# <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 tomato and Olives 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** 

# <u>Week Four – Monday – Dinner – 5:15pm – 6:45pm</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

Soy Ginger Green Bean Salad

# <u>Entrée</u>

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

#### **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, grilled 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 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

## <u>Entrée</u>

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

## **International Station**

Beef Pho Noodle Soup Veg Noodle Bowl 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, Kalebanzo 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** 

# <u>Week Four – Wednesday – Dinner – 5:15pm – 6:45pm</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

#### 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

# Week Four – 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, 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 -

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

# **International Station**

Bulgogi Beef Tacos - halal 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 -

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

## **International Station**

Halal 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 Kalebenzo Steamed

## **International Stations**

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

#### Dessert

Chocolate Ice cake

# <u>Week Four – Saturday - Dinner – 5:00pm – 6:00pm</u>

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

Cream Base vegetarian

# **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, Maple chili Pork tenderloin with Gravy, baked Haddock with tomato & Olives – Halal Vegan roasted Veg Pasta, rice, Steamed Veg

## **International Station**

Omelet Bar – eggs cooked to order

#### **Dessert**

Fresh fruit & Lemon Cream Cake

# <u>Week Four – Sunday – Dinner – 5:00pm – 6:00pm</u>

- 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