Week Two – 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, 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 -

Cherry Berry Smoothie

Power Performance -

Pineapple Coconut Yogurt

Hot line -

Chorizo Scrambled Eggs

Halal Option Available

Hashbrown Triangle

Pancakes puffs with icing sugar & syrup

Turkey Sausage

Halal Option Available

Cream of wheat

Congee with Condiments

Hard Boiled Eggs

Am Snack

Assorted Fresh Fruits

Mini Muffins - flavors are subject to change

Week Two – Monday – Lunch 11:20am – 1:10pm

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

Teriyaki Meatballs – 

Teriyaki Broccoli & Tofu – Vegan

Jasmine RIce

Steamed Vegetables

International Station

Perogy with Bacon Green Onion and Cheddar on Side

Dessert

Assorted Whole Fresh Fruit

Lemon Tart

PM Snacks

Assorted Fresh Fruits

Hummus 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

Japanese Garden Salad

Entrée

Chicken Parmesan 

Vegan butter Spaghetti

Grilled Zucchini Peppers & Plant Base

Garlic Bread

steamed vegetables

International Station

Beef Pho Noodle Soup

Halal Option – Shrimp Noodle soup

Bok Choy & Plant Base Noodle soup

Bean Sprout/lime Thia basil/hoisin on Side

Dessert

Assorted Fresh whole Fruit and fresh fruit salad

Maple Mania

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

Apple Sliced chocolate Shake

Tangerine & Banana

Week Two – Tuesday – Breakfast – 7:00am – 845am

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

Wow! What a Juice

Power Performance -

Farmers Market Breakfast Bowl

Hot line

Egg and Cheese Biscuit

Baby Pancake Hashbrown

French Toast with syrup

Sausage Links

Halal Option available

baked bean

Congee with condiments

Hard Boiled Eggs

AM Snack

Assorted Fresh Fruits

Nutri grain Bar

Week Two – Tuesday – 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, Oil & Vinegar

Soup of the Day

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

Salad of the day

Caesar salad

Creamy Dilled Potato 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

Chicken Souvlaki & Tzatziki

Halal Option Available – Greek Chicken Breast and Tzatziki

Falafel – Vegan & Pita Bites

Greek Lemon Paprika Potatoes

Steamed Vegetables

International Station

Beefy Egg Noodle - 

Egg Noodle & Cheese

Gluten Free Mac & Cheese

Gluten Free Beef Mac & Cheese

Dessert

Assorted Whole Fresh fruit

Banana Cake

PM Snacks

Tea Cookie

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

Cramy Dilled Potato Salad

Entrée

Dijon & Herb Brisket

Halal Option – Dijon & Herb Grilled Chicken

Grilled Eggplant with Chimichurri & Edamame

Corn Meal Muffins

Garlic Mashed Potato

Steamed Vegetables

International Station

Pesto Salmon

Sautee Pesto Button Mushroom & chickpea

Seasoned Rice

Dessert

Assorted Fresh Fruit

Angle Strawberry Cake

Boarder Snack – Pick up @ 6:30pm with your house Bin – subject to change
Lays Salt & Vinegar Chips and two bite brownies

Week Two – Wednesday – Breakfast - 7:00am – 9am

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 -

Mango Chia Pudding Bowl

Hot line

Poached Egg

Tater Tots

Buttermilk Pancake & Syrup

Bacon

Halal Option available

Cream of Oatmeal

Congee with condiments

Hard Boiled Egg

Am Snack

Assorted Fresh Fruits

Digestive Cookie

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 VGN

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
Beef Fajita

Halal – Braised veal Fajita حلال
Beyond meat with Peppers and Onions Fajita
Mexi Rice

Guacamole, salsa and Sour Cream

International Station

Seasoned Baked Chicken & Gravy حلال

Arugula & Green Bean with Quinoa - Vegan

Dessert Assorted Fresh fruit, Pound Cake

PM Snacks

Assorted Fresh Fruits

Tuna Kit

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

Black Berry Peach Salad VGN

Broccoli Slaw

Entrée

Chipotle Mango Grilled Pork Loin & Gravy

Halal Option Chipotle Mango Salmon حلال

Vegetarian Bolognaise

Butter Pasta

Steamed Vegetables

International Station

General TSO Fried chicken حلال

General Tofu & Veg Stir Fry

Jasmine Rice

Dessert

Assorted Fresh Fruit

Churro Fries

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

Mini Muffins
Twix Bar

Week Two – 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 – 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 -

