

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

Power Performance

Apple Quina Pancakes

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

AM Snacks

Assorted Fresh Fruits

Mini Muffins

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

Bok Choy Stir Fry & Jasmine Rlce

Dessert

Assorted Whole Fresh Fruit

Lemon Squares

PM Snack

Assorted Fresh Fruit

Digestive Cookie

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

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

Kachumber Salad

Roasted Edamame Salad

Entrée

Korean BBQ Chicken Satay, Bulgogi Tofu, Vegetables Dim sum and jasmine rice

Halal Option available

Jasmine Rice

Roasted Turkey & gravy, Celery on Onion Stuffing, roasted Vegetables Shepard Pie, Green Beans

Halal Option Available

International Station

Beef (Halal) Taco with Cilantro Lime Coleslaw

Vegetable tacos

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

Power Performance

Cia Pudding Breakfast Bowl

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

AM Snacks

Assorted Fresh Fruit

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

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 Chickpea 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

Beef Pies, Sautee Arugula with Quinoa and Soy Steak, Rice, and Aztec Corn

Halal Protein Option Available

International Station

Fish Nugget (Halal) with Tartar Sauce and Roasted Potatoes

Dessert

Assorted Whole Fresh fruit

Chocolate Fudge Cake

PM Snack

Assorted Fresh Fruit

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

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

Lemon Chickpea Salad

Crunch Romain & Quinoa Salad

Entrée

Roasted Turkey & gravy, Celery on Onion Stuffing, roasted Vegetables Shepard Pie, Green Beans

Halal Option Available

International Station

Halal Beef Meatball Subs Halal & Onion Rings

Dessert

Assorted Fresh Fruit

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

Power Performance

Congee Breakfast Bowl

Hot line

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

Halal Breakfast meat Option available

Am Snacks

Assorted Fresh Fruits

Tomato Crackers

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

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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

Roasted Edamame Salad

Pear & Cranberry 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

Chicken Tikka – Halal, Chana Masala, Vegetable Samosa and Basmati Rice

International

Cheeseburger Pizza – Halal

Vegetable lovers' pizza

Gluten Free & Vegan Option available

Dessert

Assorted Fresh fruit

Vanilla Cake

PM Snack

Assorted Fresh Fruit

Tostito & Guacamole

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

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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

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

International Station

Sweet and Sour Chicken Balls & Rice

Halal Option Available

Sweet and Sour Tofu and Rice

Dessert

Assorted Fresh Fruit

Orange Citrus

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

AM Snacks

Assorted Fresh Fruits

Made Good Cookie & Cream Granola Bar

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

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 Cauliflower & Arugula

Okanagan 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

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

Halal Option Available

International

Chicken Shawarma Wrap with garlic Sauce – Halal

Meatless Chicken Shawarma with garlic Sauce

Dessert

Assorted Fresh fruit

Sugar Donuts

PM Snack

Assorted Fresh Fruit

Hummus & Cracker Kit

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

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

Quinoa Cucumber Salad

Entrée

Dynamite Fire Chicken Halal, Chickpea chaat masala sweet potatoes Cilantro 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

Halal Breakfast Meat Available Daily

AM Snacks

Assorted Fresh Fruits

Yogurt Tubes

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

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

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

Cod Sandwich- Halal, Chimichurri Cauliflower, Roast Potato, Steamed vegetables

International Station

Pork & Kimchee Dumpling

Halal Option available

Vegetable Dumpling

Jasmine Rice

Dessert

Assorted Fresh fruit

Chocolate silk Cake

PM Snack

Assorted Fresh Fruit

Made good Mini Red Velvet Cookies

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

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

Salad of the day

Mediterranean pasta Salad

Green Lentil salad

Entrée

Beef Lasagna (Halal) Lentil Penne Carbonara, Grilled Peppers & Zucchini, cheesy garlic Bread

International Station

Turkey Budda Bowl

Vegetable Budda Bowl

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

Upon Request

Cooked Eggs to order – scrambled, Fried, or sunny side up

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

Honey Garlic Meatballs – halal, Sautée cabbage with soy sauce and Vinegar, Vegetable egg Rolls, jasmine Rice,

International Station

Jerk Chicken & Chips – Halal

Jamaican vegetable Patties

Dessert

Assorted Fresh fruit

Tuxedo cake

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

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

Salad of the day

Potato Salad

Entrée

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

International Station

Phili Steak Pub Bowl – Halal

Tofu Steak Pub Bowl

Dessert

Assorted Fresh Fruit

Lemon Cream 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, herbed baked chicken(halal), Beef bolognaise 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

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

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