

Week One – Monday – Breakfast – 7:00am – 840am

Continental breakfast to include -

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

Coffee & Tea with 10% Cream, lactose milk, soy, 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

Pineapple Smoothie Bowl 

Hot line -

Three Cheese Omelet

Triangle hash brown

French Toast & Syrup

Turkey Bacon

Cream of oatmeal

Congee with condiments

Halal Breakfast meat available

Hard Boiled Eggs

Am Snack

Fresh Fruit

Mini Muffins

Week One – 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 and Oil & Vinegar

Salads of the day

Latin Chipotle Quinoa 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

Green Goddess Chicken 

Végétales Quiche 

Herbed roasted Potatoes
steamed Vegetables

International Station

Pork Bibimbap

Halal Option Available 

Vegetable Bibimbap 

Pickled Cucumber Salad

Dessert - Assorted Whole Fresh Fruit, Raspberry Tart

PM Snacks

Fresh Whole Fruits

Digestive Cookies

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

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

Lentil Chipotle Quinoa Salad

Greek Tomato Salad

Entrée

Roasted Chicken Leg & Gravy

Halal Option Available

Roasted Broccoli Florets & cheese Sauce

Onion & Celery Stuffing 

Steamed Vegetables

International

Beef Ramen Bowl 

Bok Choy & Egg Ramen Bowl

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

Apple Slices & Pretzels

Week one – Tuesday – Breakfast - 7:00am – 840am

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

Bacon & Egg on Garlic Toast

Baby pancake hash brown

Banana Pancakes & Syrup

Frizzled Ham

Baked beans 

Congee with condiments

Halal breakfast meat Available 

Hard boiled Eggs

Pasta Station

Alfredo Pasta

Tomato Pasta

AM Snacks

Fresh Whole Fruits

Bear paw

Week one – 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 and Oil & Vinegar

Soup of the Day

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

Salad of the day

Israeli 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

Red Thai Beef



Bok Choy & Bean Stir Fry



Lo Maine Noodle

Steamed Vegetables



International Station

Pollack Wings - halal

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

Week one – Tuesday – Dinner – 515pm – 645pm

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

Isreali Couscous



Cob Salad

Entrée -

Veal Parmesan with Tomato Sauce - halal

Butter Spaghetti

Grilled Zucchini & Fresh Basil

Steamed Vegetables

International Station

Mediterranean Grilled Pork Loin

Halal Option Available

Greek Roasted Potatoes

Dessert

Assorted Fresh Fruit

Butter tart

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

Veggie Chips

Chocolate Protein Milk

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

Continental breakfast to include -

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

Coffee & Tea with 10% 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

Five Grain Breakfast Bowl 

Hot line

Margarita Frittata

Scrambled Eggs

Tator tots,

Waffles, whipped cream, syrups and sauces

Sausage Patty

cream of wheat

congee with condiments -

Halal Breakfast meat available 

Hard boiled Eggs

Am Snack

Fresh Fruit

Salted Crackers

Week one – Wednesday – Lunch 11:10am – 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.

Salads of the day

Cob salad

Moroccan Orzo 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 Cauliflower Quinoa Bruschetta

Herbed Steamed Potatoes 

Herbed Steamed Carrots

International Station

Chicken Burgers



Vegetable Burger



Fries

Dessert

Assorted Whole Fresh fruit, Strawberry Dream Cake

PM Snack

Assorted Whole Fresh fruit & Tostito & Guac

Week one – Wednesday – Dinner – 515pm – 645pm

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 A green circular icon with the letters "VGN" written in white.

Moroccan Orzo Salad

Entrée

Dijon Crusted Salmon – Halal

Roasted Brussel Sprout & Parmesan

Mushroom Rice & Quinoa Pilaf

Steamed Veg

International station -

Traditional Roast Beef & gravy

Halal Option Available

Mini Yorkshire Pudding

Lentil chili and baked Potato

Sour Cream, Green Onion, and Cheese

Dessert

Nanaimo Bar

Boarder Snack – Pick up @ 6:45pm with your house Bin

Mini Muffins

Week one – 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.

Coffee & Tea with 10% 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 -

Ham & Swiss Omelet

Halal Option available

Baby Pancake Hashbrown

Pancake Bites& Syrup

Turkey Link

Baked Beans 

Congee with Condiments -

halal breakfast meat available 

Hard boiled Eggs

AM Snacks

Fresh Whole Fruits

Made Good Bar

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

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

Taco Slaw



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 Option Available

Refried Bean & Cheese Sauce

Salsa Guacamole, Sour Cream

Dessert

Assorted Whole Fresh fruit, Raspberry Tart

PM Snack Assorted Whole Fresh fruit, Hummus Kit & Cracker

Week one – Thursday – Dinner 515pm to 645pm

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 

Taco Slaw

Entrée

House Shrimp and Chicken Stir Fry 

Vegetable & Egg Fried Rice 

Veggie Spring Roll 

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 –

Cheese & Crackers & Plain Pringles

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

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

Nano yogurt tube

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

Kale Quinoa 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

Chocolate Chip Cookies

Week One – Friday – Dinner – 5pm to 6pm

Themed evening menu created 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

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

Salad of the day

Caesar Salad

Kale Quinoa Salad



Entrée

Traditional Roast Turkey & Gravy

Halal Option available

Cheese tortellini in Rose Sauce

Roasted Yams

Roasted Asparagus

International

Tuna Poke Bowl

Vegetable Poke Bowl

Spicy mayo

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

Week One – Saturday – Breakfast – 8am – 10:00am

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

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

Sesame 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

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

BBQ Pork Ribs

Halal Option Available

Creamy Cannelloni

Halal Option Available

Roasted Potatoes 

Charred Carrots

International Station

Chicken Katsu – Halal

Jasmine Rice

Napa & Tofu Stir Fry

Dessert -

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

*Please note that all menus & snacks are subject to change

If you have an allergy, please ask any kitchen staff member to assist you

Snacks at break that contain an allergy please ask kitchen staff for an allergy free snack