

Week Two – 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.

Fresh fruit – Sliced Pineapple, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day -

Cherry Berry Smoothie

Power Performance

Pineapple Coconut Yogurt

Hot line -

Breakfast Egg and Turkey biscuit Sandwich, Hashbrown Triangle, pancakes puffs with icing sugar & syrup, breakfast ham
Halal Option Available, cream of wheat and Congee

Am Snack

Assorted Fresh Fruits

Mini Muffins

Week Two – 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

Salad of the day

Antipasto Salad

Cucumber & Edamame 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

Beef Bourguignon -Halal Vegetable Lasagna, garlic mashed potatoes steamed Vegetables

International Station

BBQ Pulled Pork on Bun

Halal Beef Burger

Vegetables Bugar on bun

Dessert

Assorted Whole Fresh Fruit

Lemon Squares

PM Snacks

Assorted Fresh Fruits

Hummus & Cracker Kit

Week Two – 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

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Oil & Vinegar –

Soup of the Day

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

Salad of the day

Antipasto Salad

Cucumber & Edamame Bean Salad

Entrée

Halal Lamb Chop with Tomato garlic Butter herb Pasta, Tuscan chickpea & Tomato Stew and steam vegetables

International Station

Pepperoni calzone

Triple Cheese calzone

Halal Option available

Dessert

Assorted Fresh whole Fruit and fresh fruit salad

Strawberry Shortcake

Week Two – 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, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Wow what Juice – Beets carrot and Apple

Power Performance

Bacon Egg & Cheese Bagel

Hot line

Hard cooked eggs and scrambled Eggs, diced home fries, Waffles with syrup, Turkey bacon Halal Option available, and baked beans, Congee with condiments

Am Snack

Assorted Fresh Fruits

S'mores Brownie

Week Two – 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

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Oil & Vinegar –

Soup of the Day

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

Salad of the day

Macaroni salad

Japanese's garden 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

Hoisin Mushroom & Chicken stir fry Halal, Vegan napa, Peppers & tofu Stir Fry, steam veg & Jasmine Rice

International Station

Beef Fajita

Vegetables Fajita

Salsa Sour Cream & Guacamole

Halal Option Available

Dessert

Assorted Whole Fresh fruit

Silk Cake

PM Snacks

Assorted Fresh Fruits

Week Two – 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

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Oil & Vinegar –

Soup of the Day

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

Salad of the day

Macaroni salad

Japanese's garden salad

Entrée

Seared Roasted Garlic Tilapia (halal) with Lemon Aioli, Roasted Tomato Tart, Garlic Roasted Potatoes and steamed Vegetables

International Station

Beef hot dogs and sweet potato fries

Halal Option available

Dessert

Assorted Fresh Fruit

Banana Cake

Week Two – Wednesday – 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 watermelon, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Tropical fruit smoothie

Power Performance

Farmers Market Breakfast Bowl

Hot line

Egg & Sausage Muffin Sandwich (halal Option available), Tater Tots, Crepes, Bacon Halal Option available, Cream of Oatmeal, Congee with condiments

Am Snack

Assorted Fresh Fruits

Yogurt Tubes

Week Two – 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

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Oil & Vinegar –

Soup of the Day

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

Salad of the day

Tomato Cucumber & Pepper Salad

Cucumber Radish 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

Fish Burger (halal), with Tartar Sauce, Broccoli, Soy steak and arugula and French Fries, Steamed Corn

International Station

Butter Chicken with Cilantro Basmati & Naan – Halal

Butter Tofu with Basmati Rice and Naan

Dessert

Assorted Fresh fruit

Pound Cake

PM Snacks

Assorted Fresh Fruits

Chewy bar

Week Two – 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

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Oil & Vinegar –

Soup of the Day

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

Salad of the day

Tomato Cucumber & Pepper Salad

Cucumber Radish Salad

Entrée

Thai BBQ chicken (Halal) Pad Thia Veg Noodle Veg spring Roll and rice

International Station

Hoagie Subs on panini

Beef Philly Cheese Steak

Turkey Bacon Club

Vegetable & Halal Available

Dessert

Assorted Fresh Fruit

Eclairs

Week Two – 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, build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Avocado Banana Smoothie

Hot line -

Poached Eggs & Hard-Boiled Eggs, Hashbrown Triangles, French Toast, Sausage Patty, and Cream of Wheat, congee with condiments