Egg and Cheese Wrap

Diced home Fries

Jam Filled Crepe Rolls with Syrup

Sausage Patty

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 – 110pm

USA Thanksgiving 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, Oil & Vinegar

~~**Soup of the Day**~~

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

~~**Salad of the day**~~

~~Roasted Corn, Jalapeno & Feta~~

~~Ceasar 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**~~

~~All Beef Hot Dog on Bun~~

~~Beetballs & Peppers on Bun~~

~~Sweet Potato Fries~~

~~Steamed Vegetables~~

~~Pasta Station~~

~~Pasta with Tomato sauce~~

~~Pasta with Alfredo~~

~~Gluten Free Pasta Available~~

~~International Station~~

~~Chicken Budha Bowl~~

~~Sauté Peppers and Edamame bean Bowl~~

~~Krispy noodles & Italian Dressing on Side~~

~~Dessert~~

~~Assorted Fresh fruit~~

~~Vanilla Cupcake~~

~~PM Snacks~~

~~Rice Krispy~~

Week Two – 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, Oil & Vinegar

Soup of the Day

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

Salad of the day

V Roasted Corn with Feta & Jalapeno

Entrée

Sir Loin Beef & gravy

Halal Option - Veal Cutlet and Gravy

Boiled Perogy with Sour Cream

Garlic Mashed Potatoes

Steamed vegetables

International station

Grilled Chicken Shish Tawook

Roasted Tomato & chickpea

Lebanese Rice

Dessert

Assorted Fresh Fruit

Lemon Cream Cake

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

Cheese Portion & Crackers
Plain Pringles

Week Two – 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, 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 & Swiss Omelet

Halal Option Available

Hashbrown Potato

Waffles, Whipped Cream and Syrup

Chicken Links

Halal option available

Cream of Wheat

Congee with condiments

Hard Boiled Eggs

Am Snack

Assorted Fresh Fruits

Arrow Root Cookies

Week Two – 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, Oil & Vinegar

Soup of the Day

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

Salad of the day

Fattoush Salad

Roasted Edamame 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

Creamy Chicken Stroganoff حلال

Creamy Mushroom & Spinach pasta

Garlic Mashed Potatoes

Steamed Vegetables

International Station

Mexi Chorizo Pizza

Halal – Mexi Beef Pizza

Mexi Vegie Lovers Pizza

Halal & Gluten Free Available

Dessert

Assorted Fresh fruit, Pound cake

PM Snacks -

Apple Slices

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

Fattoush Salad

Entrée

Battered Fish & Tarter 

Vegan Plant Base Shepards Pie

Fries

Steamed Vegetables

International Station

Korean BBQ Pork & Fried Rice Bowl

Halal- Korean BBQ Chicken

Napa Slaw

Dessert

Assorted Fresh Fruit

Red velvet cake

Ice Cream Machine

Week Two – 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.

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 scramble.

Week Two – Saturday – 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

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

Cream Base or Broth Base soup of the day

Salad of the day

Coleslaw Salad v

Entrée

Fried Crispy Chicken Burger – Halal

Grilled Veg Sandwich v

Onion Rings

Street Style Corn on the Cob

International Station

Tuna Poke Bowl حلال

Halal Option available

Tofu & Edamame Poke Bowl

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

Carry over soup

Salad of the day

Chickpea Salad v

Entrée

Beef Lasagna حلال

Beyond Beef & Vegetable Pasta Bake

Balsamic Roasted Broccoli & Bruschetta

Garlic Knots

Steamed Vegetables

International Station

Chicken Quesadilla 

Grilled Vegetable & Cheese Quesadilla

Guacamole, Sour Cream & Salsa

Dessert

Assorted Fresh Fruit

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 or Broth Base soup of the day

Salad of the day

Potato Salad

Entrée

Poached Eggs

Hard Boiled Eggs

Triangle Hashbrown

Turkey Link

Sweet and Sour Chicken

Miso Glazed Salmon

Fried Veg Dumpling

Noodle & Broth

International Station

Omelet Bar

Dessert

- Assorted whole Fresh fruit, Cheesecake

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 or Broth Base soup of the day

Salad of the day

Potato Salad

Entrée

Jerk Chicken

Caribbean Mac & Cheese

Coconut Rice & Beans

Steamed vegetables

International

Grilled Flank Steak with Chimichurri

Halal Option Available – Grilled Haddock & Chimichurri

Roasted Broccoli – Vegan

Grilled Tofu Steak & Red Pepper – Vegan

Dessert

Assorted Fresh Fruit

Black Forest Cake

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 have an allergy please ask kitchen staff for an allergy free snack