# Week Two - 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, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### Smoothie of the Day -

Avocado Banana smoothie

### Power Performance -

**Pineapple Coconut Yogurt** 

### Hot line -

Hard Boiled Eggs & Fried Eggs

Hashbrown Triangle

Pancakes puffs with icing sugar & syrup

Turkey Bacon

Halal Option Available,

Cream of wheat

Congee with Condiments

### Am Snack

Assorted Fresh Fruits

Mini Muffins - flavors are subject to change

# Week Two - 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

# Soup of the Day

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

# Salad of the day

Beet Spinach Apple Salad

Broccoli Slaw



# 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**

Kung Pao Pork loin

Halal Option Available

Sautee Edamame Bean & Vegetables

Jasmine Rice

**Steamed Vegetables** 

# **International Station**

Chicken & Spinach & Artichoke Pizza

Vegetable Artichoke & Spinach Pizza

### Dessert

Assorted Whole Fresh Fruit

Lemon Tart

### **PM Snacks**

**Assorted Fresh Fruits** 

**Hummus & Cracker Kit** 

# Week Two - 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 and

Oil & Vinegar –

### Soup of the Day

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

# Salad of the day

Beet Spinach & Apple

Cucumber & Edamame Bean Salad 💎



#### Entrée

General Fried Tso Shrimp

**Broccolini Stir Fry** 



Jasmine rice

steamed vegetables

### **International Station**

**Beef Tacos** 



Vegetable tacos

Salsa Sour Cream & Guacamole

### Dessert

Assorted Fresh whole Fruit and fresh fruit salad

**Triple Tiger Brownie** 

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

Chewy Bar

# Week Two - 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, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

## **Smoothie of the Day**

Avocado Banana Smoothie

### **Power Performance -**

**Bacon Egg & Cheese Croissant** 

### Hot line

Vegan Sausage & Veg Frittata

Baby pancake Hashbrown

Waffles with syrup

Bacon

Halal Option available ,



baked bean

Congee with condiments

Hard Boiled Eggs

# **AM Snack**

**Assorted Fresh Fruits** 

**Rice Krispy Squares** 

### **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

Beet Spinach & Apple 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

Texas BBQ Chicken - Halal

Plant Base Beef & Aztec Corn

**Sweet Potato Fries** 

**Steamed Vegetables** 

### **International Station**

Beefy Mac & Cheese - halal

**Baked Creamy Pasta** 

### Dessert

Assorted Whole Fresh fruit

Silk Cake

### **PM Snacks**

Assorted Fresh Fruits

# Week Two - 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.

### Salad of the day

**Antipasto Salad** 

### Entrée

Lemon Garlic Roast Pork

halal option available



Roasted Cauliflower with Red Pepper Puree



Rice Pilaf

**Steamed Vegetables** 

### **International Station**

Turkey Schnitzel & Mashed Potato's



Charred carrots

#### Dessert

Assorted Fresh Fruit

Banana Cake

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

Cheetos

# <u>Week Two – Wednesday – Breakfast - 7:00am – 8:30am</u>

# Continental breakfast to include -

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

Fresh fruit – Sliced watermelon, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

# **Smoothie of the Day**

Tropical fruit smoothie

### **Power Performance -**

Farmers Market Breakfast Bowl

### **Hot line**

3 cheese Omelets

halal Option available

**Tater Tots** 

French Toast & Syrup

Sausage Patty

Option available

Cream of Oatmeal

Congee with condiments

Hard Boiled Egg

## **Am Snack**

**Assorted Fresh Fruits** 

Digestive cookies

# Week Two - Wednesday - Lunch - 11:20am - 130pm

### **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

Black Berry Peach Salad



Cucumber Radish Salad VGN



### **Power Performance**

Smoothie of the Day

# 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

**Roasted Cod** 



Vegetable Quiche

Veg Stock & Herb Rice

**Steamed Vegetables** 

# **International Station**

Char Sui Pork Loin & Bok Choy Noodle Bowl - Halal

Halal Option Available



Bok Choy & Plant Base Noodle Bowl

**Dessert** Assorted Fresh fruit, Pound Cake

### **PM Snacks**

Assorted Fresh Fruits

Sea salt Rice Krispy Square

# Week Two - 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 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 & Pepper Salad VGN



