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

Brunch form 1030am to 1230pm – special menu requested

~~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~~ v

~~Hot line~~

~~Egg and Cheese Biscuit~~
~~Triangle hash brown~~
~~French Toast & Syrup~~
~~Turkey Bacon~~acon
~~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 VGN

Greek Tomato Salad V

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

Beef Shepards Pie – Halal
Galric Butter Greenbwean and Beyond Beef
Steamed Vegetables

International Station
Chorizo Chop Suey
Halal Option Available حلال
Vegetable Chop Suey V
Jasmine Rice

Dessert - Assorted Whole Fresh Fruit, Sugar Donuts

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

BBQ Grilled Chicken Leg – Halal

Roasted Peppers and Chickpea

Garlic Roast Potatoes V

Steamed Vegetables

International

Cambodian Lemongrass Beef Bowl GF

Halal Option Available

Tofu and Bok choy Bowl

Pickled Cucumber & carrot

Dessert

Assorted Whole Fresh Fruit Tres Leche cake

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

~~Tangerine and Otis cookies~~

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

Breakfast Casserole

Hot line

Egg and cheese Bagel

Hash brown

Banana Pancakes & Syrup

Grilled Breakfast Ham

Baked Beans VGN

Congee with condiments

Halal breakfast meat Available حلال

Hard boiled Eggs

AM Snacks

Fresh Whole Fruits

Nutri grain Bar

Week one – Tuesday – Lunch – 11:20am – 110pm

Mental Wellbeing Week – Special food items requested

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 Slaw v

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

Chicken Budha

Pulled Seasoned Chicken – halal

Sautee Spinach Mushroom & Chickpea

Diced Yams

Quinoa & Rice

Maple Dijon Dressing

~~Greek Chicken & Pita~~

~~Sautee Spinach Mushroom & Chickpea~~

~~Garlic & Herb Steamed Potatoes~~

~~Steamed Vegetables~~ v

International Station

Perogy Bar

Bacon, Cheddar, green onion and Sour Cream

~~Korean BBQ Pulled Pork and RIce Bowl~~

~~Halal Option – Korean Pulled Chicken~~

~~Korean Tofu & Green Bean Bowl~~

Pasta Station

Pasta with Alfredo

Tomato Sauce

Gluten Free Pasta Option Available

Dessert

Assorted Whole Fresh fruit, Chocolate Ice Cake

PM Snacks

Tea Cookies

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

Mental Wellbeing Week – Special food items requested

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

~~Broccoli Slaw~~ V

~~Cob Salad~~

Entrée -

Chicken Tender حلال

Meatless Tender

Curly Fries

Steamed Vegetables

~~House Shrimp and Chicken Stir Fry~~ حلال

~~Vegetable & Egg Fried Rice~~ V

~~Veggie Spring Roll~~ VGN

~~Steamed Veg~~

International Station

Chipotle Mango Salmon – Halal

Roasted Chipotle Mango Cauliflower

Couscous Vegetable Pilaf

Feta Vinaigrette on Side

Dessert

Assorted Fresh Fruit

Ice Cream Machine

~~Butter Tart~~

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

Two Bite Brownie & Apple Slices

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

Caprese Baked Eggs

Hot line

Fried Egg and Cheese Muffin

Tator tots,

Waffles, whipped cream, syrups and sauces

Bacon

cream of wheat

congee with condiments -

Halal Breakfast meat available

Hard boiled Eggs

Am Snack

Fresh Fruit

Digestive Cookie

Week one – Wednesday – Lunch 11:10am – 130pm

Mental Wellbeing Week – Special food items requested

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

Fattoush Salad VGN

Deli Bar

Strawberry & Banana Smoothie

~~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

Chicken Burger – Halal

Vegetable Burger

Fries

Steamed Carrots

~~Beef Lasagna~~
~~Halal Option Available~~
~~Roasted Cauliflower Quinoa Bruschetta~~
~~Herbed Steamed Carrots~~

