<u>Week Four – Monday – Breakfast – 7:00am – 8:30am</u>

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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the day

Carrot & Apple Smoothie

Am Snack

Assorted Fresh Whole Fruits

Mini Muffins - flavor subject to change

Hot line -

Scrambled Eggs & Hard-Boiled Eggs, diced home Fries, French toast with syrup, turkey links, cream of wheat and congee with condiments

Halal Breakfast Meat Option Available

Week Four - 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 with Crackers on side

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

Salad of the day

Soy Ginger Green Bean Salad Mandarin Orange & Spinach

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

Baked Chicken Parmesan (Halal) pasta with herb garlic and Olives (Vegan) Roasted Garlic Potatoe Steamed Veg

International

Beef Nacho, vegetable Nacho with Salsa, Sour Cream and Guacamole

Dessert,

Assorted Whole Fresh Fruit

Lemon Burst Squares

Pm snacks

Assorted Fresh Whole Fruits

Hummus and Crackers

Week Four - 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

Soy Ginger Green Bean Salad

Entrée

Lamb loin chop Halal with Grilled Pita, Tzatziki, Grilled Eggplant & Zucchini with Soy Crumble, batata Harra Potatoes Steamed Vegetables

International Station

Shrimp Po Boys – halal

Falafel Po Boy - Vegan

With Coleslaw on the Side

Dessert

Week Four - 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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the day

Energy Upper

Am Snack

Assorted Fresh Whole Fruits

Smores Brownie Bites

Hot Line

Cheese Omelet, baby pancake potatoes, pancakes, sliced breakfast grilled ham, baked beans & Congee Halal Breakfast Meat Option Available

Week Four - 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

Baby kale Cucumber & Pepper Salad Greek Orzo Pasta

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 –

Battered Fish & Chips with tartar Sauce- halal Poached Broccoli & Sautee Tempeh, Fries and Steamed vegetables

International Station

Teriyaki Meatballs & Rice – Halal with Teriyaki Tofu & Vegetables & Rice

Dessert

Assorted Whole Fruit Black Forest Cake

Pm Snack

Assorted Fresh Whole Fruits

Week Four - 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

Entrée

Maple BBQ Chicken – Halal Roasted Brussel Sprout & Soy Protein, Jalapeno Corn Bread & Steamed Veg

International Station

Beef Pho Noodle Soup Bok Choy & tofu Noodle Soup

Dessert

Fruit

Banana Cake

<u>Week Four – Wednesday – Breakfast - 7:00am – 8:30am</u>

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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Virgen green Monster - Spinach Soymilk Flax & Banana

Am Snacks

Assorted Fresh Whole Fruits

Yogurt Tubes

Hot line

Breakfast sausage & Egg Muffin sandwich (Halal Option Available), hashbrown triangle, crepe with jam, chicken sausage, cream of oatmeal, congee & Condiments

<u>Week Four – Wednesday – Lunch – 11:20am – 1pm</u>

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

Chinese Lo Maine Noodle Salad Turkey Waldorf 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

Grilled Beef Burger on Bun – Halal, Vegan Burger with Roasted Pepper garlic & Herb Steamed Butter Potato Steamed Veg

International Station

Perogy Bar with Bacon sour cream, Cheddar & Scallions

Pm Snack

Assorted Fresh Whole Fruits

Chewy Bar

Dessert

Fresh fruit Pound Cake

Week Four - 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

Entrée -

Beef tater Toto Casserole – Halal, sundried tomato pesto pasta, Marinated Grilled Pepper & Zucchini, and steam vegetable

International Station

Sausage & Mozzarella Pizza, Halal pizza available and cheese Pizza

Dessert

Assorted Fresh Whole Fruits Tuxedo Truffle Mousse cake

<u>Week Four – Thursday – Breakfast – 7:00am – 8:30am</u>

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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the day

Peachy Kean – Peaches, Banana Greek Yogurt and Nutmeg

Am Snack

Assorted Fresh Whole Fruits

Rice Krispy Squares

Hot line -

Poached egg and scrambled eggs, Tator tots, pancake puffs & Syrup, bacon, Cream of wheat, congee with Condiments Halal breakfast meat option available

