

## **Week Four – Monday – Breakfast – 7:00am – 8:30am**

### **April Long Weekend Requested Menu**

#### **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**

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**

~~Soy Ginger Green Bean 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~~

~~Onion & Pepper 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~~

~~Yogurt Tubes~~

## **Week Four – 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**

VGN

VGN

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**

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**

Leek Spinach & Mushroom Frittata

Baby pancake potatoes

Banana Pancakes & Syrup

Sausage Patty



Halal Breakfast Meat Option Available

Baked beans



Congee

Hard Boiled Eggs

### **Am Snack**

Whole Fresh Fruits

Apple Slice in Bags

## **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 Couscous

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 & Alferdo

### **Dessert**

Assorted Whole Fruit

Black Forest Cake

### **Pm Snack**

Assorted Fresh Fruits

Crackers Salted

## **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**

Turkey Pesto Cacciatori

Halal Option

Roasted Brussel Sprout

Rice Pilaf

Steamed Veg

### **International Station**

Pork Shanghai Noodle Soup

Halal Option Available

Bok Choy & Shitake Shanghai Noodle Soup

**Dessert** Fruit

Banana Cake

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

Digestive

## **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

### **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

Digestive Cookies

## 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**

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 & Quinoa  
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  
Popcorn

## **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**



Beef Burger Bar

With Caramelized Onion & Sautéed Mushroom

Veg Burger

### **Dessert**

Assorted Fresh Whole Fruits  
Tuxedo Truffle Mousse cake

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

Nutrigrian Bar

## **Week Four – Thursday – 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 – 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

Bacon

Halal breakfast meat option available

Cream of wheat

congee with Condiments

Hard Boiled Eggs

### **Am Snack**

Assorted Fresh Whole Fruits

Chewy Bar

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

### **Staff Appreciation Lunch – Students eat in Gym**

### **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 & Roasted Red Pepper  
Garlic Butter Steamed Potatoe  
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**

Assorted Fresh Whole Fruits

## **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 –**

Pork Tenderloin with Mushroom Gravy

Marinated Broccoli & Peppers  Roasted Potatoes  
Steam vegetables

## International Station

Miso Salmon



Bang bang Cauliflower

Pickled Cabbage

### 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 – 8:30am

### 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 Links

Halal Breakfast meat option available

Baked beans



Congee with Condiments

Hard Boiled Eggs

### Am Snack

Assorted Fresh Whole Fruits

Rice Krispy

## **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**



Soy Vegetables

Salad Tuna Nichia 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  
Tostito & Guacamole

**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**

Herb Roasted Beef & gravy  
Halal Option Available

Baked Parmesan Portobello Mushroom



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

**International Station**

Turkey Pho  
Halal Option Available  
Vegetable Pho

**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**

Pogo & sweet Potato

Fries Halal option

available

### **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

(halal Option Available),

Hard Boiled Eggs,

Pancake Bites,

Turkey Bacon,



Baby pancake

hashbrown Grilled Lamb Chop

Garlic Butter baked Haddock

Tempura green bean

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

V

### **Entrée –**

Lemongrass chicken

Veggie Egg Roll

Jasmine Rice

Steamed Veg

Steamed Vegetables

### **International Station**

Alfredo Shrimp pasta

Bowl

Herb & Oil Roasted

Veg Pasta Bowl

Garlic Knot

### **Dessert**

Fresh fruit

Nanaimo Bar



























