

Week One – Monday – Breakfast – 7:00am – 9am

Due to last week of school menus are highly subject to change

Continental breakfast to include -

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


Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – Sliced Pineapple, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Smoothies of the Morning

Antioxidant Supreme

Power Performance

Chickpea Hash on Toast 

Hot line -

Egg & Sausage Muffin Sandwich

Triangle hash brown

Waffles & Syrup

Turkey bacon

Cream of oatmeal

Congee with condiments

Halal Breakfast meat available

Hard Boiled Eggs

Am Snack

Fresh Fruit

~~Mini Muffins—flavors subject to change~~

Week One – Monday – Lunch – 11:20am – 1pm

Due to last week of school menus are highly 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 and Oil & Vinegar

Salads of the day

Quinoa Arugula Cucumber Salad 


Greek Tomato Salad 

Soup of the Day - Cream Base & Broth Base Soups – one with protein and one is vegetarian.

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


Dry garlic & pepper Chicken 

Vegetable Quiche 

Herbed roasted Potatoes
steamed Vegetables

International Station

Beef Bibimbap

Halal Option Available 

Vegetable Bibimbap 

Pickled Cucumber Salad

Dessert - Assorted Whole Fresh Fruit, Orange Cake

PM Snacks

Fresh Whole Fruits

Yogurt Tubes

Week one – Monday – Dinner – 5pm to 6pm

Due to last week of school menus are highly 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 and Oil & Vinegar

Soup of the Day


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

Salad of the day


Quinoa arugula and cucumber Salad 

Greek Tomato Salad 

Entrée

House Shrimp and Chicken Stir Fry 

Vegetable & Egg Fried Rice 

Veggie Spring Roll 


Steamed Veg

International

Prosciutto & Basil flat Bread Pizza

Halal Option Available 

Extra Cheese flat bread Pizza 

Gluten Free Pizza available Upon request 

Dessert

Assorted Whole Fresh Fruit Tres Leche cake

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

Popcorn

Week one – Tuesday – Breakfast - 7:00am – 9am

Due to last week of school menus are highly subject to change

Continental breakfast to include;

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

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – Sliced Honeydew, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Smoothies of the Morning

Banana Smoothie

Power Performance

Smashed Avocado & Portobello Mushroom Biscuit

Hot line

3 Cheese Omelet 

Baby pancake hash brown

French Toast & Syrup

Bacon

Baked beans 

Congee with condiments

Halal breakfast meat Available 

Hard boiled Eggs

AM Snacks

Fresh Whole Fruits

Apple Slices in bag

Week one – Tuesday – Lunch – 11:20am – 1pm

Due to last week of school menus are highly 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 and Oil & Vinegar

Soup of the Day

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

Salad of the day


Lemon herb Couscous 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

Teriyaki Beef 

Bok Choy & Bean Stir Fry 

Lo Maine Noodle

Steamed Vegetables 

International Station

Fish Nugget

Plant Base Tenders

Tartar Sauce

Pasta Station

Pasta with Alfredo & Tomato Sauce

Dessert

Assorted Whole Fresh fruit, Black Forest cake

PM Snacks

Assorted Whole Fresh fruit & Salted Crackers

Week one – Tuesday – Dinner – 5pm – 6pm

Due to last week of school menus are highly 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 and Oil & Vinegar –

Soup of the Day

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

Salad of the day

Lemon Herb Couscous 

Cob Salad

Entrée -

Veal Parmesan with Tomato Sauce

Butter Spaghetti

Grilled Zucchini & Fresh Basil

Steamed Vegetables

International Station

Caribbean Jerk Pork Bowls

Halal Option Available

Creole Veg & Seet Potato Fries Bowl

Dessert

Assorted Fresh Fruit

Butter tart

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

Kitkat

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

Due to last week of school menus are highly subject to change

Continental breakfast to include -

Assorted Cereals 2% Milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – Sliced watermelon, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Smoothies of the Morning

Peach Cranberry Strawberry & Orange Juice

Power Performance

Carrot Raisin Chia Oat 

Hot line

Scrambled Eggs & Fried Egg 


Tator tots,

Pancake Puffs & Syrup

Sausage Patty

cream of wheat

congee with condiments -

Halal Breakfast meat available 

Hard boiled Eggs

Am Snack

Fresh Fruit

Digestive Cookies

Week one – Wednesday – Lunch 11:10am – 1pm

Due to last week of school menus are highly 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 and Oil & Vinegar

Soup of the Day

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

Salads of the day

Cob salad


Apple 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 Lasagna

Halal Option Available
Roasted Vegetable Chickpea & Quinoa
Herbed Steamed Potatoes 
Herbed Steamed Potatoes

International Station

Chicken Burgers 
Vegetable Burger 
Fries

Dessert

Assorted Whole Fresh fruit, Strawberry Dream Cake

PM Snack

Assorted Whole Fresh fruit

Week one – Wednesday – Dinner – 5pm – 6pm

Due to last week of school menus are highly 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 and

Oil & Vinegar –

Soup of the Day

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

Salad of the day

Tomato & cucumber Salad 

Entrée

Roasted Turkey & Gravy

Halal Option Available



Grilled Zucchini with Fresh Basil



Onion & Celery Stuffing

Steamed Vegetables

International station -

Bulgogi Beef Bowl



Bulgogi Vegetable Bowls



Pickled Slaw

Dessert

Nanaimo Bar

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

Brownie

Week one – Thursday – Breakfast 7:00am – 9am

Due to last week of school menus are highly subject to change

Continental breakfast to include

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

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – bunches of grapes, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Smoothies of the Morning

