

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

Kung Po Pork

Halal Option Available

Kung Po Vegetables & Rice

Dessert

Assorted Whole Fresh Fruit

Lemon Tart

PM Snacks

Assorted Fresh Fruit

Digestive Cookie

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

Philippine Pineapple Chicken – Halal, Mushroom Sisig Rice and Veg

International

Garlic Sautee shrimp and pesto pasta and Garlic Knots– 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

Bear Paw Cookie

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

Casaer 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

Fish Stick Taco – Halal

Refired bean & Vegetables tacos

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

Lemon garlic Pork Loin, Mini Leek & Cheddar Quiche Rice Pilaf and Veg

Halal Option available

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

Tomato Crackers

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

Butter Chicken & Rice

Turmeric Roasted Cauliflower

Dessert

Assorted Fresh fruit

Pound Cake

PM Snack

Fresh Whole Fruits

Tostito & Guacamole

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

Gyro Meat & Pita with garlic Sauce

Halal Option Available

Metales Gyro

Fries

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

Made good Cookie & Cream Bar

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 –

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

Balsamic Chicken Bruschetta – halal, Roasted Vegetable & Arugula, 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
Hummus & Cracker

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, Beyond Beet Burger, Onion Rings & Seamed Veg

International

Popcorn chicken – halal option available with Garlic mashed potato and Steamed Corn

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

AM SNACKS

Assorted Fresh Fruit

Yogurt Tubes

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

Caesar salad

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 with tortilla – Halal, Black bean Quinoa Enchiladas Bake, Mexican Brown Rice and Steam Vegetable

Internatioanl station

Turkey Burger

Vegetables Burger

Garlic roasted Potatoes

Dessert

Assorted Fresh fruit

Mini Cupcakes

Pm snacks

Assorted Fresh fruit

Red Velvet Cookies

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, Steam vegetables

International

Greek Style Pork with TZATICKI & Pita – Halal Option available with Greek Style Rice

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

Beef Koftas Curry & Rice – halal

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, Sautéed broccolini & tofu, Sweet Potato Fries steamed vegetables

Halal Option available

International

Beef Chili – halal & Baked Potatoes

Vegetable Chili

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

