

Nourishment Hub Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 am - 9:30 am							
Whole Fruit	Royal gala apples	Green grapes	Bananas	Red delicious apples	Red grapes	Bananas	Green grapes
Station Item	Yogurt Station Low fat plain & vanilla yogurt, raisin and date granola, seasonal berries, assorted dried fruits, walnuts & agave syrup	Yogurt Station Low fat plain & vanilla yogurt, raisin and date granola, seasonal berries, assorted dried fruits, walnuts & agave syrup	Yogurt Station Low fat plain & vanilla yogurt, raisin and date granola, seasonal berries, assorted dried fruits, walnuts & agave syrup	Yogurt Station Low fat plain & vanilla yogurt, raisin and date granola, seasonal berries, assorted dried fruits, walnuts & agave syrup	Yogurt Station Low fat plain & vanilla yogurt, raisin and date granola, seasonal berries, assorted dried fruits, walnuts & agave syrup	Yogurt Station Low fat plain & vanilla yogurt, raisin and date granola, seasonal berries, assorted dried fruits, walnuts & agave syrup	Yogurt Station Low fat plain & vanilla yogurt, raisin and date granola, seasonal berries, assorted dried fruits, walnuts & agave syrup
Baked Item	Bran and golden raisin muffin	Lemon cranberry muffin	Chocolate chip muffin	Raspberry and yogurt muffin	Gluten free lemon and almond mini muffins	Caramel coffee cake muffin	Oatmeal apple muffin
Baked Item	Assorted mini Danish	Assorted mini stuffed croissants	Mini cinnamon buns	Plain croissant with local preserves	Assorted mini Danish	Plain croissant with local preserves	Assorted mini stuffed croissants
Baked Item	Carrot and cinnamon bread	Blueberry bread	Whole wheat Apple, maple walnut bread	Buttermilk banana bread	Zucchini bread	Cranberry and orange bread	Pumpkin spice bread
Baked Item	Oatmeal nuts, dried apricot & honey power bar	Puffed rice, coconut, pumpkin seed & dried cranberry power bar	Oats, pumpkin, raisins, peanut and dark chocolate chip power bar	Oatmeal nuts, dried apricot & honey power bar	Puffed rice, coconut, pumpkin seed & dried cranberry power bar	Oats, pumpkin, raisins, peanut and dark chocolate chip power bar	Oatmeal nuts, dried apricot and honey power bar
Sliced Fruit	Sliced watermelon	Sliced cantaloupe	Sliced pineapple	Sliced honeydew	Sliced watermelon	Sliced cantaloupe	Sliced pineapple
9:30 am - 11:30 am							
Whole Fruit	Royal gala apples	Green grapes	Bananas	Red delicious apples	Red grapes	Bananas	Green grapes
Station Item	Eggs Strata Station Mushrooms, fresh herbs, ham, aged cheddar cheese with chervil & tomato relish, spicy ketchup & gouda cheese	Chicken Apple Sausages with spicy ketchup & stone ground honey mustard aioli	Quinoa Yogurts Shots Buckwheat, kamut, quinoa flakes and flaxseeds mixed with honey yogurt & topped with fresh berries	Maple Pepper Bangers Pork sausages with spiced apple sauce & local maple syrup	Eggs Strata Station Mushrooms, fresh herbs, ham, aged cheddar cheese with chervil & tomato relish, spicy ketchup & gouda cheese	Quinoa Yogurts Shots Buckwheat, kamut, quinoa flakes and flaxseeds mixed with honey yogurt & topped with fresh berries	Chicken Apple Sausages with spicy ketchup & stone ground honey mustard aioli
Baked Item	Bran and golden raisin muffin	Lemon cranberry muffin	Chocolate chip muffin	Raspberry and yogurt muffin	Gluten free lemon and almond mini muffins	Caramel coffee cake muffin	Oatmeal apple muffin
Baked Item	Assorted mini Danish	Assorted mini stuffed croissants	Mini cinnamon buns	Plain croissant with local preserves	Assorted mini Danish	Plain croissant with local preserves	Assorted mini stuffed croissants
