

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

Congee Breakfast bowl

Hot line -

Breakfast bagel ham, egg & cheese

Halal Option bagel cheese & Egg

Tator tot hash brown

French toast with syrup

Turkey Sausage

Halal Breakfast Meat Option Available 

cream of wheat

Am Snack

Whole Fresh Fruits

Mini Muffins

Hard-Boiled Eggs

Assorted Fresh Whole Fruits

Mini Muffins – flavor subject to change

Week Four – Monday – 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 with Crackers on side

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

Salad of the day

Greek Salad

Ginger Green 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

Beef Corn Dog

Halal Option – Chicken Corn Dog

Broccoli & Cheese Sauce

Broccoli & Vegan Cheese

Steamed Vegetables

International

Pulled Pork Perogy Bowl

Plant Base & Perogy

Bowl

Green onion, Cheddar and Sour Cream

Dessert

Assorted Whole Fresh Fruit

Lemon Tart

Pm snacks

Assorted Fresh Whole Fruits

Hummus & Cracker Kit

Week Four – Monday – Dinner – 515pm – 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

Soy Ginger Green Bean Salad
Mandarin Orange & Spinach

Entrée

Roast Beef & gravy
Halal Option - Veal Stew 
Rice Pilaf
Vegan Mushroom, Zucchini & bean
Steamed Vegetables

International Station

Dynamite Chicken – 
Tempura Cauliflower - Vegan
Jasmine Rice

Dessert

Assorted Fresh whole Fruit
Tiramisu Cake

Boarder Snack – Pick up @ 6:30pm with your house Bin – subject to change wk1

Week Four – Tuesday – 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 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

Classic Eggs en cocotte

Hot Line

Bacon egg & Cheese Croissant

Diced Home potatoes

Pancakes Puffs & Syrup

Turkey Bacon

Halal Breakfast Meat Option Available



Baked beans



Congee with
condiments

Hard Boiled Eggs

Am Snack

Whole Fresh Fruits

Nutri grain

Week Four – 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

Beet Cabbage & Quina 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 –

Roasted Pork & Gravy

Halal Option Available



Sauté Mushroom Spinach and Chickpea
Garlic Mashed Potatoes
Charred Carrots

International Station

Tandoori chicken Bowl



Samosa

Basmati Rice

Cilantro Chutney

Severy 2 deli Area

Pasta with tomato & Alfredo

Dessert

Assorted Whole Fruit
Caramel Cake

Pm Snack

Assorted Fresh Fruits
Tea Cookies

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

Grilled Korean Chicken - 
Vegetables Spring Rolls
Jasmine Rice
Steamed Vegetables

International Station

BBQ Pork Ribs
Halal option - BBQ Salmon
Southern Mac & Cheese
Gluten Free Mac & Cheese

Dessert

Fruit
Strawberry
Angle cake

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

Baked Banana & Chocolate Oatmeal

Hot line

Fried Egg & Cheese Muffin Sandwich

(Halal Option Available) 

hashbrown triangle

Jam Rolled Crepes

Bacon

Halal Option Available

Congee & Condiments

Hard Boiled Eggs

Am Snacks

Digestive cookie
Fresh whole Fruit

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

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

Couscous Corn & roasted Red Peper
Tuna Pasta

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 Shawarma & Garlic Sauce



Falafel with roasted Eggplant & Peppers

Cumin & Turmeric Rice

Steamed Vegetables

International Station

BBQ Pepperoni Pizza

Vegetable Lovers Pizza



Halal & Gluten free pizza available



Dessert

Fresh fruit,

Vanilla Cupcakes

Pm Snack

Assorted Fresh Whole Fruits

Tuna Kits

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

Miso Seared Salmon- 
Sauté Baby bok choy & tofu
Jasmine Rice
Steamed Vegetables

International Station

Meatball Subs 
Beet ball & Pepper Sub
Fried Chippers

Dessert

Assorted Fresh Whole Fruits
Tuxedo Truffle Mousse cake

Boarder Snack – Pick up @ 6:30pm with your house Bin – subject to change wk1

Mini Muffins and 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

Pesto Egg Galette (puff pastry)

Tator tots

Buttermilk Pancake

Chicken Sauage

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 – 110pm

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

Pesto Potato 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 Kabab with Tzatziki
Halal Option- Veal Cutlet with Tzaticki
Green Bean, Arugula -vegan
Lemon butter Garlic steamed Potato
Steamed Vegetables

International Station

Cod Nuggets – halal
Rose Pasta
Roasted Vegetables & Spinach – Vegan

Pasta Bar

Pasta with Tomato & Alferdo

Dessert - Strawberry Cream Cake, Assorted fresh fruits

PM snack

Rice Krispy Squares

Fresh whole Fruit

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 –

Roast Turkey & Gravy

Halal – Chicken Drumstick

Vegan Shepards Pie

Steamed Vegetables

International Station

Spicy Siracha Fish Taco



Krispy Cauliflower

tacos

Cilantro Jalapeno Slaw

Dessert

Assorted Whole Fresh fruit

Maple mania

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

Cheese Portion and
Plain Pringles

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 –

3 Cheese Omelet

Waffle, Whipped Cream

Hash brown potatoes

Chicken Sausage

Halal Breakfast meat option available

Baked beans



Congee with Condiments

Hard Boiled Eggs

Am Snack

Assorted Fresh Whole Fruits

Arrow Root cookies

Week Four– 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

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 –

Chipotle Chicken Fajita-



Tofu Corn peppers adn bean Fajita - vegan

Cajun Rice
Steamed Vegetables

International

Beef Fries Supreme 
Plant base Fries Supreme
Warm cheese

Dessert –

Assorted Fresh Whole Fruit
Wild Berry Macaroon

Pm snack

Whole fresh Fruit
Apple Slices

Week Four – Friday – Dinner – 5:00pm – 6:00pm

Themed event menu suggested by boarders or

Special Homecoming Friday Night Dinner – Menu to be confirmed

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

Grilled Beef Burgers–



Grilled vegetable & Tofu Sandwich–



Curly Fries–
Steamed Veg

International Station

Chicken Pho Noodle Soup–



Bok Choy & Plant Base Noodle Soup–

Dessert

Fresh Whole Fruits
Chocolate Fudge cake

Week Four – Saturday – Breakfast – 8am – 10am

Pancake Breakfast – homecoming Weekend

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

Homecoming BBQ at Gazebo

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–

Grilled Chicken with Chimichurri Sauce 

Grilled Vegetables with Plant base bruschetta

Rice Pilaf

International Stations

~~Spaghetti & Veal Parmesan~~



~~Spaghetti & Beetballs~~

~~Garlic Bread Sticks~~

Dessert

~~Chocolate Ice cake~~

Week Four – Saturday - Dinner – 5:00pm – 6:00pm

Themed event menu suggested by boarders or

Boarder Dinner in Gym

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

~~Chicken Schnitzel & Gravy~~

~~Halal Option – Chicken Schnitzel~~

~~Garlic Mashed Potatoes
steamed Vegetables~~

International Station

~~Shrimp Poke Bowl~~



~~Tofu Poke Bowl~~

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 & Cheese Muffin Sandwich
Hard Boiled Eggs
Pancake Bites
Turkey Bacon
hashbrown

Garlic Butter baked Haddock



Beef Satay
Muffin Tin Quiche
Steamed
vegetables

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 –

Kung Pow Pork

Halal option Kung Pow Chicken

Pepper, Cabbage with Beyond Beef Stir Fry

Fried Rice

Steamed Veg

International Station

Beef Burrito

Veggie Burrito

Onion Rings

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

