

## **Week Four – 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, create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the day**

Peachy Keene Smoothie

### **Power Performance**

Avocado Chimichurri Toast

### **Hot line -**

Greek Omelet

Tator tots

French toast with syrup

Turkey bacon

Halal Breakfast Meat Option Available 

cream of wheat

congee with condiments

Hard-Boiled Eggs

### **Am Snack**

Assorted Fresh Whole Fruits

Mini Muffins – flavor subject to change

## **Week Four – Monday – Lunch – 11:20am – 1pm**

### **Hispanic Lunch Request – 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 with Crackers on side**

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

**Salad of the day**

~~Greek Salad-~~

~~Mandarin Orange & Spinach~~

**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**

~~Red Thai Curry Pork Loin & Sprout~~

~~Halal Option Available-~~

~~Carrot & Pepper & Tofu Curry Noodle-~~

~~Jasmine Rice-~~

~~Steamed Vegetables-~~

**International-**

**Perogy Bar**

~~Green onion, Cheddar and Sour Cream~~

**Dessert,**

~~Assorted Whole Fresh Fruit-~~

~~Lemon Butter milk squares~~

**Pm snacks**

~~Assorted Fresh Whole Fruits~~

~~Hummus & Cracker Kit~~

## **Week Four – Monday – Dinner – 5pm – 6pm**

### **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**

Soy Ginger Green Bean Salad  
Mandarin Orange & Spinach

### **Entrée**

Garlic & Pepper Spice Chicken   
Rose Ravioli  
Jalapeno Corn bread  
Steamed Vegetables

### **International Station**

Braised Beef Stew   
Vegan Mushroom Stew  
Mashed Potatoes

### **Dessert**

Assorted Fresh whole Fruit  
Tiger Brownie

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

Vanilla Cupcakes

## **Week Four – 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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the day**

Lots of ingredients! (Kale, Strawberry, blueberry, Greek Yogurt cranberry Juice & Flax Seed)

### **Power Performance**

Mango Chia Overnight Oats

### **Hot Line**

Spinach & Mushroom Frittata

Baby pancake potatoes

Banana Pancakes & Syrup

Bacon



Halal Breakfast Meat Option Available

Baked beans



Congee

Hard Boiled Eggs

### **Am Snack**

Whole Fresh Fruits

Rice Krispy Square

## **Week Four – 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**

Baby kale Cucumber & Pepper 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 –**

Chicken Salsa Verde –



Sautee Spinach Mushroom Chickpea

Carrot & Pea Rice

Steamed Vegetables

### **International Station**

Beef Fries Supreme



Fries Supreme

With Diced Tomato, Cheese Sauce & Chives

### **Severy 2 deli Area**

Pasta with tomato & Alfredo

### **Dessert**

Assorted Whole Fruit

Black Forest Cake

### **Pm Snack**

Assorted Fresh Fruits

## **Week Four – 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.

### **Entrée**

Chicken Shepards Pie  
Halal Option  
Roasted Brussel Sprout  
Rice Pilaf  
Steamed Veg

### **International Station**

Pork Pipombop  
Halal Option Available  
Bok Choy & Shitake Shanghai Pipombop

**Dessert** Fruit  
Banana Cake

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

Mini Brownie

## **Week Four – 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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the Day**

**Virgin green Monster** – Spinach Soymilk Flax & Banana

### **Power Performance**

Bean Filled Tacos with Pico De Galo

### **Hot line**



Breakfast sausage & Egg Muffin sandwich (Halal Option Available)  
hashbrown triangle  
Waffles & Raspberry  
Turkey Links  
Cream of oatmeal  
Congee & Condiments  
Hard Boiled Eggs

### **Am Snacks**

## Week Four – Wednesday – Lunch – 11:20am – 1:30pm

### October Fest Lunch – Special Menu Request

**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

Chinese Lo Maine Noodle Salad -   
Turkey Waldorf 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

Cod Fish Taco & Mango Salsa -   
Arugula Zucchini & Bean  
Tomato & Paprika Rice  
Steamed Vegetables

#### International Station

Chicken Schnitzel & Gravy  
Halal Option Available -   
Braised Red Cabbage

~~**Dessert** – Fresh fruit, Pound Cake~~

#### Pm Snack

Assorted Fresh Whole Fruits  
Tostito & Guacamole

## **Week Four – 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.

### **Entrée**

Chicken Ball with Sweet and Sour on side  
Halal Option Available  
Vegetables Spring Rolls  
Jasmine Rice  
Steamed Vegetables

### **International Station**

Grilled Beef Burger Bar   
With Caramelized Onion & Bacon  
Grilled Vegetable sandwich

### **Dessert**

Assorted Fresh Whole Fruits  
Tuxedo Truffle Mousse cake

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

Twix Bar

## **Week Four – 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, create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the day**