Strawberry & Watermelon

Hot line -

Egg & Cheese Sausage Wrap

Halal Option available


Baby Pancake Hashbrown

Waffles & Syrup

Turkey Link

Baked Beans 

Congee with Condiments -

halal breakfast meat available 

Hard boiled Eggs

AM Snacks

Fresh Whole Fruits

Chewy Bar

Week one – Thursday – Lunch – 11:20am – 1pm

Leaving Class 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 and Oil & Vinegar—

Soup of the Day

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

Salads of the day

Coleslaw 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

Honey Garlic Fried Pork

Garlic & Soy Steamed Broccoli

Jasmine Rice

Steamed Vegetable

Halal Option Available



Pasta Station

~~Pasta with Alfredo & Tomato Sauce~~

International Station

~~Chicken Nacho Bar – Halal~~

~~Refried Bean & Cheese Sauce~~

~~Salsa Guacamole, Sour Cream~~

Dessert

~~Assorted Whole Fresh fruit, Raspberry Tart~~

PM Snack

~~Assorted Whole Fresh fruit~~

~~Chocolate Chip Cookie in Bag~~

Week one – Thursday – Dinner 5pm to 6pm

TBC

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

Mediterranean Pasta Salad 

Three Bean Salad 

Entrée

Cajun Lighting Chicken -


Roasted Brussel Sprout & Parmesan

Mushroom Rice & Quinoa Pilaf

Steamed Veg

International Station

Bacon Grilled Cheese Grilled Cheese with Lays Chips

Halal option available 

Grilled Cheese 

Lays Chips

Dessert

Assorted Fresh Fruit, Strawberry Short cake

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

Dorito Chips

Week One – Friday – Breakfast – 7:00am – 8:30am

Closing Day Ceramony

Continental breakfast only

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

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit — sliced cantaloup, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

Smoothies of the Morning

Kale-mango-pineapple Smoothie

Hot line

Creamy pesto & bacon-egg benedict

halal option available

Diced Potato

pancake puffs

Chicken-Sausage

baked beans 

congee with condiments

Halal Breakfast meat available 

Hard-boiled Eggs

AM Snacks

Whole Fresh Fruits

Sea-salt Rice Krispy Snack

Week One — 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 and Oil & Vinegar—

Soup of the Day

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

Salad of the day

Broccoli & Cranberry Salad

Pasta 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

Butter Chicken & Naan



Vegetarian Samosa



Basmati Rice

Steamed Vegetables

International Station

Meatballs & Gravy—Halal

Mashed Potato

Meatless Sausage & Mashed Potato

Dessert Assorted Fresh fruit, Lemon Macaroon

PM Snacks

Assorted Fresh fruit

Tostito & Guacamole

Week One — Friday — Dinner — 5:30pm — 6:30pm

Themed evening menu created by boarders, or

Community Weekend Special Requested Menu

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

Caesar Salad

Tomato & cucumber Salad 

Entrée

Traditional Roast Beef & Gravy


 Halal Option available

 Cheese tortellini in Rose Sauce

Roasted Yams

Roasted Asparagus

International

Shrimp Poke Bowl 
Vegetable Poke Bowl

Spicy mayo

Dessert Assorted Fresh Fruit, Chocolate Chip Cookies and Soft serve Ice Cream

Week One — Saturday — Breakfast — 8:30am — 10:00am
Community weekend hot breakfast Available — special requested menu

Continental breakfast to include—

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

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit — strawberries, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, 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 one — Saturday — Lunch — 11:45am — 1:00pm

Community weekend — special requested menu

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 Soup

Salad of the day — Seven grain Salad

Entrée

Orange Stir Fry Chicken 


Garlic & Ginger Sautee Veggies 

Jasmine Rice

Steamed Vegetables

International Station 

Fried Shrimp Tacos

Fried Tofu Taco 

Dessert

Assorted Fresh fruit, Boston Cream Cake, and ice Cream Machine

Week one — 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 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 Salad~~ 

Entrée

~~Chipotle Mango Chicken—Halal~~

~~Roasted Cauliflower~~ 

~~Scalloped Potatoes~~

~~steamed vegetable~~

International stations

~~Beef Philly Pub Bowl~~

~~Halal Option Available~~

~~Vegetable Philly Pub Bowl~~

Dessert

~~Assorted Fresh Fruit, Apple Crumble, and Ice Cream Machine~~

Week one — Sunday — Brunch — 10:30am — 12:30pm

Continental breakfast to include—

~~Assorted Cereals milk and Chocolate milk, croissants.~~

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Greek yogurt, 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 and Oil & Vinegar

Soup of the Day—Vegetarian soup

Salad of the day

Potato Salad 

Entrée


Egg & cheese Muffin Sandwich 

Waffles,

Diced home Fries,

Peameal bacon

Sundried Pesto Roast Chicken 

Roasted Cod 

Mushroom thyme cheddar Quiche 

International

Omelet Bar

(Ham, Pepper, Green Onions, Tomato and Cheese)

Dessert Assorted whole Fresh fruit, Red Velvet Cake, and ice Cream Machine

Week one—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—Vegetarian Soup

Salad of the day—Chickpea Salad

Entrée

~~Grilled Chicken with Chicken Gravy~~

Creamy Cannelloni

Halal Option Available

Roasted Potatoes 

Charred Carrots

International Station

~~Pork Bibimbap with Fried Egg~~

~~Vegetable Bibimbaps with Egg~~

Dessert—

~~Assorted Fresh Fruit, Cinnamon Sugar Funnel Fries, and Ice Cream Machine~~