

Week One - Friday - Breakfast

Hot cereal: oatmeal or pork Congee

Baked breakfast quiche, pancakes, tri-tater hash brown, sausage patty

A selection of fresh pastries including: plain croissants, apple danish, plain croissant, cinnamon bun

A selection of fresh breads and bagels including gluten free bread for toasting served with jam, butter and plain cream cheese

Fresh grapefruit, yoghurt parfait

Granola and selection of cereals

Smoothie of the day – Peach Medley

Week One - Friday - Lunch

Soups - six bean soup (vegetarian) or chicken chipotle chowder

Sandwich of the day – whole wheat roast beef & cheese

Salads of the day – sesame Dijon cabbage and fattoush salad

Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Entrees – red thai curry sole

Lebanese pork & pita

Bok choy & edamame

Steamed rice and steamed vegetables

Chef's corner – samosa with sweet chili

Week One - Friday - Dinner - Themed evening menu created by boarders

Canadian, Marine, Cabaret, Basketball, Super bowl, Italian

Week One - Saturday - Breakfast

Hot cereal

Continental breakfast to include:

Cereals, granola

Apple turnover, plain croissants, cheese twist

Sliced pineapple, Greek yogurt parfait, cream cheese, jams

Whole wheat breads/bagels and gluten free bread option

Juice machine available with a selection of fruits and vegetables

Week One - Saturday - Lunch

Soup of the day – garden vegetable

Salad of the day – pasta pesto

Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Deli platter – a selection of deli meats served with a selection of breads and condiments

Entrée – pogo stick & chicken wings

Chicken pasta bar

Vegetable potato skins

Steamed rice and vegetables

Week One - Saturday - Dinner - Themed event menu suggested by boarders

Canadian, Marine, Cabaret, Basketball, Super bowl, Italian

Week One - Sunday - Brunch

Hot cereal

Continental breakfast to include:

Cereals, granola

Apple Danish, plain croissants, mini pain au chocolat

Sliced honeydew, Greek yogurt parfait, cream cheese, jams

Whole wheat breads/bagels and gluten free bread option

Juice machine available with a selection of fruits and vegetables

Soup of the day – tomato & basil

Salad of the day – Greek salad

Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Entrée – Galangal beef stir fry

Omelette station

Tofu stir fry

Pea meal bacon, chicken sausage, home fries, hard boiled eggs and steamed rice

Week One - Sunday - Dinner - Themed event menu suggested by boarders

Canadian, Marine, Cabaret, Basketball, Super bowl, Italian

Week One - Monday - Breakfast

Hot cereal: Cream of wheat

Continental breakfast to include:

Cereals, granola

plain croissants, apple Danish, multigrain croissant

Sliced watermelon, Greek yogurt parfait, cream cheese, jams

Whole wheat breads/bagels and gluten free bread option

Vanilla French toast, hard boiled eggs, baby pancake has browns (baked) and pork sausage links
Smoothie of the day – antioxidant Supreme

Week One - Monday - Lunch

Soups – cream of mushroom chicken and vegetable noodle

Salads of the day – barbeque corn & pepper salad, pasta tuna salad
Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Entrees – baked honey sesame chicken
Swedish meatballs & rice
Bean sprout & carrot chop suey
Jasmine rice
Steamed vegetables
Chinese noodle & broth

Chef's corner – deli bar

Week One - Monday - Dinner

Soups – cream of mushroom chicken and vegetable noodle

Salads of the day – barbeque corn & pepper salad, pasta tuna salad
Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Entrees – Vietnamese Pork
Cajun chicken whole wheat pizza
Vegetable lover's whole wheat pizza
Chinese Kung Pao Tofu
Jasmine rice and steamed vegetables

Week one - Tuesday - Breakfast

Hot cereal: congee with condiments & oatmeal
Continental breakfast to include:
Cereals, granola
plain croissants, Apple danish and \cheese twist
Sliced cantaloupe, Greek yogurt parfait, cream cheese, jams
Whole wheat breads/bagels and gluten free bread option
Scrambled eggs, waffles and maple syrup, baked tater tot hash brown, bacon

Smoothie of the day – Dragon Juice

Week One - Tuesday - Lunch

Soups – creamy corn and shrimp or minestrone

Salads of the day – honey Dijon potato salad and coleslaw

Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Sandwich of the day – whole wheat turkey and swiss

Entrees - barbeque pulled pork on a bun

Chicken souvlaki bar

Spinach and leek quiche

Steamed rice

Steamed vegetables

Chef's corner – dessert crepe bar

Week One - Tuesday - Dinner

Soups – creamy corn and shrimp or Minestrone

Salads of the day – honey Dijon potato salad and coleslaw

Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Sandwich of the day – whole wheat turkey and swiss

Entrée – meat lasagna

Breaded fish taco

Vegetable & cheese lasagna

Steamed rice and steamed vegetables

Week One - Wednesday - Breakfast

Hot cereal: congee with condiments & cream of wheat

Continental breakfast to include:

Cereals, granola

Apple Danish, plain croissants, cinnamon bun

Quarter oranges, Greek yogurt parfait, cream cheese, jams

Whole wheat breads/bagels and gluten free bread option

Poached eggs, blueberry pancakes, baked triangle hash brown & chicken sausage

Smoothie of the day – Kale Aid

Week One - Wednesday - Lunch

Soups - cream of broccoli or Italian wedding

Salads of the day – Spanish garbanzo bean salad and Asian noodle

Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Entrees – Applewood baked chicken

Whole wheat pesto pepperoni pizza

Whole wheat vegetable lover's pizza

Broccoli quinoa casserole

Herbed roasted potatoes

Steamed vegetables

Chef's corner – deli bar

Week One - Wednesday - Dinner

Soups - cream of broccoli or Italian wedding

Salads of the day – Spanish garbanzo bean salad and Asian noodle

Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Entrée – Mediterranean baked sole

Nacho supreme with beef

Eggplant Al Forno

Steamed rice & steamed vegetables

Week One - Thursday - Breakfast

Hot cereal: congee with condiments & oatmeal

Continental breakfast to include:

Cereals, granola

Apple Danish, plain croissants, scone

Sliced honeydew, Greek yogurt parfait, cream cheese, jams

Whole wheat breads/bagels and gluten free bread option

Sausage patty, pepper and cheese omelets, French toast baked diced home fries

Musk Melon with honey

Week One - Thursday - Lunch (Meatless)

Soups – Cream of carrot & ginger soup or cabbage & onion

Sandwich of the day – hummus tomato wrap

Salads of the day – antipasto salad or Greek salad

Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Entrée – vegetable pastitsio

Tofu & vegetable stir fry with steamed rice

Butternut squash bake

Steamed rice

Steamed vegetables

Chef's corner – grilled cheese

Week One - Thursday - Dinner

Soups – cream of carrot & ginger soup or cabbage & onion

Sandwich of the day – hummus tomato wrap

Salads of the day – Antipasto salad or Greek salad

Plus, regular salad bar which includes, tomato, peppers, cucumber, hummus, chopped romaine and spring mix greens, olives, chick peas, beets (not all items every day) fresh fruit available

Entrée – mustard crumb chicken

Pulled pork poutine station

Chili flake and Parmesan spaghetti

Steamed rice & steamed vegetables