

## **Week One – Monday – 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 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

### **Power Performance - closed until further notice**

### **Hot line -**

Poached Eggs

Hard Boiled Eggs

triangle hash brown

pancakes puffs syrup

sausage patty

cream of oatmeal

Congee with condiments - halal Breakfast meat available

### **Am Snack**

Fresh Fruit, Mini 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

### **Salads of the day**

Lentil Chipotle Quinoa Salad 

Greek Salad 

**Soup of the Day** - Cream Base & Broth Base Soups – one with protein and one is vegetarian.

**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**

Mediterranean Chicken (halal) 


Sundried Zucchini Spinach & Artichoke 

Lemon Rice

steamed Vegetables

### **International Station**

Kansas City BBQ pulled pork on Bun,

Vegetable burger 

Halal Option Available 

**Dessert** - Assorted Whole Fresh Fruit, Orange Cake

### **PM Snacks**

Fresh Whole Fruits

Yogurt Tubes

## **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 

Edamame & asparagus Chow Mein 

Tempura Green Beans 


Rice

### International

Prosciutto & Arugula flat Bread Pizza

Halal Option Available 

Extra Cheese flat bread Pizza 

Gluten Free Pizza available Upon request 

### Dessert

Assorted Whole Fresh Fruit

Tres Leche cake

## 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 - closed until further notice

### **Hot line**


Egg & Sausage Muffin Sandwich

(halal sandwich option available) 


Baby pancake hash,

Waffles with syrup,

Chicken Sausage links,

Baked beans 

Congee with condiments

Halal breakfast meat Available 

### **AM Snacks**

Fresh Whole Fruits

Apple Slices in Bag

## **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**


Lemon herb Couscous Salad 

Cob 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


Pepper Steak & Broccoli 

Tofu & green bean stir fry 

Vegetable Spring Roll 

Rice

### International Station

Battered Cod - 

Fries 

Tartar Sauce

### Dessert

Assorted Whole Fresh fruit, Black Forest cake

### PM Snacks

Assorted Whole Fresh fruit

Hummus & Cracker kit

## 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**


Lemon Herb Couscous 

Cob Salad

### **Entrée**

Roasted Pork Loin

(Halal option available)

Roasted Brussel & Parmesan 

Herb Butter & garlic Boiled Potatoes

Steamed Vegetables

### **International Station**

Caribbean Chicken Bowl 

### **Dessert**

Assorted Fresh Fruit

Butter tart

## **Week one – Wednesday – Breakfast – 7:00am – 9am**

### **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 - closed until further notice**

### **Hot line**

Cheese & pepper omelet 

Tator tots, French toast, Bacon, cream of wheat, congee with condiments -

Halal Breakfast meat available 

## Am Snack

Fresh Fruit  
Smores Bites

## Week one – Wednesday – Lunch 11:10am – 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

Tomato & cucumber 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 Tikka Masala – 

roasted tandoori cauliflower 

basmati rice

Steamed vegetables.

### International Station

Salsa Beef Nacho Bar 

Sour Cream, salsa, and Guacamole

Bean & Cheese Nacho 

## Dessert

Assorted Whole Fresh fruit, Strawberry Dream Cake

## PM Snack

Assorted Whole Fresh fruit

Bear Paw Cookies

## 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


Tomato & cucumber Salad 


### Entrée

Roasted Turkey with blueberry relish, roasted Broccoli florets, roasted yams, and steamed vegetables

Halal Option Available 

### International station

Blackened Salmon Burrito Bowls 

Vegetable Burrito Bowls 

### Dessert

Nanaimo Bar



## 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

Strawberry & Watermelon

### Hot line -

Scrambled Eggs 

Fried Eggs 


baby pancake hashbrown

French Toast,

Sausage links,

Baked Beans 

Congee with Condiments -

halal breakfast meat available 

### AM Snacks

Fresh Whole Fruits

Sea Salt Seaweed Snack

## 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, Cucumber, Tomato, onions, Cheese, Egg or Tuna Salad with choice of selected Bread and spreads.


### Entrée

Honey Garlic Pork Stir Fry,


Vegetable Noodle Stir Fry 

Jasmine Rice

Steamed Vegetable

Halal Option Available 

### International Station

Perogy bar 

Bacon bits,

Sour Cream Sautee Onions, and scallions

### Dessert

Assorted Whole Fresh fruit, Chocolate Silk Cake

### PM Snack

Assorted Whole Fresh fruit, Coco banana Chips

## 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


Mediterranean Pasta Salad 

Three Bean Salad 

### Entrée

Traditional Roast beef & Gravy

Halal Option available 


Cheese tortellini in Rose Sauce 

Garlic mashed potato

Steamed vegetables

### International Station

Bacon Grilled Cheese Grilled Cheese with Lays Chips

Halal option available 

Grilled Cheese 

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 

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

Caesar Salad

Roasted Corn and BBQ Chicken 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

Breaded Chicken Burger 

Vegan Burger & Grilled Pepper 


Roasted Potatoes

Steamed Vegetables

## International Station

Teriyaki Meatballs – 

Rice

Teriyaki Tofu & Rice 

**Dessert** Assorted Fresh fruit, Lemon Macaroon

## PM Snacks

Assorted Fresh fruit

Tostito Guac Chips

## 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


Caesar Salad

Tomato & cucumber Salad 

### Entrée

Maple glazed smoked Ham

Halal Option Available

Butter egg noodle pasta 

Scalloped Potatoes 

Steamed vegetables

### International

Beef Bulgogi & rice bowl

Halal Option Available

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 grain Salad

### Entrée

Grilled Lemongrass Pork

Halal Option Available 

Garlic & Ginger Sautee Veggies 


Rice

Noodle & Broth

### International Station

Baked Ziti with Italian Sausage

Halal Option Available 

Baked Ziti & Sauce 

### **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 

marina Sauce 

Pesto Penne 

Veg barley casserole 

steamed vegetable

### **International stations**

Beef burger Bar 

### **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

Garlic & Herb Roast Chicken 

Roasted Cod 

Mushroom thyme cheddar Quiche 

### 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

### Entrée

Imperial Shrimp Fried Rice 

Sautee broccoli & garlic 

Vegetable egg Rolls 

Steamed Vegetables

### International Station

Chicken Tikka Tacos 

Dessert - Assorted Fresh Fruit, Eclairs