## Week Four - 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, 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

## 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 Kalebenzo Vegetable

## International Station

Shrimp Po Boys - halal
Falafel Po Boy - Vegan
With Coleslaw on the Side

## Dessert

Tiger Brownie

## 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 -

## 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

## Entrée

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

## Week Four - 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 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

## Week Four - 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

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

## 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

## 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

[^0]
## 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

## 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

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

# 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


[^0]:    Smoothie of the Day
    Purple Power Smoothie - Berries Carrot Apples Beet Parsley \& Orange Juice