International Station

Spicy Chorizo Chop Suey

Halal – Lamb Chop Suey

Vegetable Chop Suey

Jasmine Rice

Dessert

Churros

Assorted Whole Fresh fruit, ~~Strawberry Dream Cake~~

PM Snack

Assorted Whole Fresh fruit & Tuna & cracker Kit

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

Mental Wellbeing Week – Special food items requested

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

Cob & Salad

Fattoush Salad

Entrée

Traditional Roast Beef & Gravy

Halal Option Available - Chicken Thighs & Gravy

Mini Yorkshire Pudding

Bean & Beyond Chili

Baked Potatoes

Steamed Vegetable

International station

Chicken Budha Bowl

Vegetable Budha Bowl

~~Fried Shrimp Poke Bowl – Halal~~

~~Fried Tofu Poke Bowl~~

~~Kewpie Mayo~~

Dessert

~~Nanaimo Bar~~

Chocolate Fondue with Fresh Fruit and Marshmallow

Boarder Snack – Pick up @ 6:45pm with your house Bin
Cheese Portion and Popcorn

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

Banana Pear Oat Milk

Hot line -

Sausage & Egg Croissant

Halal Option available

triangle Hashbrown

Pancake Bites & Syrup

Turkey Sausage

Baked Beans VGN

Congee with Condiments -

halal breakfast meat available حلال

Hard boiled Eggs

~~A~~M Snacks

Fresh Whole Fruits

Made Good Bar

Week one – Thursday – Lunch - 11:20am – 110p

Mental Wellbeing Week – Special food items requested

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

Peach & Black Berry (v)

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

Baked Honey garlic – halal

Tofu Vegetable Stir Fry

Jasmine Rice

Steamed Vegetables

~~All Beef Hot Dog~~

~~Halal Option – chicken Hot dogs~~

~~Grilled Veggie Hot Dog~~

~~Steamed Vegetable~~

~~Halal Option Available~~ (حلال)

Pasta Station

Pasta with Alfredo

Tomato Sauce

Gluten Free Pasta

International Station

Taco Beef Nacho Bar – Halal

Halal Option Available - Beef Nacho

Corn & Bean Chili Nacho

Salsa, Guacamole, Sour Cream

Dessert

Assorted Whole Fresh fruit, Raspberry Tart

PM Snack

Assorted Whole Fresh fruit, Rice Kripsy Treat

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 v

Taco Slaw

Entrée

Veal Parmesan with Tomato Sauce - halal

Butter Spaghetti

Grilled Zucchini & Fresh Basil - vegan

Steamed Vegetables

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 –

Veggies & Dip and Mars Bar

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 Egg Benedick

Diced Potato

Pancake & Syrup

Chicken Sausage

Halal Breakfast meat available

Cream of Oatmeal

congee with condiments

Hard boiled Eggs

AM Snacks

Whole Fresh Fruits

Apple Slice

Week One – Friday – Lunch – 11:20am – 110pm

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 Cheddar Salad

Greek 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

Spicy Mushroom & Spinach Curry

Basmati Rice

International Station

Szechwan Pork Noodle
Halal – Szechwan Chicken
Szechwan Broccoli & Tofu Noodle

Dessert

Assorted Fresh fruit, Chocolate Cupcake

PM Snacks

Apple slices

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

Spicy Tuna Pasta

Greek Salad

Entrée

Glazed Smoked Ham

Halal Option available - Maple Glazed Chicken

Cheese tortellini in Rose Sauce

Roasted Yams

Roasted Asparagus

International

Chicken Shawarma Poutine Bowl

Falfel Pouitne Bowl

Garlic Sauce on side

Dessert Assorted Fresh Fruit, Strawberry Angle Cake 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 Stir Fry

Garlic Sautee Tofu Veggies

Stir Fried Noodle

Steamed Vegetables

International Station

Prawn Pakora

Tofu Pakora

Jamsine RIce

Dessert

Assorted Fresh fruit, Sticky Toffee pudding, 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 v

Entrée

Cumin & Salsa Chicken – Halal

Roasted Cauliflower Steak and with Bean Salsa

Nachos

steamed vegetable

Salsa, Guacamole, Sour Cream

International stations

Beef Philly Bowl

Halal – Beef Philly Bowl

Sweet Peppers, Onions and Beyond Meat Bowl

Dessert

Assorted Fresh Fruit, Strawberry Shot cake 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 v

Entrée

Flat Top Scrambled Eggs v

Waffles

Diced home Fries

Peameal bacon

Sundried Pesto Roast Chicken حلال

Roasted Cod حلال

Mushroom thyme cheddar Quiche v

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

Potato Salad

Entrée

BBQ Pork Ribs

Halal Option Available - Beef Tater Tot Casserole

Creamy Cannelloni

Halal Option Available

Roasted Potatoes v

Corn on the Cob

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