Week Four - Thursday - Lunch - 11:20 am - 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

Chickpea chaat Salad Coleslaw 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 & Cheddar Pasta Bake – Halal, Creamy Vegetable Lasagna, garlic Sautee green bean & Soy crumble and garlic toast

International Station

Chicken Samosa – halal Veg Samosa - Vegan

Dessert

Strawberry Cream Cake

Pm snack

Assorted Fresh Whole Fruits

Week Four – 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

Entrée -

Szechwan Fried Pork, Tofu vegetables and soy Protein Stir Fry, bang Bag Tempura Cauliflower and Lo main noodle

International Station

Bulgogi Beef Tacos Halal Option available Bulgogi Beyond Steak tacos

Dessert

Assorted Whole Fresh fruit Vanilla Caramel Cake

Week Four - 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, create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Purple Power Smoothie - Berries Carrot Apples Beet Parsley & Orange Juice

Am Snacks

Assorted Fresh Whole Fruits

BBQ Crackers

Hot line –

Smoked Salmon eggs Benedict (Halal) French toast & syrup, Diced potatoes, sausage patty, baked beans, and Congee with Condiments

Halal Breakfast meat option available

Week Four- 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

Soy Vegetables Salad Med Kale & 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

Entrees -

Filipino BBQ Pork Kabob (, Halal option available, Spinach & Tofu, Fried rice, Steamed Vegetables

International

Buffalo Chicken Pizza – Halal Vegetable Lovers Pizza Gluten free pizza available

Dessert -

Assorted Fresh Whole Fruit Wild berry macaroon

Pm snack

Whole fresh Fruit
Tostito and Guacamole
Subject to change

Week Four - 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

Entrée -

Roast beef & gravy, Basil pesto Cheese Tortellini, garlic mashed potatoes, brown sugar glazed Carrots

International Station

Chicken Finger & Waffle Fries Meatless Chicken fingers and waffle Fries

Dessert

Fresh Whole Fruits Chocolate Silk Cake

Week Four - 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 Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit cream cheese, jams and butter selection 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 Four – 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

Weekend deli meat platter with breads & Spreads

Soup of the Day

Vegetarian Soup

Salad of the Day

Potato Salad

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 —

Entrée -

Grilled seasoned Steak with Gravy, Grilled Vegetables with Chickpea, Garlic Butter Steamed Potatoes and Steamed Green Beans

International Stations

Shrimp Fettuccini – Halal with Soy Protein Vegetables Fettuccini Garlic Bread Sticks

Dessert

Chocolate Ice cake

Week Four - 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

Soup of the Day

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 —

Entrée –

Chicken Broccoli Pasta – Halal, Vegan veg and soy protein Stuffed Peppers, Creamy tomato Gnocchi, and steamed Vegetables

International Station

Beef Burrito Bowl – Halal Vegetable Burrito Bowl

Dessert

Fresh fruit Cheesecake

Week Four - Sunday - Brunch - 10:30am - 12:30pm

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants. create your Greek yogurt parfait with fresh berry, granola, sunflower/pumpkin Dried Fruit 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

Broth Base Soups - vegetarian

Entrée -

Egg & Sausage Muffin Sandwich (halal Option Available), Hard Boiled Eggs, Crepes, baby Pancake Bites, turkey Bacon, Pork tenderloin with Gravy, baked Haddock with lemon Butter – Halal Vegan roasted Veg Pasta, rice, Steamed Veg

International Station

Dessert

Fresh fruit & Lemon Cream Cake

Week Four - 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

Broth Base Soups - vegetarian

Entrée -

Sticky Braised Beef Short Ribs, (Halal option available) Vegetable & Beyond Meat noodle, tempura Yams and Jasmine Rice

International Station

Tossed & Dry Chicken wings & Mozzarella Stick

Dessert

Fresh fruit

Nanaimo Bar