

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Daily Breakfast Bar	Daily selection of whole fruit, boned farm fresh eggs, freshly baked pastries, yogurts with toppings, hot cereal, cold cereals, assorted breads/bagels and preserves. Available at every meal. Water, 100% Juice, Milk, Soy Milk and a selection of infused Waters. At Breakfast - Scrambled Eggs are always available at the hot line upon request.						
	Hot Entree	Avocado Toast - Arugula, Basil, Tomato & Egg, Sausage	Breakfast Burrito w/ Eggs, Cheese & Salsa. Potato Bake sundried tomato & goat cheese	Eggs & Peameal Bacon	Spinach and Feta Omelet w/ Toasted Whole Grain Bruschetta	Waffle Bar w/ all the fixings. Bacon	BRUNCH	BRUNCH
	Juice Lab	Watermelon Bliss	Strawberry Banana	Apple Cucumber Mint	Peach Mango	Berry Basil		
Lunch								
	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day		
	Fresh Made Salad Bar	Daily Selection of Whole Fruit, a Salad Bar including a special daily composed salad, fresh lettuce, 4 homemade dressings, fresh cut vegetables, seeds, protein extras including; cottage cheese, avocado, chickpeas and beans.						
	Fresh Made Deli Bar	A Deli Bar including; sliced roasted meat, salad filling, sliced cheese, hummus, guacamole, various fresh toppings including tomatoes, onions and lettuce. Sauces, fresh breads, buns and wraps.						
	Regular	Butter Chicken Basmati Rice Green Beans	Sausage Perogies with Sauerkraut Grilled Vegetables	Honey Garlic Chicken Shanghai Noodle Steamed Vegetables	Pesto Shrimp Pasta Lentil Penne Asparagus	Hamburgers Potato Wedges Fresh Cut Vegetables	Shashuka Baked Eggs, Classic Buttermilk Pancakes with Peameal Bacon, Diced Potato	Bibimbap Day: Sticky Rice, Seasoned Ground Beef, Spinach, Zucchini, Daikon, Carrot, Mushroom, Bean Sprout, Fried Egg
	Gluten Free	Chicken	GF Bun	Roasted Chicken	Lentil Pasta	GF Bun		
	Little Camper Offering	Roasted boneless Chicken on Basmati Rice -w- Green Beans	Hotdog with Perogies & Grilled Vegetables	Mac & Cheese	Chicken Pasta in Tomato Sauce -w- Broccoli	Sliders		
	Vegetarian	Vegetarian Butter Chickpeas, Samosas	Vegetarian Sausage	Mac & Cheese	Vegetarian Pasta	Veggie 5 Bean Burgers		
Dinner								
	Fresh Made Daily Soup	In House Soup	In House Soup	In House Soup	In House Soup	In House Soup	In House Soup	In House Soup
	Fresh Made Salad Bar	Daily Selection of Whole Fruit, a Salad Bar including a special daily composed salad, fresh lettuce, 4 homemade dressings, fresh cut vegetables, seeds, protein extras including; cottage cheese, avocado, chickpeas and beans.						
	Fresh Made Deli Bar	A Deli Bar including; sliced roasted meat, salad filling, sliced cheese, hummus, guacamole, various fresh toppings including tomatoes, onions and lettuce. Sauces, fresh breads, buns and wraps.						
	Hot Entree	BBQ Beef Kabobs	Turkey Schnitzel	Southern Fried Fish	Japanese Beef Curry	Chicken Dumplings Goya	Lasagna	Pulled Pork
		BBQ Beef Kabobs	Turkey Schnitzel	Roasted Fish	Beef Curry stirfry	Chicken Stirfry	Lentil Pasta	GF Bun
		Roasted Potatoes	Egg Noodle	Butter & Herb Orzo	Red Curry Potato	Sticky Rice	Garlic Bread	Roasted Potato
		Asparagus	Peas and Carrots	Spinach & Pepper	Bok Choy	Brocolinni	Green Beans	Corn on the cob
	Vegetarian Entrée	Tofu Kabob	Tempeh Schnitzel	Korean Vegan Japchae	Japanese Tofu Curry	Vegetarian Dumpling	Vegetarian Lasagna	Baked Bean
	Globally Inspired	Caprese Salad	Baby Kale Salad	Mango Coleslaw Salad	Pizza	Bean Sprout Salad	Caesar Salad	Roasted Corn Coleslaw