

## The Menu

All menus follow Canadian Guidelines and have been analyzed by dietary consultants to ensure proper nutrition levels for high performance athletes. These are family and athlete-friendly, award-winning recipes, including low-sodium ingredients and no chemicals.

Box lunches include a variety of whole muscle meat sandwiches or wraps, a piece of fruit, juice, cookie, nutribar, snack type items following the Canada Food Guide.

Breakfast items include eggs, ham, turkey sausage, whole grain cereals, hot oatmeal, fresh fruit, yogurt, toast, muffins, assorted pastries, condiments, skim milk, soy milk and gluten-free items.

FRIDAY - Dinner #1			
Bread	Salad	Entrée	Dessert
Dinner Rolls (whole wheat) Individual butter portions	Quinoa Salad (whole grain) Cajun leaf Salad (LS) Mixed Low Calorie Dressings: Caesar/Italian/Thousand Island	Roast Beef Barbecue Chicken Rice Pilaf Herb Roasted Potato Vegetable Medley	Mixed Berry Crisp Whole Fresh Fruit Apples Bananas Oranges
<b>Celiac Station</b>		Cajun Lemon Chicken Salad Plate Tofu Vegetable Kabob (Gluten Free Marinade) Brown Rice Tzatziki (2oz)	
<b>Refreshment Station</b>	Coolers Bottled Water Chocolate Milk (250ml) White Milk (250ml) Real Fruit Juice Soy Milk	<b>Hot Drink Station</b>	Coffee Herbal Tea Cream/Sugar Honey/Sweetener Lemon Wedge

SATURDAY - Breakfast #1			
Toaster Bank	Main	Condiments/Fruit	Hot Breakfast
Double Toaster in Separate room if needed + Celiac Toaster	Raisin, White, Whole Wheat, Flax Seed Bread Corn, Raisin Bran, Blueberry Muffins Hot cereal Cereal bar variety Low Fat Yogurt	Butter Strawberry Jam Peanut Butter Apples Bananas Oranges Fruit Salad	Scrambled Eggs (no added salt or butter) Hash Browns Breakfast Grilled Ham Steak
Celiac Station	Gluten Free Bread/Muffins		
Refreshment Station	Bottled Water Chocolate Milk(250ml) White Milk (250ml) Real Fruit Juice Soy Milk	Hot Drink Station	Coffee Herbal Tea Cream/Sugar Honey/Sweetener Lemon Wedge

SATURDAY - Lunch #1			
Bread	Salad	Entrée	Dessert
Dinner Rolls Individual Butter Portions	Mixed Greens Salad Caesar Salad Veggies & Dip	Minestrone Soup Asian Noodle Soup Whole Wheat Pasta Chicken Alfredo	Fresh Fruit salad Whole Fresh Fruit Apples Bananas Oranges
Celiac Station		Gluten Free Soup (pasta) Wraps/Bread	
Refreshment Station	Bottled Water Chocolate Milk(250ml) White Milk (250ml) Real Fruit Juice Soy Milk	Hot Drink Station	Coffee Herbal Tea Cream/Sugar Honey/Sweetener Lemon Wedge

SATURDAY - Dinner #2			
Bread	Salad	Entrée	Dessert
Dinner Rolls (whole wheat) Individual butter portions	Asian Noodle Vegetable Salad Mixed Greens Red Leaf Salad Mixed Low Calorie Dressing Portions (Ranch/Italian/Thousand Islands)	Cheese Tortellini Roast Turkey Low Sodium Mashed Potato Roasted Corn Gravy (Low Sodium/Gluten Free)	Variety Sheet Cake (Carrot/Chocolate) Apples Bananas Oranges
<b>Celiac Station</b>	Mixed Greens Red Red Leaf Salad	Italian Roast Beef Low Sodium Mashed Potato Roasted Corn	Rice Pudding
<b>Refreshment Station</b>	Coolers Bottled Water Chocolate Milk (250ml) White Milk (250ml) Real Fruit Juice Soy Milk	<b>Hot Drink Station</b>	Coffee Herbal Tea Cream/Sugar Honey/Sweetener Lemon Wedge