Baked Item	Carrot and cinnamon bread	Blueberry bread	Whole wheat apple, maple walnut bread	Buttermilk banana bread	Zucchini bread	Cranberry and orange bread	Pumpkin spice bread
Baked Item	Oatmeal nuts, dried apricot & honey power bar	Puffed rice, coconut, pumpkin seed & dried cranberry power bar	Oats, pumpkin, raisins, peanut and dark chocolate chip power bar	Oatmeal nuts, dried apricot & honey power bar	Puffed rice, coconut, pumpkin seed & dried cranberry power bar	Oats, pumpkin, raisins, peanut & dark chocolate chip power bar	Oatmeal nuts, dried apricot and honey power bar
Sliced Fruit	Sliced watermelon	Sliced cantaloupe	Sliced pineapple	Sliced honeydew	Sliced watermelon	Sliced cantaloupe	Sliced pineapple
11:30 am to 1:30 pm							
Whole Fruit	Royal gala apples	Green grapes	Bananas	Red delicious apples	Red grapes	Bananas	Green grapes
Baked Item	Coconut walnut and cinnamon raisin cookie	Chocolate chip cookie	Lime short bread cookies	Quinoa and dark chocolate cookie	White chocolate macadamia nut cookie	Gluten free peanut butter cookies	Chocolate hazelnut and butterscotch cookies
Baked Item	Ginger, lemon and almond cake	Red Velvet Cupcakes with cream cheese icing	White chocolate brownies	Banana Panacotta with mango puree	S'mores topped with White and Dark Chocolate	Lemon cranberry bar	Lemon curd cupcakes
1:30 pm - 5:00 pm							
Whole Fruit	Royal gala apples	Green grapes	Bananas	Red delicious apples	Red grapes	Bananas	Green grapes
Station Item	Popcorn Station Plain, caramel & cheese corn, golden raisins, sunflower seeds, wasabi peas & chocolate Smarties	Vegetable Crudité With marinated olives, red pepper white bean hummus & pepper ranch dressing	Salad Station Amaranth with spiced pita chips & homemade rice crackers	Tortilla Station Tortilla chips with guacamole, spicy fresh cut salsa, chive sour cream & sweet corn relish	Canadian Cheese Station Double cream brie and smoked aged cheddar cheese with gourmet crackers	Popcorn Station Plain, caramel & cheese corn, golden raisins, sunflower seeds, wasabi peas & chocolate Smarties	Tortilla Station Tortilla chips with guacamole, spicy fresh cut salsa, chive sour cream & sweet corn relish
Baked Item	Coconut walnut and cinnamon raisin cookie	Chocolate chip cookie	Lime short bread cookie	Quinoa and dark chocolate cookie	White chocolate macadamia nut cookie	Gluten free peanut butter cookies	Chocolate hazelnut and butterscotch cookies
Baked Item	Ginger, lemon and almond cake	Red Velvet Cupcakes with cream cheese icing	White chocolate brownies	Banana Panacotta with mango puree	S'mores topped with White and Dark Chocolate	Lemon cranberry bar	Lemon curd cupcakes
Baked Item	House made assorted biscotti	House made assorted biscotti	House made assorted biscotti	House made assorted biscotti	House made assorted biscotti	House made assorted biscotti	House made assorted biscotti
Candy	Jube Jubes	Maltesers	Smarties	Mini M&M'S	Skittles	Maltesers	Mini M&M'S
Chip / Fruit	Lightly salted kettle cooked chips & assorted dried fruit chips	BBQ hoops & assorted dried fruit chips	Sea salt and black pepper kettle chips & assorted dried fruit chips	Hawkins Cheezies & assorted dried fruit chips	Mesquite BBQ Kettle cooked chips & assorted dried fruit chips	Bits and Bites & assorted dried fruit chips	All dressed Kettle cooked chips & assorted dried fruit chips
Flavoured water	Lime and lemon	Strawberry and mint	Watermelon and basil	Pineapple and Rosemary	Green apple and mint	Coconut water	Blackberry mint
Iced Beverage	Vanilla Iced Coffee	Lemonade	Hazelnut Iced Coffee	Lemon sweetened Iced Tea	Vanilla Iced Coffee	Limeade	Hazelnut Iced Coffee