


## Week Three – Monday – Breakfast – 7:00am – 830am

### Continental breakfast to include -


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

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

### Smoothie of the Day

Vegan Matcha Smoothie 

### Power Performance–

Apple Quina Pancakes 

Allergens: Wheat, dairy

### Hot line -

Breakfast Egg & Sausage Croissant

Halal Option Available

Tater Tots Hashbrown

Waffle & Syrup

Turkey Bacon

(Halal Meat option available)

cream of wheat

congee with condiments

Hard Boiled Eggs

### AM Snacks

Assorted Fresh Fruits

Mini Muffins – Flavor Subject to change

## **Week Three – 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, Oil & Vinegar

### **Soup of the Day**

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

### **Salad of the day**

Lemon Chickpea 


Kimchi Style 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**

Huli Hili Chicken 

Chimichurri Cauliflower 

Nacho

steamed Vegetables

Salsa Guacamole & Sour Cream

### **International**

Meatballs & Gravy over Rice 

Vegan Sausage & Gravy over Rice

### **Dessert**

Assorted Whole Fresh Fruit

Lemon Squares

### **PM Snack**

Assorted Fresh Fruit, Hummus Cracker Kits

## Week Three – 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, Oil & Vinegar

### Soup of the Day

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

### Salad of the day

Lemon Chickpea 

Kimchi Style Slaw 

### Entrée

Honey Garlic Sautee Shrimp 


Sautee Broccolini with Garlic Sauce 


Jasmin Rice

Kale Benzo vegetables

### International Station

Beef Gyro & Potato Bowl 

Balsamic Veg & Potato Bowl 

Garlic Sauce on Side 

### Dessert

Assorted Fresh whole Fruit

Banana Cake

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

Mars Bar

Halal Option Available - pls visit the kitchen to collect your snack

## **Week Three – 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, create your own Greek yogurt parfait cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the Day**

Mixed Berry Pop

### **Power Performance**

~~Chia Pudding Breakfast Bowl~~

### **Hot line**

Bacon & Egg On Garlic Toast

Halal Option Available

Baby pancake potato

French Toast & Syrup

Turkey Sausage

baked beans

Congee with Condiment's

Hard Boiled Eggs

### **AM Snacks**

Assorted Fresh Fruit

Rice Krispy Square

## **Week Three – 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, Oil & Vinegar

### **Soup of the Day**

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

### **Salad of the day**

Kachumber 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**

Chili Cumin Cod with Fresh Mint



Vegetable Samosa

Garlic Cumin & Paprika Potatoes

Steamed Vegetables

### **International Station**

Chorizo Mac and Cheese

Mac & Cheese

### **Dessert**

Assorted Whole Fresh fruit

Chocolate Fudge Cake

### **PM Snack**

Assorted Fresh Fruit

Tea Biscuit

## **Week Three – 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

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### **Soup of the Day**

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

### **Salad of the day**

Kachumber Salad



### **Entrée**

Pork Tenderloin & Caramelized Onions Gravy

Tomato & Feta Tart

Halal Option Available



Vegetable Paella



Steamed Vegetables

### **International Station**

Roasted Turkey & Gravy

Sweet Potato and mini white potato Mash

Carrot Vichy

### **Dessert**

Assorted Fresh Fruit

Tres Leche Cake

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

Bear Paw Cookie

## **Week Three – 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, create your own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the Day**

**Morning Glory** – Blueberry, banana, flax seed, honey, spirulina, soy milk & Plain yogurt

### **Hot line**

Vegetable Frittata

Triangle Potatoes

Pancake Puffs with Syrup

Bacon

Halal Breakfast meat Option available

Cream of oatmeal

Hard Boiled Eggs

### **Am Snacks**

Assorted Fresh Fruits

Digestive Cookie

## **Week Three – Wednesday – 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**

Roasted Corn & BBQ Chicken Salad

Pear & Cranberry 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**

Grilled Beef Burger 

Vegetable Burger

Fries

Steamed Vegetable

### **International**

Chicken Budha Bowl 

Roasted Yam Budha Bowl

### **Dessert**

Assorted Fresh fruit

Vanilla Cake

### **PM Snack**

Assorted Fresh Fruit

Sea salt rice Krispy



## **Week Three – 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

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### **Soup of the Day**

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


### **Salad of the day**

Roasted Corn & BBQ Chicken

Pear & Cranberry Salad 

### **Entrée**

Beef Lasagna – Halal

Halal Option Available 

Grilled Peppers & Eggplant 

Garlic Bread

Steamed Vegetables

### **International Station**

Baked Salmon – 

Citrus Rice & Green Beans

### **Dessert**

Assorted Fresh Fruit

Orange Citrus

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

Arrow Root Cookies

## **Week Three – Thursday – Breakfast – 7:00am – 8:00am**

### **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, create your own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the day**

**Green Tea Shake** – green tea, grapes spinach banana & honey


### **Hot line -**

Scrambled Egg & Hard-Boiled Eggs

Dice hash brown

Waffle with syrup,

Sausage Patty

halal b/f meat available 

cream of wheat

Congee with Condiments

### **AM Snacks**

Chewy Bar

Made Good Bar

## **Week Three – 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**

Caesar Salad

Broccoli & Cranberry 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 Fried Pork & Peppers