SUNDAY - Breakfast #2			
Toaster Bank	Main	Condiments/Fruit	Hot Breakfast
Double Toaster in Separate room if needed + Celiac Toaster	Raisin, White, Whole Wheat, Flax Seed Bread Corn, Raisin Bran, Blueberry Muffins Hot cereal Cereal bar variety Low Fat Yogurt	Butter Strawberry Jam Peanut Butter Apples Bananas Oranges Fruit Salad	Breakfast Bake Breakfast Sausage or Ham Breakfast Potato
<b>Celiac Station</b>	Gluten Free Bread/Muffins		Breakfast Burritos with Gluten Free Tortilla Wraps Breakfast Ham
<b>Refreshment Station</b>	Bottled Water Chocolate Milk(250ml) White Milk (250ml) Real Fruit Juice Soy Milk	<b>Hot Drink Station</b>	Coffee Herbal Tea Cream/Sugar Honey/Sweetener Lemon Wedge

SUNDAY - Lunch #2			
Bread	Salad	Entrée	Dessert
Dinner Rolls Individual Butter Portions	Spinach Salad with Bacon and Hard Boiled Eggs Assortment of Salad Dressings	Asian Beef Stir Fry Sauce (Bolognaise) Pasta and Vegetable Pasta and Tomato Sauce	Fruit Crumble Apples Bananas Oranges
<b>Celiac Station</b>	3-Bean Salad	Gluten Free Pasta, bread, and sauce (spaghetti)	
<b>Refreshment Station</b>	Coolers Bottled Water Chocolate Milk (250ml) White Milk (250ml) Real Fruit Juice Soy Milk	<b>Hot Drink Station</b>	Coffee Herbal Tea Cream/Sugar Honey/Sweetener Lemon Wedge

SUNDAY - Dinner #3			
Bread	Salad	Entrée	Dessert
Dinner Rolls (whole wheat) Individual butter portions	Roasted Vegetable and Bow Tie Pasta Salad (Whole Wheat Pasta) Summer Greens Salad with Fresh Berries Spring Herb Chicken Salad Mixed Low-Calorie Salad Dressings	Beef Vegetable Bourguignon Lobster Mac & Cheese Fried Brown Rice Chicken Stir Fry Green Beans Herb Yukon Potatoes	Mini Berry Cheesecake Apples Bananas Oranges
<b>Celiac Station</b>	Spring Herb Chicken Salad Balsamic Salad Dressing	Brown Rice Gluten-Free Bread Chicken Stir Fry Lemon Dill Sauce	
<b>Refreshment Station</b>	Coolers Bottled Water Chocolate Milk (250ml) White Milk (250ml) Real Fruit Juice Soy Milk	<b>Hot Drink Station</b>	Coffee Herbal Tea Cream/Sugar Honey/Sweetener Lemon Wedge

MONDAY - Brunch			
Toaster Bank	Main	Condiments/Fruit	Hot Breakfast
Double Toaster in Separate room if needed + Celiac Toaster	White, Whole Wheat, Flax Seed, Raisin Bread Apple Cinnamon, Raisin Bran Blueberry Muffins Hot Cereal Cereal Bar Variety Parfait Station	Butter Strawberry Jam Peanut Butter Apples Bananas Oranges Fruit Salad	French Toast Station Grilled Ham Steak Classic Scrambled Eggs (no salt or butter added) Hash Browns Chef's Special Roasted Vegetables Baked Beans Coleslaw
<b>Celiac Station</b>	Gluten Free Bread/Muffins	Watermelon Honeydew Pineapple Sliced Fruit	Gluten Free French Toast Grilled Ham Steak Classic Scrambled Eggs (no salt or butter added) Hashbrowns Pulled Pork on gluten free, wholewheat buns Gluten-Free Roasted Vegetables Baked Beans Coleslaw
<b>Refreshment Station</b>	Bottled Water Chocolate Milk(250ml) White Milk (250ml) Real Fruit Juice Soy Milk	<b>Hot Drink Station</b>	Coffee Herbal Tea Cream/Sugar Honey/Sweetener Lemon Wedge