet Bar

Dessert

Assorted whole Fresh fruit

Cheesecake

Week Five – Sunday – Dinner – 5:00pm – 6:00pm

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, Oil & Vinegar

Soup of the Day

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

Entrée

Hakka chicken 

Steamed Veg Dumpling 

Hakka Fried Rice

Steamed vegetables

Internatioanl

Deluxe Pizza (pepperoni Green Pepper & Mushroom)

Cheese Pizza

Halal & Gluten Free Available 

 GF

Dessert

Assorted Fresh Fruit

Black Forest cake