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,

Tator tots

French toast with syrup

Turkey links

Halal Breakfast Meat Option Available



cream of wheat

congee with condiments

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, 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 VGN Mandarin Orange & Spinach von

Deli Bar

Selection of Deli Meats of Ham, Turkey, Roast beef, Cucumber, Tomato, onions, Cheese, Egg or Tuna Salad with choice of selected Bread and spreads.

Entrée

Herbed Roasted Chicken Pesto Pasta Garlic Butter Potatoes Steamed Vegetables

International

All Beef Hotdog

Halal Option Available



Beyond Meat Sausage on Bun VGN



Dessert,

Assorted Whole Fresh Fruit

Lemon Burst Squares

Pm snacks

Assorted Fresh Whole Fruits

Yogurt Tube

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, 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 VGN Mandarin Orange & Spinach on

Entrée

Lamb Loin chop 👧

Grilled Zucchini with Chickpea von

Rice pilaf

Kalebenzo Vegetable

International Station

Lemongrass Chicken Noodle Bowl



Tofu Noodle Bowl 💎



Dessert

Assorted Fresh whole Fruit

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

Apple Slices

Hot Line

Cheese Omelet baby pancake potatoes Pancakes & Syrup Grilled breakfast ham Halal Breakfast Meat Option Available Baked beans 💎 Congee

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, 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 Caesar Salad

Deli Bar

Selection of Deli Meats of Ham, Turkey, Roast beef, Cucumber, Tomato, onions, Cheese Egg or Tuna Salad with choice of selected Bread and spreads.

Entrée -

Red Pork Curry
Halal Option Available
Tofu & Eggplant Thai Curry
Jasmine Rice,
Steamed Veg

International Station

Fish Taco's Mango Slaw V Vegetable tacos V Salsa and Guacamole

Dessert

Assorted Whole Fruit Black Forest Cake

Pm Snack

Hummus & Cracker Kit

<u>Week Four – Tuesday – 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, Oil & Vinegar

Soup of the Day

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

Entrée

Apple Glazed Pork Chop
Halal Option Available
Roasted Brussel Sprout & Soy Protein VGN
Jalapeno Corn Bread
Steamed Veg

International Station

Beef Shepards Pie Couscous Stuffed Peppers VGN

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

Virgin green Monster - Spinach Soymilk Flax & Banana

Hot line

Breakfast sausage & Egg Muffin sandwich (Halal Option Available) hashbrown triangle Waffles & Syrup Chicken sausage, Cream of oatmeal

Am Snacks

Assorted Fresh Whole Fruits Smores Bites

Week Four - Wednesday - Lunch - 11:20am - 1pm

<u>Salad Bar</u> - 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

<u>Dressings</u> - 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, 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



<u>Deli Bar</u> - Selection of Deli Meats of Ham, Turkey, Roast beef, Cucumber, Tomato, onions, Cheese, Egg or Tuna Salad with choice of selected Bread and spreads.

Entrée

Grilled Beef Burger on Bun
Vegan Burger with Roasted Pepper
Paprika Potato
Kalebanzo Steamed Veg

International Station

Spaghetti Pork Bolognaise Halal Option Available Spaghetti & Sauce VGN

Dessert - Fresh fruit, Pound Cake

Pm Snack

Assorted Fresh Whole Fruits

Bear Paw Cookie

<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, Oil & Vinegar

Soup of the Day

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

<u>Entrée</u>

Grilled Cod
Cheese Tortellini in Light Cream
Warinated Broccoli & Peppers
Steam vegetables

International Station

Street Style Chicken Tacos
Nacho Refried Bean & Cheese

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 Keene - Peaches, Banana Greek Yogurt and Nutmeg

Hot line

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

Am Snack

Assorted Fresh Whole Fruits Sea Salt Seaweed

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, 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 V

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

Cambodian Lemongrass Beef
Halal Option Available
Garlic green Beans & Soy Steak
Jasmine Rice
Steamed Vegetables

International

Buffalo Chicken Pizza
Vegetable Lovers Pizza
Gluten free pizza available

GF

<u>Dessert</u> - Strawberry Cream Cake, Assorted fresh fruits

Pm snack

Assorted Fresh Whole Fruits

Coco banana Chips

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, Oil & Vinegar

Soup of the Day

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

Entrée -

Sesame Pork Stir Fry,
Halal Option Available
Bang Bang Tempura Cauliflower
V
Jasmine Rice,
Lo main noodle with broth
Halal Option Available

International Station

Roast Beef & gravy
Halal Option Available
Garlic Mashed Potatoes

<u>Dessert</u>

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

Hot line -

Smoked Salmon eggs Benedict
Waffle & syrup,
Diced potatoes,
Sausage patty
Halal Breakfast meat option available
Baked beans
Congee with Condiments

Am Snacks

Assorted Fresh Whole Fruits Rice Krispy Square

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, 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 V

Deli Bar

Selection of Deli Meats of Ham, Turkey, Roast beef, Cucumber, Tomato, onions, Cheese. Egg or Tuna Salad with choice of selected Bread and spreads.

Entrees -

Filipino BBQ Pork Kabob
Halal option available
Sautee Spinach vgn
Garlic Soy Fried Rice
Steamed Vegetables

International Station

Perogy Bar V Bacon bits sour cream, Scallions & Sautee Onions

Dessert -

Assorted Fresh Whole Fruit Wild Berry Macaroon

Pm snack

Whole fresh Fruit Red velvet cookies

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, Oil & Vinegar

Soup of the Day

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

Entrée

BBQ Pork Ribs
Halal Option Available
Baked Parmesan Portobello Mushroom
W
Baked beans
Steamed Veg

International Station

Chicken Fingers Waffle Fries Meatless Chicken fingers v

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, Oil & Vinegar

Entrée -

Seared Chicken with Chimichurri Sauce
Grilled Vegetables with Chickpea
Garlic Butter Steamed Potatoes
Kalebenzo Steamed

International Stations

Beef & Broccoli Stir Fry Broccoli & Tofu Stir Fry Jasmine rice

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, Oil & Vinegar

Entrée -

Creamy Chicken Broccoli
Veg and soy protein Stuffed Peppers
Cheese Cannelloni
steamed Vegetables

International Station

Shrimp Ramen Bowl Vegetable Ramen Bowl V

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, Oil & Vinegar

Soup of the Day

Broth Base Soups - vegetarian

Entrée -

Egg & Sausage Muffin Sandwich
(halal Option Available),
Hard Boiled Eggs,
Pancake Bites,
Turkey Bacon,
Baby pancake hashbrown
Honey Citrus Chicken
baked Haddock with tomato & Olives
tempura green bean
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 🔻



Entrée -

Honey Glazed Smoked Ham (Halal option available) Chipotle mac & Cheese

Mashed potato, Steamed Vegetables

International Station

Big Ol Beef Burrito
Vegetable Burrito -

<u>Dessert</u>

Fresh fruit Nanaimo Bar