

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 - closed till further notice

~~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

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

Jerk Chicken Halal with Gravy 


Blanched Broccoli 

Steamed Vegetables

Coconut Rice & Beans

International Station

BBQ Pulled Pork on Bun

Halal Beef Burger 

Vegetables Bugar on bun

Dessert

Assorted Whole Fresh Fruit

Lemon Tart

PM Snacks

Assorted Fresh Fruits

Yogurt Tubes

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

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 

Entrée

Thai Citrus Beef – 

Pad Thia Noodle tofu 

Jasmine rice

steamed vegetables

International Station

Roasted Sage Turkey & Gravy

Halal option Available 

Mashed Potato

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 - closed till further notice

~~Bacon Egg & Cheese Bagel~~

Hot line

Hard cooked eggs

scrambled Eggs

diced home fries

Waffles with syrup

Turkey bacon

Halal Option available

baked bean

Congee with condiments

AM Snack

Assorted Fresh Fruits

Apple Slices

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

Caesar salad

Tomato Feta, Eggplant & Bean 


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

Char Sui Pork

Halal Options available

baby Bok choy 

sticky Rice

Charred Carrots 

International Station

Beef Fajita 

Vegetables Fajita 

Salsa Sour Cream & Guacamole

Dessert

Assorted Whole Fresh fruit

Silk Cake

PM Snacks

Assorted Fresh Fruits

Hummus & Cracker Kit

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

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Soup of the Day

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

Salad of the day

Tomato Feta & Eggplant Salad



Entrée

Grilled Beef Burger



Vegetable burger



Cajun potatoes

Steamed vegetables

International Station

Chicken Pho Noodle



Veg Pho



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 - closed till further notice

~~Farmers Market Breakfast Bowl~~

Hot line

Egg & Sausage Muffin Sandwich

halal Option available

Tater Tots

French Toast & Syrup

Bacon

Option available

Cream of Oatmeal

Congee with condiments

Am Snack

Assorted Fresh Fruits

Smoeres Chocolate Bites

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


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

Tomato Cucumber & Pepper Salad 

Cucumber Radish Salad 


Power Performance

Smoothie of the Day


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 on Bun 


Tartar Sauce,


Sweet Pepper, Soy steak and arugula 


French Fries,

Steamed Vegetables

International Station

Red Curry Chicken 

Cilantro rice 

Charred Cauliflower 

Dessert

Assorted Fresh fruit

Pound Cake

PM Snacks

Assorted Fresh Fruits

Bear Paw Cookie

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

Honeyed Roast Pork

halal option available 

Roasted Zucchini 

Cauliflower and Potato Bean Mash 

Jasmine Rice

International Station

Hoagie Subs on Panini

Beef Philly Cheese Steak

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

Pancake puffs & Syrup

Sausage Patty,

Cream of Wheat

Congee with condiments

AM Snack

Assorted Fresh Fruits

Sea salt seaweed

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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Soup of the Day

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

Salad of the day


Japanese garden Salad

Fattouch 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

Moroccan Beef 

Tzatziki

Falafel 


Pita,


Moroccan Roasted Potatoes,

Steamed Veg

International Station

Sweet & Sour Fried Pork

Halal Option Available 

tofu & vegetable 

Jasmine rice

Dessert

Assorted Fresh fruit

Maple Mania

PM Snacks

Assorted Fresh Fruits

Coco Banana Crips

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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Soup of the Day

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


Salad of the day

Fattouch Salad 

Tomato Eggplant & bean 

Entrée

Brisket Barbacoa

(Halal available) 

Creamy Tuscan Button Mushroom 

Cilantro Rice

Steamed Corn

International station

Fried Shrimp Po Boys 

Falafel Po Boy - 

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,

Hashbrown Triangle

Blueberry pancakes and syrup,

Chicken Links

Halal option available

Baked beans

Congee

Am Snack

Assorted Fresh Fruits

Rice Krispy Square

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, Oil & Vinegar

Soup of the Day

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

Salad of the day

Tuna Pasta 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

Turkey Pot Pie


Halal option Available 

Curly Kale, Green Bean with Quinoa 

Garlic Butter Boiled Potatoes

Steamed Vegetables

International Station

Meatball & gravy with Rice 

Plant Base sausage & Gravy 

Dessert

Assorted Fresh fruit

Mini Cupcakes

PM Snacks

Assorted Fresh Fruits

Tostito & Guacamole Kit

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, Oil & Vinegar


Soup of the Day

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

Salad of the day

Tuna Pasta Salad

Entrée

Texas BBQ Chicken 


Breaded Eggplant & Red Pepper Sauce 

Crispy bliss potatoes

Steamed Vegetables

International Station

Korean Braised Pork Bowl

Korean Tofu Bowl 

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, Oil & Vinegar

Soup of the Day


Vegetarian Soup

Salad of the day

Coleslaw Salad 

Entrée

Asado Chicken 


Vegetable Enchilada Casserole 

Nacho

Street Style Corn

International Station

Krispy chicken burger 

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 option available

Lentil Penne Carbonara 

Cajun fries

Steamed vegetables

International Station

Swedish Meatballs & Rice 

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

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

Potato Salad

Entrée


Poached Eggs

Scrambled Eggs

Triangle Hashbrown

Turkey Link

Brisket & Mushrooms

Miso Glazed salmon 

Boiled Veg Dumpling 

Noodle & Broth

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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Soup of the Day


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

Salad of the day

Potato Salad 


Entrée

Jalapeno Fried Chicken 

Mac & Cheese 

Three Cheese Potato
steamed vegetables

International

Beef Kofta & Tabouleh Bowl 

Dessert

Assorted Fresh Fruit
Black Forest Cake