Halal Option Available 

Bok Choy & Tofu Stir Fry 

Jasmine Rice

Steamed Vegetables

### **International**

Chicken Pot Pie, Mashed Potato & Gravy

Halal Option Available

Vegetable Quiche

### **Pasta Bar**

Pasta with Tomato Sauce, Pasta with Alfredo Sauce

**Dessert** - Assorted Fresh fruit, Sugar Donuts

**PM Snack** -

Assorted Fresh Fruit

## **Week Three – Thursday – 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**

Okanagan Chicken Salad

Sweet & Sour Broccoli Salad 

### **Entrée**

Chicken Souvlaki Kabob with Tzatziki,

Halal Option Available 


Sautee Button Mushroom & Feta 

Lemon garlic & paprika Potato

Steamed Vegetables


### **International Station**

BBQ Pork Wings

Halal Option available 

Meatless Wings

Sweet Corn Bread Loaf

Halal Option available 

### **Dessert**

Assorted Fresh Fruit, Strawberry short cake

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

Lays Chips

## **Week Three – Friday – Breakfast – 7:00am – 8:00am**

### **Continental breakfast to include -**

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


Fresh fruit – sliced cantaloup create your own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the day**

Upper Energy

### **Hot line**


Sauage egg & Cheese Breakfast Quesadilla

(halal egg benedict available) 

Baby Pancake Potato

Blueberry pancakes with syrup

Chicken Links

Halal Breakfast Meat Available Daily 

Baked beans

Congee with condiments

Hard Boiled Eggs

### **AM Snacks**

Assorted Fresh Fruits

Jello

## **Week Three – 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**

Mediterranean Pasta Salad 

Okanagan Chicken 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**

D'Trinca Baked Chicken 


Medit White Bean & Greens


Garlic Onion & Parsly Roasted Potatoes

Aztec Corn

### **International Station**

Pork Steamed Dumpling

Halal Option available 

Vegetable Steamed  Dumpling

Pea & Carrot Fried Rice

### **Dessert**

Assorted Fresh fruit

Chocolate silk Cake

### **PM Snack**

Assorted Fresh Fruit, Tostito & Guacamole

## **Week Three – Friday – 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

### **Salad of the day**

Mediterranean pasta Salad 

Okanagan Chicken Salad

### **Entrée**

Dynamite Fire Chicken 

Chaat Masala Sweet Potatoes 

Cilantro Basmati Rice

Steamed vegetables

### **International Station**

Meat Lovers Pizza

Cheese Pizza

Halal & gluten Free Available

### **Dessert**

Assorted Fresh Fruit

Sticky toffee Pudding

Ice Cream Machine

## **Week Three – Saturday – Breakfast – 8:30am – 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, create your own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Upon Request

Cooked Eggs to order – scrambled, Fried, or sunny side up

## **Week Three – 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

### **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** - Potato Salad

### **Entrée**

Fried Sriracha Fish & Tarter 

Vegetable Quiche

Garlic Butter & Paprika Potatoes

Steamed Vegetables

### **International Station**

Lemongrass Pork with sweet fish sauce

Rice

Pickled Cucumbers

### **Dessert -**

Assorted Fresh fruit,



Tuxedo cake

Ice Cream Machine

## **Week Three – 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**

– vegetarian

### **Salad of the day**

Potato Salad 

### **Entrée**

Tandoori Chicken 

Vegetable Samosa 

Basmati Rice

Steamed Vegetables

### **International Station**

Beef Koftas with Garlic Sauce & Roasted Potatoes

Grilled Vegetables with Potato & garlic Sauce

### **Dessert**

Assorted Fresh Fruit

Lemon Cream Cake

Ice Cream Machine

## **Week Three – Sunday – Brunch – 10:30am – 12:30pm**

### **Continental breakfast to include -**


Assorted Cereals milk and Chocolate milk, croissants.

create your own Greek yogurt parfait cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Soup of the day –**

Vegetarian

### **Salad**

Seven grains 


### **Entrée**

Egg & pork Sausage Muffin sandwich,

(Halal – Breakfast muffin Sandwich Available)

Waffles

Sausage Links

Herbed Baked chicken 

Beef Bolognese Pasta 

Cheese Cannelloni 

home Fries

Steamed Vegetables

### **International Staton**

Omelet station

### **Dessert**

Assorted whole Fresh fruit

Apple Crumble

Ice Cream Machine

## **Week Three – 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**

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

### **Salad of the day**

Seven Grain

### **Entrée**

Garlic & Herb Salmon - 

Roasted Carrots & Chickpea 

Garlic Mashed Potatoes 

Steamed vegetables

### **International stations**

Miso Pork Noodle Soup

Halal Option Available 

Miso Tofu & Green Onion Soup 

### **Dessert**

Assorted whole Fresh fruit

Maple Mania

Ice Cream Machine