Week Four – Monday – Breakfast – 7:00am – 840am

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

Halal Option - Pulled

Chicken 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
Roasted Potatoes
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

Tangerine/Bananas and Chocolate Chip Cookies

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 حلال

Baked beans V
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 - Meatball & Gravy

Sauté Mushroom Spinach and Chickpea
Garlic Mashed Potatoes
Charred Carrots

International Station

Tandoori chicken Bowl

Samosa

Basmati Rice

Cilantro Chutney

Severy 2 deli Area

Herb Pesto Pasta
Sundried Tomato Pesto

Gluten Free Pasta

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 Honey Garlic 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
Apple Slices & 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 حلال
Falafel with roasted Eggplant & Peppers
Cumin & Turmeric Rice
Steamed Vegetables

International Station
BBQ Pepperoni Pizza
Vegetable Lovers Pizza V
Halal & Gluten free pizza available GF

Dessert
Fresh fruit,
Vanilla Cupcakes

Pm Snack
Assorted Fresh Whole Fruits
Tuna Kits

Week Four – Wednesday – Dinner – 5:15pm – 6:45pm

Walker House Dinner – Special menu Requested

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~~ حلال
~~Sautee Baby bok choy & tofu~~
~~Jasmine Rice~~
~~Steamed Vegetables~~

~~**International Station**~~

~~Meatball Subs~~ حلال
~~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

Cheese Portion and Popcorn

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 (V)
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 Tzatziki
Green Bean, Arugula -vegan
Lemon butter Garlic steamed Potato
Steamed Vegetables

International Station

Steamed Chicken Dumpling
Vegetable Dumpling
Halal Option –chicken Stir Fry

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 –

Teriyaki Meatballs - حلال
Sautee Baby Bok Choy & Tofu – Vegan
Sesame & Soy Lo maine Noodle
Steamed Vegetables

International Station

Butter Chicken حلال

Butter Paneer &
Broccoli

BAsamti Rice and
Grilled Naan

Dessert

Assorted Whole Fresh fruit
Maple Mania

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

Veggie sticks and Hummus
Mars Bar

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 (V)
Congee with Condiments
Hard Boiled Eggs

Am Snack

Assorted Fresh Whole Fruits
Arrow Root cookies

Week Four– Friday – Lunch – 11:20am – 110pm

Diwali Lunch – Special Request 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**~~

~~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~~
~~حلال~~

~~Tofu Corn peppers adn bean Fajita - vegan~~

~~Cajun Rice~~
~~Steamed Vegetables~~

~~**International**~~

~~Beef Fries Supreme~~ حلال
~~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

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 Cheese Beef Burgers حلال

Grilled vegetable & Tofu Sandwich V

Curly Fries
Steamed Veg

International Station

Chicken Pho Noodle Soup حلال
Bok Choy & Plant Base Noodle Soup

Dessert
Fresh Whole Fruits
Chocolate Fudge cake

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

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 V

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 حلال
Grilled Vegetables with Plant base
bruschetta
Rice Pilaf
Steamed Vegetables

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**

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 –

Halal Baked Garlic Chicken & Gravy
Sautee Green Beans & Plant Base
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 حلال

Beef Satay حلال
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 V

Entrée –

Red Thai Pork

Halal option - Red Thai Chicken حلال

Pepper, Cabbage with Beyond Beef Stir Fry

Fried Rice

Steamed Veg

International Station

Beef Burrito حلال

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