

## **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, 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**

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

Halal Option Available

### **International**

All Beef Hotdog & Beyond Meat Sausage on Bun

Halal Option Available

### **Dessert,**

Assorted Whole Fresh Fruit

Lemon Burst Squares

### **Pm snacks**

Assorted Fresh Whole Fruits

Digestive Cookie

## **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, Grilled Zucchini with Soy Crumble, rice pilaf Kalebenzo Vegetable

### **International Station**

Fried Shrimp Po Boys – halal

Falafel Po Boy - Vegan

With Coleslaw on the Side

### **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

Bear Paw

### **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

Caesar 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 –**

Herbed Roasted Chicken – Halal, Pesto Pasta, Garlic Butter Potatoes and Steamed Vegetables

### **International Station**

Fish Taco's – halal, with Mango Slaw, vegetable tacos with Salsa and Guacamole

### **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**

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

### **International Station**

Beef Pho Noodle Soup  
Halal Option Available  
Bok Choy & tofu 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

Tomato Cracker

### **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, Paprika Potato, Kalebanzo Steamed Veg

### **International Station**

Chicken Samosa – halal

Veg Samosa – Vegan

Cilantro Chutney Sauce

### **Pm Snack**

Assorted Fresh Whole Fruits

Tostito & Guacamole kit

### **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 Tot Casserole – Halal, sundried tomato pesto pasta, Marinated Grilled Pepper & Zucchini, and steam vegetable

### **International Station**

BBQ Chicken Pizza – halal

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  
Made Good Cookies & Cream Bar

### **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  
Greek Orzo 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**

Cambodian Lemongrass Beef – Halal, Garlic green Beans & Soy Steak, Jasmine Rice, Steamed Vegetables

**International Station**

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

Chicken Samosa – halal

Veg Samosa – Vegan

**Dessert**

Strawberry Cream Cake

**Pm snack**

Assorted Fresh Whole Fruits

Hummus & Crackers kit

**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, bang Bag Tempura Cauliflower, Rice, and Lo main noodle with broth

Halal Option Available

**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  
Yogurt tube

**Hot line –**

Smoked Salmon eggs Benedict (Halal) Waffle & 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

Caesar 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, Sautee Spinach, Fried Rice, Steamed Vegetables  
Halal option available

### **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  
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 and Oil & Vinegar –

### **Soup of the Day**

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

### **Entrée –**

Herb 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** –

Seared Chicken with Chimichurri Sauce – halal, Grilled Vegetables with Chickpea, Garlic Butter Steamed Potatoes and Kalebenzo Steamed

**International Stations**

Beef & Broccoli Stir Fry - halal

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 and Oil & Vinegar –

**Entrée** –

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

**International Station**

Shrimp Ramen Bowl – Halal

Vegetable Ramen 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, Pancake Bites, turkey Bacon, Baby pancake hashbrown Maple BBQ Chicken – Halal, baked Haddock with tomato & Olives – Halal tempura bean 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** –

Braised Pork with Root Vegetables (Halal option available) Chipotle mac & Cheese, Mashed potato, and Steamed Vegetables

**International Station**

Big Ol Beef Burrito – halal

**Dessert**

Fresh fruit

Nanaimo Bar