<u>Week Three – Monday – Breakfast – 7:00am – 830am</u>

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 V 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 VGN



Nacho

steamed Vegetables

Salsa Guacamole & Sour Cream

<u>International</u>

Meatballs & Gravy over Rice



Vegan Sausaage & 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 von



Jasmin Rice

KaleBenzo vegetables

International Station

Beef Gyro & Potato Bowl



Balsamic Veg & Potato Bowl



Garlic Sauce on Side \P



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

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

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



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

<u>Week Three – Wednesday – Breakfast – 7:00am –9am</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, 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

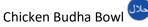
Grilled Beef Burger



Fries

Steamed Vegetable

International



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

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

Pear & Cranberry Salad V

Entrée

Beef Lasagna – Halal

Halal Option Available



Grilled Peppers & Eggplant von



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

<u>Week Three – Thursday – Breakfast – 7:00am – 8:00am</u>

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 -

<u>Week Three – Thursday – Dinner – 5:15pm – 6:45pm</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

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

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

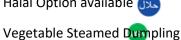
Garlic Onion & Parsly Roasted Potatoes

Aztec Corn

International Station

Pork Steamed Dumpling

Halal Option available 👧



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 V



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,

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

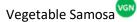
vegetarian

Salad of the day



Entrée

Tandoori Chicken



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

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

<u>Salad</u>

Seven grains •

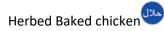
Entrée

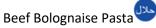
Egg & pork Sausage Muffin sandwich,

(Halal – Breakfast muffin Sandwich Available)

Waffles

Sausage Links







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

<u>Entrée</u>

Garlic & Herb Salmon -



Roasted Carrots & Chickpea [©]



Garlic Mashed Potatoes



Steamed vegetables

International stations

Miso Pork Noodle Soup



Miso Tofu & Green Onion Soup



Dessert

Assorted whole Fresh fruit

Maple Mania

Ice Cream Machine