

## **Week One – Monday – Breakfast – 7:00am – 830am**

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

Assorted Cereals, milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – Sliced Pineapple, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

### **Smoothies of the Morning**

Antioxidant Supreme

### **Hot line -**

Poached Eggs, Hard Boiled Eggs, triangle hash brown, pancakes & syrup, sausage patty, cream of oatmeal and Congee with condiments - halal Breakfast meat available

### **Am Snack**

Fresh Fruit

Mioni Muffins

## **Week One – 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 and

Oil & Vinegar

### **Soup of the Day**

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

### **Salads of the day**

Lentil Chipotle Quinoa Salad

Greek 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**

Mediterranean Chicken (halal) Sundried zucchini Spinach & Artichoke, Lemon Rice, and steamed Vegetables

### **International Station**

Beef Bolognese Pasta  
Vegetables pasta  
Alfredo Sauce

### **Dessert**

Assorted Whole Fresh Fruit  
Orange Cake

### **PM Snacks**

Fresh Whole Fruits  
Hummus & Cracker Kits

## **Week one – 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 and  
Oil & Vinegar –

### **Soup of the Day**

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

### **Salad of the day**

Lentil Chipotle Quinoa Salad

Greek Salad

### **Entrée**

House Shrimp and chicken stir fry - Halal, tofu & Soy Protein Chow Maine, fry, Tempura Green Beans, and Rice

### **International**

Prosciutto & Arugula flat Bread Pizza, Extra Cheese flat bread Pizza, and Gluten Free Pizza available Upon request

### **Dessert**

Assorted Whole Fresh Fruit

Cheesecake

## **Week one – 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.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – Sliced Honeydew, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

### **Smoothies of the Morning**

Banana Smoothie

### **Power Performance**

Bacon & Egg Breakfast Bowl

### **Hot line**

Egg & Sausage Muffin Sandwich (halal sandwich option available) baby pancake hash, Waffles with syrup, Chicken Sausage links, Baked beans, and Congee with condiments - Halal breakfast meat Available

### **AM Snacks**

Fresh Whole Fruits

Smores Brownie

## **Week one – 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 and

Oil & Vinegar

### **Soup of the Day**

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

### **Salad of the day**

Salmon Pasta Salad

Cob 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**

Ginger Beef & Broccoli, (Halal Option – Beef Stir Fry) soy chicken, tofu & Green Bean Stir Fry (Vegan), vegetable Spring Roll and Rice

### **International Station**

Fish (Halal) and Chips with tartar Sauce

### **Dessert**

Assorted Whole Fresh fruit

Black forest cake

### **PM Snacks**

Assorted Whole Fresh fruit

## **Week one – 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 and

Oil & Vinegar –

### **Soup of the Day**

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

### **Salad of the day**

Salmon Pasta Salad

Cob Salad

### **Entrée**

Honey Garlic Pork tenderloin, (Halal option available) Roasted Brussel & Parmesan, Cauliflower Mash with roasted cauliflower Bits and Steamed Vegetables

### **International Station**

Beef Sliders and Curly fries

Halal Option available

Mac and cheese Slider

### **Dessert**

Assorted Fresh Fruit

Butter tart

## **Week one – Wednesday – Breakfast – 7:00am – 8:30am**

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

Assorted Cereals 2% Milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – Sliced watermelon, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

### **Smoothies of the Morning**

Mixed Berry Pop

### **Power Performance**

Carrot Raisin & Chia Oats

### **Hot line**

Cheese & Pepper Omelet, Tator Totes, Warm Crepes & Jam, Bacon, cream of Wheat, Congree with condiments - halal Breakfast meat Available

## **Week one – Wednesday – 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 and

Oil & Vinegar

### **Soup of the Day**

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

### **Salads of the day**

Caesar Salad

Roasted Corn and BBQ Chicken 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**

Breaded Chicken Burger on Bun (halal) Malibu burger topped with Grilled Peppers(vegan), Roasted Potatoes, Steamed vegetables

### **International Station**

Beef Nacho Bar – halal with Sour Cream, salsa, and Guacamole

### **Dessert**

Assorted Whole Fresh fruit

Strawberry Dream Cake

### **PM Snack**

Assorted Whole Fresh fruit

Chewy Bar

## **Week one – 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 and

Oil & Vinegar –

### **Soup of the Day**

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

### **Salad of the day**

Caesar Salad

Roasted Corn and BBQ Chicken Salad

### **Entrée**

Traditional Roast beef & Gravy, mini–Yorkshire Pudding, cheese gnocchi with herb butter & Parmesan mashed potatoes and steamed vegetables - halal Option available

### **International station**

Chicken Fajita Bar - halal

Vegetable Fajita bar with sour cream Guacamole and salsa

### **Dessert**

Nanaimo Bar

Fruit Salad

## **Week one – 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.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – bunches of grapes, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

### **Smoothies of the Morning**

What could be more refreshing

### **Hot line -**



Scrambled Eggs & Fried Eggs, diced home Fries, French Toast, sausage links, Baked Beans and Congee with Condiments - halal Breakfast meat Available