Am Snack

Assorted Fresh Fruits

Rice Krispy Squares

Week Two – 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

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Oil & Vinegar –

Soup of the Day

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

Salad of the day

Tomato Feta Eggplant & Bean

Fattouch 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

Moroccan Beef - Halal & Tzatziki, Falafel (vegan) & Pita, Moroccan Roasted Potatoes, Steamed Veg

International Station

Pepperoni Pizza

Vegetable Lovers

Dessert

Assorted Fresh fruit

Maple Mania

PM Snacks

Assorted Fresh Fruits

Roasted Seaweed Snack

Week Two – 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

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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

Grilled Pork Chops with pineapple BBQ Sauce (Halal available) Creamy Tuscan Button Mushroom, Rice & Steamed Vegetables

International station

Shrimp Pasta bar – halal

Tomato and alfredo sauce

Sautee mushroom and spinach pasta with tempeh

Dessert

Assorted Fresh Fruit

Boston cream cake

Week Two – 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 build your own Greek yogurt parfait, cream cheese, jams and butter, choice of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Vegan Red Velvet Smoothie

Hot line

Prosciutto & Spinach Frittata, Baked Baby Pancake Hashbrown, Birthday pancakes and syrup, Chicken links Halal option available baked beans and Congee

Am Snack

Assorted Fresh Fruits

BBQ Crackers

Week Two – 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

Curried Tuna Pasta Salad

Tuscan Mushroom 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

Turkey Pot Pie (Halal option Available) Curly Kale, green Bean with Quinoa – Vegan Garlic Butter Boiled Potatoes, steamed vegetables

International Station

Sweet & Sour Pork Vegetables Stir Fry with rice (Halal option available)

Tofu & Vegetable Stir Fry

Dessert

Assorted Fresh fruit

Mini Cupcakes

PM Snacks

Assorted Fresh Fruits

Tostito & guacamole Snack

Week Two – 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 and

Oil & Vinegar –

Soup of the Day

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

Salad of the day

Curried Tuna Pasta Salad

Tuscan Mushroom Salad

Entrée

Fried Sesame Chicken Halal, Vegan Sautéed broccoli & Baby Corn (Vegan) veg spring roll, Pea & Carrot Fried Rice

International Station

Pho Beef Noodle Soup

Halal available

Tofu Bok choy noodle soup

Dessert

Assorted Fresh Fruit

Red velvet cake

Week Two – Saturday – Breakfast – 8:00am – 10:00am

Continental breakfast to include -

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

Fresh fruit – strawberries, Greek yogurt, cream cheese, jams and butter portions, choice 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 Two – Saturday – Lunch – 11:30am – 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

Deli Meat platter with Breads & Spreads

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

Coleslaw Salad

Entrée

Asado Chicken (Halal), vegetable enchilada Casserole, Nacho and street style Corn

Internatioanl Station

Burger bar – Beef burger – halal Krispy chicken burger – Halal and Vegetable Burger

Dessert

Assorted Fresh fruit

Orange Cream cake

Week Two – 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

Coleslaw Salad

Entrée

BBQ Spiced Pork Ribs, halal choice available, Lentil Penne Carbonara, Cajun fries and steamed vegetables

International Station

Tuna Poke Bowl – halal

Vegetable Poke Bowl

Dessert

Assorted Fresh Fruit

Chocolate Ice cake

Week Two – Sunday – Brunch – 10:30am – 12:30pm

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, croissants.

Greek yogurt, cream cheese, jams and butter portions, choice 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

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Oil & Vinegar –

Soup of the Day

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

Salad of the day

Potato Salad

Entrée

Poached Eggs & Scrambled Eggs, Triangle Hashbrown, Turkey Link, Hawaiian Pork Loin miso glazed salmon – halal Vegan Boile veg dumpling and jasmine rice

International Station

Omelet Bar

Dessert

Assorted whole Fresh fruit

Cheesecake

Week Two – 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

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Oil & Vinegar –

Soup of the Day

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

Salad of the day

Potato Salad

Entrée

Grilled Zaatar Chicken – halal and Mediterranean roasted veg Rice & Steamed Vegetables

International

Swedish Meatballs & Egg noodle – Halal

Garlic Bread

Dessert

Assorted Fresh Fruit

Black Forest Cake