# 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 VGN Mandarin Orange & Spinach VGN

#### 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



Soy Ginger Green Bean-Salad Mandarin Orange & Spinach

## **Entrée**

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

# **International Station**



**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

#### 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.

#### <u>Entrée</u>

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

# <u>Week Four – Wednesday – Breakfast - 7:00am – 9am</u>

# 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 & Qunioa 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**



#### **Dessert**

Assorted Fresh Whole Fruits Tuxedo Truffle Mousse cake

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

**Nutrigrian Bar** 

# <u>Week Four – Thursday – Breakfast – 7:00am – 8:30am</u>

#### 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



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

# <u>Deli Bar</u>

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

# <u>Entrée</u>

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

<u>Dessert</u> - 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**



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.

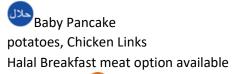
Fresh fruit – Sliced Cantaloup, create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

# **Smoothie of the Day**

Goji Berry Mango Smoothie

# Hot line -

Peameal Bacon & Egg Benedict French Toast & syrup,



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

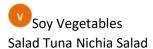
#### **Dressings**

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.

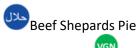
# Salad of the day



# 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 -



Orzo& Spinach Steamed Vegetables

#### International



## 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

# 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



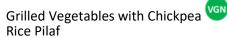
## **Dressings**

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



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

#### 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,



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

# <u>Week Four – Sunday – Dinner – 5:00pm – 6:00pm</u>

- 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 -

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