

## **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

### **Power Performance**

Bacon Leek & Swiss Quiche

### **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

Mini 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, Garlic 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 Medallion 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

### **Power Performance**

Pineapple Coconut Smoothie Bowl

### **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

Smoeres 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

Mediterranean Bulgar 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, Cilantro 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

### **Pm Snacks**

Assorted Whole Fresh fruit

## **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 – halal 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

### **Power Performance**

Avocado Power Plant Bowl

### **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 Kalebanzo Vegetable

### **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 – Halal, 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 Garlic 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, Mexican Brown Rice and Steam corn

**International 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 Jasmien 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**

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**

**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

**Entrée**

Korean Fried Chicken – Halal, Korean veg & tofu Sautée 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, Sweet Potato Fries 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 Balsamic Salmon – Halal and BBQ Meatballs – Halal, 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**

Deluxe Pizza

Cheese Pizza

Halal & Gluten Free Available

### **Dessert**

Assorted Fresh Fruit

Black Forest cake