

Week Five – 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, fresh berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Peach Medley

Hot line

Fried eggs, scrambled eggs, triangle hashbrown, French Toast & Syrup, peameal bacon, Halal B/F meat Available cream of wheat and congee with Condiment

Am Snacks

Assorted Fresh Fruits

Miini Muffins

Week Five – 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

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

Salad of the day

Greek Salad

Garlic Three Bean 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

BBQ Meatballs – Halal, Soy Steak Mushroom & Onion with Arugula, mashed Potatoes and Steamed Vegetables

International Station

Fish Stick Taco – Halal

Refried bean & Vegetables tacos

Dessert

Assorted Whole Fresh Fruit
Lemon Tart

PM Snacks

Assorted Fresh Fruit
Hummus & Cracker Kit

Week Five – 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

Greek Salad

Garlic Three Bean Salad

Entrée

Pork Madallion with Onion gravy, - halal Option available, Leek & Cheese tarts, sweet potato mash and steamed veg

International

Garlic Sautee shrimp and pesto pasta – Halal

Dessert

Assorted Fresh Fruit

Strawberry Shortcake

Week Five – Tuesday – Breakfast - 7:00am – 8:00am**Continental breakfast to include -**

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Fresh fruit – Sliced honeydew, fresh Berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Orange Ginger

Hot line

Breakfast egg and turkey burrito (halal option available) triangle hashbrown, pancakes Puffs & syrup, bacon Halal B/F meat Available, baked Beans, and congee with Condiment

AM Snacks

Assorted Fresh Fruit

S'mores Brownie Bites

Week Five – 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 –

Salad of the day

Chicken & Kalamata Olive Salad

Basil Pesto Pasta 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

Harissa Spiced Chicken – halal, white Quinoa Spinach & Raisins, Basmati Rice Steamed Vegetable

International Station

Sausage Pasta bar with Tempeh & Roasted Veg Pasta with alfredo or tomato Sauce

Dessert

Assorted Whole Fresh fruit

Chocolate Silk Cake

Week Five – Tuesday – Dinner – 5:15pm – 6:45 pm

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 –

Entrée

Pollack Wings with Sauce on Side, roasted broccoli florets with edamame Fries, Steamed Veg

International

Teriyaki meatball Subs with Jalapeno Coleslaw

Dessert

Assorted Fresh Fruit

Banana Cake

Week Five – Wednesday – Breakfast – 7:00am – 8:00am

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Fresh fruit – Sliced Watermelon, fresh Berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter portions, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Total Health Booster

Hot line

Egg and Pork sausage breakfast muffin, (halal option available Upon request) diced home fries, waffle, turkey Links, cream of oatmeal and congee

AM Snacks

Assorted Fresh Fruit

Yogurt TUBES

Week Five – 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 –

Salad of the day

Barely Corn & Pepper Salad

Bacon Cheddar ranch Potato 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

Pork Rib on Bun, Halal Option Available, Sundried Pesto Cheese tortellini, Garlic Butter Steamed Potatoes, Steamed Carrots

International Station

General Tso Chicken – Halal & Rice

General Tofu Vegetable Stir Fry & Rice

Dessert

Assorted Fresh fruit

Pound Cake

PM Snack

Fresh Whole Fruits

Week Five – 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 –

Entrée

Portuguese Piri Piri Chicken, vegan Migas, Portuguese Tomato Rice, Steamed Veg

International

Corn Dogs and Mozzarella Sticks

Halal Option available

Dessert

Assorted Fresh Fruit

Eclairs

Week Five – Thursday – Breakfast – 7:00am – 8:00am

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Fresh fruit – Fresh Grapes, fresh berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter portions, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Watermelon Cucumber

Hot line -

Scrambled Eggs, Hard boiled eggs, triangle hashbrown, Crepes, Pork links) halal b/f meat option available, cream of wheat and congee with condiments

AM SANCKS

Assorted Fresh Fruit

Rice Krispy Squares

Week Five – Thursday – Lunch – 11:20 – 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 –