Cucumber Radish Salad VGN



### Entrée

Grilled Beef Burger



Tomato Cheese Ravioli

Wedge Roasted Potatoes

Steamed vegetables

### **International Station**

Sweet & Sour Fried chicken



Sweet & Sour Veg Stir Fry

Jasmine Rice

#### Dessert

Assorted Fresh Fruit

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

Chocolate Chip Cookies in Bag

# Week Two - 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, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

# **Smoothie of the Day**

Avocado Banana Smoothie

### Hot line -

Bacon & Cheese Muffin Sandwich

Diced home Fries

Banana pancake

**Turkey Links** 

Halal Option Available

Cream of Wheat

Baked Bean

Congee with condiments

Hard Boiled Eggs

### **AM Snack**

**Assorted Fresh Fruits** 

Made Good Bar

# Week Two – Thursday – 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

Japanese garden Salad

**Fattouch 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 Pot Pie** 

Halal option Available



Arugula, Green Bean with Couscous



**Garlic Butter Boiled Potatoes** 

**Steamed Vegetables** 

### **International Station**

Chicken Mushroom Gravy on Rice

Plant Base Sausage & Mushroom Gravy

### **Dessert**

Assorted Fresh fruit

### **PM Snacks**

Assorted Fresh Fruits

# <u>Week Two – Thursday – Dinner – 5pm – 6pm</u>

### 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

Fattouch Salad 🕡

Tomato Eggplant & bean 💎



# **Entrée**

Mojo Chicken – Halal

Grilled Zucchini with Feta

Cuba Style Rice

Steamed Vegetable

### International station

Beef Pho Noodle

Halal Option Available

Veg Noodle pho

### **Dessert**

Assorted Fresh Fruit

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

Popcorn - Smart pop

# Week Two - 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 build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

# **Smoothie of the Day**

Vegan Red Velvet Smoothie

### **Hot line**

Ham & Mushroom Strata

Halal Option Available

Hashbrown Potato

Waffles and syrup,

Chicken Links

Halal option available

Cream of Wheat

Congee with condiments

Hard Boiled Eggs

### **Am Snack**

**Assorted Fresh Fruits** 

Jello

# Week Two - 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

Salmon Nicoise Salad - Halal

Japanese Garden 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.

### <u>Entrée</u>

**BBQ Pulled Pork On Bun** 



Vegetable Burger on Bun



Southern Style Rice

**Steamed Vegetables** 

### **International Station**

Fish & Chips with tartar Sauce



Broccoli in cheese Sauce



PM Snacks - Assorted Fresh Fruits, Tostito Guacamole Dip

# Week Two - 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

Salmon Nicoise

### **Entrée**

Honey Glazed Salmon –

Vegetable Shepards Pie

**Steamed Vegetables** 

## **International Station**

Chicken Shawarma Rice Bowl –



Falafel Rice Bowl

### **Dessert**

Assorted Fresh Fruit

Red velvet cake

Ice Cream Machine

# <u>Week Two – Saturday – Breakfast – 8:30am – 10:00am</u>

# Continental breakfast to include -

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

Fresh fruit – strawberries, Greek yogurt, cream cheese, jams and butter portions, choice 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 Two – Saturday – Lunch – 11:30am – 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

Deli Meat platter with Breads & Spreads

# **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

Vegetarian Soup

### Salad of the day

Coleslaw Salad 🕡

### Entrée

Chicken Fajita 👧





Nacho

Street Style Corn

# **International Station**

Fried chicken burger 🕟



Grilled Beef Burger



Vegetable Sandwich

Caesar Salad on Side

**Dessert** - Assorted Fresh fruit, Orange Cream cake

# Week Two - 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

### **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

Coleslaw Salad 🕡

## **Entrée**

**BBQ Spiced Pork Ribs** 

halal option available

**Creamed Spinach** 



Cajun Roasted Potatoes

Kale Banzo veg

## **International Station**

Spaghetti & Meatballs



Garlic Bread

## Dessert

Chocolate Ice cake

Ice Cream machine

# Week Two - 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, choice 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

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

# Salad of the day

Potato Salad

### **Entrée**

Poached Eggs

Scrambled Eggs

Triangle Hashbrown

**Turkey Link** 

Braised Soy Chicken in Onion gravy



Miso Glazed salmon 🕟



Fried Veg Dumpling VGN



Noodle & Broth

### **International Station**

# Week Two - 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, Oil & Vinegar

## Soup of the Day

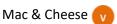
Cream Base & Broth Base Soups – one with protein and one is vegetarian.

### Salad of the day



#### Entrée

Jalapeno Fried Chicken 👧



Three Cheese Mashed Potato

Steamed vegetables

### <u>International</u>

Grilled Flank Steak with Chimichurri

Halal Option Available

Roasted Broccoli

Onion & Garlic Rice

## Dessert

Assorted Fresh Fruit

Black Forest Cake

Ice Cream Machine