### **AM Snacks**

Fresh Whole Fruits

Yogurt Tubes

## **Week one – Thursday – 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 and

Oil & Vinegar –

### **Soup of the Day**

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

### **Salads of the day**

Mediterranean Pasta Salad

Three Bean 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**

Teriyaki Meatballs with Bean Sprouts and Cabbage, Vegetables Noodle Stir Fry Jasmien Rice Steamed Veg

### **International Station**

Perogy bar with bacon, sour Cream, Cheddar. Sautee Onions and scallions

### **Dessert**

Assorted Whole Fresh fruit

Chocolate Silk Cake

### **PM Snack**

Assorted Whole Fresh fruit

Roasted Seaweed Snacks

## **Week one – 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 and

Oil & Vinegar –

### **Soup of the Day**

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

### **Salad of the day**

Carrot & Chickpea Salad

### **Entrée**

Korean BBQ Beef Stir Fry, Fried Chili Garlic Tofu, Rice & Steamed vegetables

### **International Station**

Bacon Grilled Cheese and Grilled Cheese with Lays Chips

### **Dessert**

Assorted Fresh Fruit

Strawberry Short cake

## **Week One – 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.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – sliced cantaloup, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, assorted fresh whole fruit

### **Smoothies of the Morning**

Spinach Aid

### **Hot line**

Creamy Pesto & Bacon Egg Benedict, halal Option Available tater totes, pancake puffs, turkey bacon, baked beans, and congee with condiments – Halal Breakfast meat available

### **AM Snacks**

Whole Fresh Fruits

Rice Krispy Squares

## **Week One – 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 and

Oil & Vinegar –

### **Soup of the Day**

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

### **Salad of the day**

Roasted Potato Salad

Asian Noodle 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**

Beef Tacos – Halal, Refried Bean & Soy Crumble, Mexi Rice , Steamed Veg, Salsa, Sour Cream & Guacamole

### **International Station**

Pepperoni Pizza

Vegetable Lovers Pizza

Halal & Gluten Free Pizza Available

### **Dessert**

Assorted Fresh fruit

Lemon Macaroon

### **PM Snacks**

Assorted Fresh fruit

Tostito & Guacamole

## **Week One – Friday – Dinner - 5:00pm - 6:00pm**

Themed evening menu created 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**

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

### **Salad of the day**

Roasted Potato Salad

Asian Noodle Salad

### **International**

Fred Chicken boa Buns with Spicy Mayo

Fried Tofu and Pickled Vegetables Boa Bun

### **Entrée**

Braised Beef ravioli in light Cream sauce (Halal Option – Beef Bolognese on pasta) Whole Wheat Pasta with Veg and Garlic Bread, steamed vegetables

### **Dessert**

Assorted Fresh Fruit

Ice Cream Bar

## **Week One – Saturday – Breakfast – 8:30am – 10:00am**

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

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Fresh fruit – strawberries, create your own Parfait with fresh berries and granola, cream cheese, jams and butter, selection of sliced breads/bagels/English Muffin and gluten free bread also available upon request, 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 one – 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

**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**

Vegetarian Soup

**Salad of the day**

Seven grains Salad

**Entrée**

Grilled Lemongrass Pork, Vegetable Pad Thai Noodle, Egg Roll and Rice

**International Station**

Beef tater Tot Casserole

**Dessert**

Assorted Fresh fruit

Boston Cream Cake

**Week one – 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

### **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**

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

### **Salad of the day**

Seven Grain Salad

### **Entrée**

Chicken parmesan (halal) with marina Sauce, Pesto Penne, grilled vegetables, and chickpea with Balsamic glaze, steamed vegetables

### **International stations**

Corn Dogs & Waffle Fries

### **Dessert**

Assorted Fresh Fruit

Apple Crumble

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

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

Assorted Cereals milk and Chocolate milk, croissants.

Coffee & Tea with 5% Cream, lactose milk, soy milk and oat milk

Greek yogurt, 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 and

Oil & Vinegar –

### **Soup of the Day**

Vegetarian soup

### **Salad of the day**

Potato Salad

### **Entrée**

Egg & cheese Muffin Sandwich, waffles, diced home Fries, Peameal bacon, baked Beans, Garlic & Herb Roast Chicken(halal), Panko crusted Haddock - halal Mushroom thyme cheddar Quiche, and Rice.

### **International**

Omelet Bar

(Ham, Pepper, Green Onions, Tomato and Cheese)

### **Dessert**

Assorted whole Fresh fruit

Red Velvet Cake

## **Week one – 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**

Vegetarian Soup

### **Salad of the day**

Potato Salad

### **International Station**

BBQ Chicken Pizza (Halal)

Cheese Pizza

### **Entrée**

Beef Souvlaki (halal) Middle east broccoli, Greek Lemon garlic Potatoes and Rice

### **Dessert**

Assorted Fresh Fruit

Eclairs