**Purple Power Smoothie** – Berries Carrot Apples Beet Parsley & Orange Juice

### **Hot line**

Poached egg

scrambled eggs,

Tator tots



Pancake puffs

Sausage Patty

Halal breakfast meat option available

Cream of wheat

congee with Condiments

Hard Boiled Eggs

### **Am Snack**

Assorted Fresh Whole Fruits

Made Good Bar

## **Week Four – Thursday – Lunch – 11:20 am – 1pm**

### **Salad Bar**

Daily choice of Mixed Greens, Diced Cucumbers, Diced Tomatoes, Diced Mixed Peppers, Broccoli or Cauliflower Florets,

### **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**

Chickpea chaat Salad  
Caesar 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**

Pork Souvlaki Tzatziki  
Halal Option Available  
Green Bean & Feta  
Garlic Butter Steamed Potato  
Steamed Vegetables

### **International Station**

Butter Chicken & Rice   
Butter Chickpea & Spinach  
Naan Bread

### **Pasta Bar**

Pasta with Tomato & Alferdo

**Dessert** - Strawberry Cream Cake, Assorted fresh fruits

### **Pm snack**

Sea salt rice Krispy

## **Week Four – 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.

**Entrée –**

Herb Roast Beef

Halal Option available

Broccoli & Quinoa Casserole

Creamy Garlic Mashed Potato

Steamed Vegetables

**International Station**

Miso Salmon



Bang Bang Cauliflower

Cilantro Rice

**Dessert**

Assorted Whole Fresh fruit

Vanilla Caramel Cake

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

Pringles in Cup

**Week Four – 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, create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

**Smoothie of the Day**

Goji Berry Mango Smoothie

**Hot line –**

Peameal Bacon & Egg Benedict

French Toast & syrup,



Baby Pancake

potatoes,

Chicken Sausage

Halal Breakfast meat option available

Baked beans   
Congee with Condiments  
Hard Boiled Eggs

**Am Snack**

Assorted Fresh Whole Fruits  
Jello

## **Week Four– 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**

Black berry & peach  
Tuna pasta 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.

### **Entrees –**



Beef Shepards Pie

Orzo& Spinach



Steamed Vegetables

### **International**

BBQ Chicken Pizza



Vegetable Lovers Pizza



Gluten free pizza available



### **Dessert –**

Assorted Fresh Whole Fruit  
Wild Berry Macaroon

### **Pm snack**

Whole fresh Fruit

Tea Biscuit

## **Week Four – 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, Oil & Vinegar

### **Soup of the Day**

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

### **Entrée**

Cajun Chicken 

Baked Parmesan Portobello Mushroom 

Baker potato with cheddar broccoli & Sour Cream on side  
Steamed Veg

### **International Station**

Pork Tenderloin with Mushroom Gravy

Halal Option Available 

Marinated Broccoli & Peppers 

Rice Pilaf

### **Dessert**

Fresh Whole Fruits

Chocolate Silk cake

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

Pringles in cup

## **Week Four – Saturday – Breakfast – 8:30am – 10:30am**

### **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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection 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 Four – Saturday – Lunch – 11:20am – 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, Weekend deli meat platter with breads & Spreads

### **Soup of the Day**

Vegetarian Soup

### **Salad of the Day**

Potato Salad 

### **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

### **Entrée –**



Seared Chicken with Chimichurri Sauce

Grilled Vegetables with Chickpea 

Rice Pilaf

Kale benzo Steamed

### **International Stations**

Corn Dogs

Halal option available

Fried Potato Chippers

### **Dessert**

Chocolate Ice cake

## **Week Four – 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

### **Soup of the Day**

Cream Base vegetarian

### **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

### **Entrée –**

Grilled Pork & Gravy

Halal Option Available

Quinoa & Vegetable Stuffed Peppers



Fresh Herb & Garlic Potatoes

steamed Vegetables

### **International Station**

Beef Bulgogi Fajita



Veggie Bulgogi Fajita

Spicy Mayo on Side

### **Dessert**

Fresh fruit

Cheesecake

Themed event menu suggested by boarders or

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

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

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.  
create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection 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**

Broth Base Soups – vegetarian

### **Entrée –**

Egg & Sausage Muffin Sandwich

Hard Boiled Eggs,

Pancake Bites,

Turkey Bacon

Baby pancake hashbrown

Garlic Butter baked Haddock 

Breaded Veal Parmesan 

Muffin Tin Quiche

Rice

Steamed Veg

### **International Station**

Omelet Bar – eggs cooked to order

### **Dessert**

Fresh fruit & Lemon Cream Cake

## **Week Four – 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**

Broth Base Soups



### **Entrée –**

Korean BBQ chicken



Veggie Spring Roll

Jasmine Rice

Steamed Veg

### **International Station**

Alfredo Shrimppasta Bowl



Herb & Oil Roasted

Veg Pasta Bowl

Garlic Knot

### **Dessert**

Fresh fruit

Nanaimo Bar

\*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























