

## **Week Three – 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.

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

### **Smoothie of the Day**

Vegan Matcha Smoothie

### **Hot line -**

Scrambled Eggs & Hard-Boiled Eggs, diced home Fries, Crepes & Jam turkey bacon, (Halal Meat option available) cream of wheat and congee with condiments

## **Week Three – 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**

Kachumber Salad

Kimchi Style Slaw

### **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**

Halal, beef, and chicken meatball in alfredo sauce (halal), pasta in Herb Parmesan Butter (Margerine), Roasted vegetable and Soy Protein (Vegan), steamed Vegetables

### **International**

Honey garlic Chicken Stir Fry – Halal

Tofu Vegetable Stir Fry & Rice

### **Dessert**

Assorted Whole Fresh Fruit

Lemon Squares

## **Week Three – 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

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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**

Kachumber Salad

Roasted Edamame Salad

### **Entrée**

Roasted Turkey & gravy, Celery on Onion Stuffing, roasted Vegetables with Soy Protein, Green Beans

### **International Station**

Shrimp (Halal) Taco with Cilantro Lime Coleslaw

### **Dessert**

Assorted Fresh whole Fruit

Nanaimo Bar

## **Week Three – 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 own Greek yogurt parfait cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the Day**

Blueberry, Mango & Carrot

### **Hot line**

Breakfast egg and bacon Croissant, (Halal Croissant Sandwich Available) baby pancake potato, pancakes Puffs with syrup, breakfast ham and baked beans, Congee with Condiment's

## **Week Three – 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**

Spicy Thia Tofu Salad

Crunch Romain & Quinoa 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**

Tandoori Chicken – Halal, Spinach & Chickpea Curry (Vegan), Vegetables Samosa (vegan), Basmati Rice

### **International Station**

Pork Souvlaki & Potatoes – Halal

Vegan Falafel & Pita with Tzatziki

### **Dessert**

Assorted Whole Fresh fruit

Chocolate Fudge Cake

## **Week Three – 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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Oil & Vinegar –

### **Soup of the Day**

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

### **Salad of the day**

Spicy Thia Tofu Salad

### **Entrée**

Korean BBQ Chicken Satay, Bulgogi Vegetables & Soy Protein Stir fry, Vegetables Dim sum and jasmine rice

Halal Option available

Jasmine Rice

**International Station**

Halal Beef Meatball Subs Halal & Onion Rings

**Dessert**

Assorted Fresh Fruit

Tres Leche Cake

**Week Three – 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, create your own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

**Smoothie of the Day**

**Morning Glory** – Blueberry, banana, flax seed, honey, spirulina, soy milk & Plain yogurt

**Hot line**

Vegetable Omelets, triangle potatoes, French toast, pork sausage link, cream of oatmeal & Congee with condiments

**Week Three – 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

**Salad of the day**

Roasted Edamame Salad

Broccoli Pasta 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**

Mini Beef Pies (Halal beef tot Casserole), Sauté Kale Quinoa & Soy Protein, roasted potatoes, and Steam Corn

### **International**

Salami & Mozzarella Pizza

Halal Pizza available

Vegetables lover pizza

Gluten free Pizza AVAILABLE

### **Dessert**

Assorted Fresh fruit

Vanilla Cake

## **Week Three – 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**

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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**

Kim chi Style Slaw

Broccoli Pasta Salad

**Entrée**

Beef Lasagna (Halal) Spaghetti in Chili parm & Oil, Grilled Peppers & Zucchini, cheesy garlic Bread

**International Station**

Sweet and Sour Chicken Balls & Rice

Sweet and Sour Tofu and Rice

**Dessert**

Assorted Fresh Fruit

Red velvet Cake

**Week Three – Thursday – Breakfast – 7:00am – 8:00am****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 own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

**Smoothie of the day**

**Green Tea Shake** – green tea, grapes spinach banana & honey

**Hot line -**

Fried Eggs and Sausage on Biscuit, Halal biscuit sandwich available, tater tots hash brown, waffles with syrup, Bacon, halal b/f meat available cream of wheat and Congee with Condiments

**Week Three – 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

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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**

