

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

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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

Diwali Lunch – Special Menu

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

~~Chipotle Mango 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

Dressings

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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

Halal Option Available



Tomato & Feta Tart

Vegetable Paella



Steamed Vegetables

International Station

Roasted Turkey & Gravy

Halal Option Available



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 – 130pm

Caribbean Lunch – Special Menu

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

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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 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

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 

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

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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

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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 & Parsley 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 with Cilantro Sauce 

Végétale Samossa with Plum sauce 

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 & Cheese Muffin sandwich,

(Halal – Breakfast muffin Sandwich Available)

Waffles

Sausage Links

Baked chicken & gravy 

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

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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 with lemon Aioli - 

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

*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