Readymade Salads and served

Cucumber Pepper Salad

Chicken taco 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

Chicken Baked Piccata, - Halal, Cheese Cannelloni with Cream Sauce, Garlic toast and Steamed Green Beans

International

Pepperoni Pizza

Vegetable pizza

Halal & Gluten Free Available

Dessert

Assorted Fresh fruit

Maple Mania Squares

PM Snacks

Assorted Fresh fruit

Roasted Seaweed Snack

Week Five – 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 –

Entrée

Grilled Cheeseburger – Halal, vegan Burgers Onion Rings Seamed Veg

International

Popcorn chicken – halal option available with mashed potato –

Dessert

Assorted Fresh Fruit

Boston Cream cake

Week Five – Friday – Breakfast - 7:00am – 8:00am

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Fresh fruit – Sliced Cantaloup, fresh berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter portions, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Smoothie of the Day

Green Apple Banana

Hot line

Cheese Omelette, baby pancake hash brown, Coco Chocolate pancakes with syrup, turkey bacon, baked beans, and congee with condiments

AM SNACKS

Assorted Fresh Fruit

BBQ Crackers

Week Five– 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 –

Salad of the day

Minted Couscous

BLT 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 Machaca – Halal, Black bean Quinoa Enchiladas Bake, Cilantro Rice and Steam corn

Internatioanl station

Buffalo Chicken Mac & Cheese – HALAL

Mac & Cheese

Dessert

Assorted Fresh fruit

Mini Cupcakes

Pm snacks

Assorted Fresh fruit

Tostito & Guacamole

Week Five – Friday – Dinner – 5:00pm – 6:00pm

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

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 Lemongrass Chicken – halal Vegan Tofu, Bok Choy and Watercress, Chili Chow Maine Rice

International

Pork Kabob with TZATICKI & Pita – Halal Option available with Greek Spiced Steamed Potatoes

Dessert

Assorted Fresh Fruit

Red Velvet Cake

Week Five – Saturday – Breakfast – 8:30am – 10:00am

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, pastry of the morning, muffin of the morning and croissants.

Fresh fruit – Fresh Strawberries, fresh berries, fruit salad, Greek yogurt for build your own parfait, cream cheese, jams and butter portions, selection of Assorted sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Egg cooked to order – n/a till October 21st, 2023

If the boarder is up and wants some eggs, just ask! From fried eggs, cheese omelet to scrambled

Week Five – Saturday – Lunch – 11:20am – 1:00pm

Readymade Salads and served

Green salad with condiments and 2 types of dressing

Soup of the Day

Entrée

Korean Fried Chicken – Halal, Korean veg & tofu Sautee and Jasmine Rice steam Vegetables

International Station

Sausage Poutine Bar

Dessert

Assorted Fresh fruit

Tuxedo Cake

Week Five – Saturday – Dinner - 5:00pm – 6:00pm

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

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

BBQ Beef Brisket, Grilled broccolini & tofu, Mashed Potatoes steamed vegetables & Biscuit

International

Pork Banh mi Sandwich

Vegetable Banh Mi sandwich

Dessert

Assorted Fresh Fruit

Chocolate Ice Cake

Week Five – Sunday – Brunch – 10:30am – 12:30pm

Continental breakfast to include -

Assorted Cereals milk and Chocolate milk, croissants.

Greek yogurt, cream cheese, jams and butter portions, selection of sliced breads/bagels and gluten free bread, assorted fresh whole fruit

Soup of the day – Vegetarian Soup

Entrée

Breakfast sausage & Egg muffin sandwich, boiled eggs, home fries' waffles syrup, Peameal bacon, Roast Salmon, and BBQ Meatballs, rice and steamed veg

Internatioanl Station

Omelet Bar

Dessert

Assorted whole Fresh fruit

Cheesecake

Week Five – Sunday – Dinner – 5:00pm – 6:00pm

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

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

Hakka chicken – halal steamed veg dumpling, Hakka tofu jasmine rice and steamed vegetables

Internatioanl

Panini Press Bar

Dessert

Assorted Fresh Fruit

Black Forest cake