Quinoa & Cucumber 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**

Shanghai Beef Noodle Stir Fry – Halal, Veg spring Roll soy protein vegetable & Tofu stir Fry (Vegan), Jasmien Rice

### **International**

Chicken Shawarma Wrap with garlic Sauce – Halal

Meatless Chicken Shawarma with garlic Sauce

### **Dessert**

Assorted Fresh fruit

Sugar Donuts

## **Week Three – 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

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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**

Quinoa Cucumber Salad

### **Entrée**

Dynamite Fir Chicken Halal, Chickpea chaat masala sweet potatoes Basmati Rice and Steamed veg

### **International Station**

BBQ pork Riblets with Mac & Cheese Bake and sweet corn bread loaf

Halal Option available

### **Dessert**

Assorted Fresh Fruit

Strawberry short cake

## **Week Three – Friday – Breakfast – 7:00am – 8:00am**

### **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 own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Smoothie of the day**

## **Mango fandango – Goji Berry Mango Smoothie**

### **Hot line**

Egg Benedict, (halal egg benedict available) diced home fries, Blueberry pancakes with syrup, sausage patty, baked beans, and congee with condiments

## **Week Three – 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**

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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**

Mediterranean pasta Salad

Spicy Cabbage 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**

Mexican Lamb Birria tacos- Halal, chimichurri Cauliflower Tacos, mexi rst Potato, Steamed vegetables

### **International Station**

Pork & Kimchee Dumpling

Vegetable Dumpling

Jasmine Rice

### **Dessert**

Assorted Fresh fruit

Chocolate silk Cake

## **Week Three – 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

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Oil & Vinegar –

### **Soup of the Day**

vegetarian

### **Salad of the day**

Mediterranean pasta Salad

Green Lentil salad

### **Entrée**

Coconut Curry Salmon, Halal Roasted Tofu with Coconut Curry Sauce, Jasmien Rice and steamed veg

### **International Station**

Cared Prime Rib & Gravy with Mashed Potatoes and Mini Yorkshire pudding

Halal Option Available

### **Dessert**

Assorted Fresh Fruit

Sticky toffee Pudding

### **Week Three – 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, create your own Greek yogurt parfait, cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Week Three – 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

#### **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**

Potato Salad

#### **Entrée**

Teriyaki Beef Short Rib, Sautéed cabbage with soy sauce and Vinegar, Vegetable egg Rolls, jasmine Rice,

#### **International Station**

Chicken Burger & Spicy Fires

Halal Option available

Buffalo spicy sauce on side

### **Dessert**

Assorted Fresh fruit

Euro bites Squares

## **Week Three – 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

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Oil & Vinegar –

### **Soup of the Day**

– vegetarian

### **Salad of the day**

Potato Salad

### **Entrée**

Southern Fried Chicken (Halal) with Gravy, Sautee Kale, Tofu & Quinoa (Vegan) Perogy with Sour Cream and steamed corn

### **International Station**

Beef Fajita

Vegetables Fajita

Salsa sour cream & Cajun Mayo

### **Dessert**

Assorted Fresh Fruit

Tiramisu cake

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

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

Assorted Cereals milk and Chocolate milk, croissants.

create your own Greek yogurt parfait cream cheese, jams and butter, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

### **Soup of the day –**

Vegetarian

### **Salad**

Seven grains

### **Entrée**

Egg & pork Sausage Muffin sandwich, (Halal – Breakfast muffin Sandwich Available) waffles, chicken Sausage, Halal Meat available herbed baked chicken(halal), bacon and sausage Pasta, cheese cannelloni home fries and steamed Vegetables

### **International Staton**

Omelet station

### **Dessert**

Assorted whole Fresh fruit

Apple Crumble

## **Week Three – 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**

Seven Grain

### **Entrée**

Texas Beef Brisket, Halal option available, lemon butter asparagus & Soy Pasta, garlic mashed Potatoes, Steamed vegetables

### **International stations**

Alfredo chicken Pizza – Halal

Mushroom, green Pepper & Onion Pizza

### **Dessert**

Assorted whole Fresh fruit

Maple Mania