PICKERING COLLEGE – week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
Breakfast	Daily offering of cereals, fresh fruit, pastries, yogurt/oatmeal bar. Breakfast also includes a variety of hot items, toast & juice					*Saturday & Sunday* The servery is open at 9 am for a cold breakfast offering cereals, fresh fruit, pastries & yogurt. Brunch is served at 11 including a variety of hot items, fresh fruit, yogurt, cereal, toast & juice. *Saturday Dinner* Sesame Pork Belly Steamed Rice Bao Buns Pickled Cabbage Beef Bulgogi Sesame Tofu *Sunday Dinner* Orecchiette Amatriciana Bacon and Cherry tomato Garlic Sticks Green Beans Beef Lasagna Veg Lasagna
Lunch	All beef meatballs Swedish sauce Buttered Egg Noodles Garlic green beans	Pulled pork Mac and cheese, BBQ Baked mac and cheese, herb and breadcrumb crust Coleslaw with cabbage, broccoli and carrot	Tuscan Chicken Spinach and Cherry tomato Penne Rose Garlic Bread	Flank Steak Roasted new Potato Brussels sprouts Kentucky Barbeque Sauce	Fish Burger House made Tartar Sauce Baked Herb Wedges Buttered Peas	
Melt station	Pork Bahn MI Pickled Carrot	Pulled Chicken Taco	Smash burger with cheese and pickles	Falafel Wrap	Pizza Day! Hawaiian Pizza	
PAL Program	The PAL station will strive to offer an egg, dairy and gluten free version of the daily menu including below offered menu alternative. If the daily menu meets any of these standards, then a portion will be available in the allergen-controlled PAL area. We will also offer white rice and chicken breast daily					
Dietary alternative	GF Noodles Vegan Meatball Df/GF Swedish Sauce	Jackfruit and Bean Gf/DF Baked Macaroni	Grilled Tempeh Gf Penne DF Tomato Sauce Gf/Df Garlic Bread	Vegan Steak Bites	Vegan Burger GF Bun DF/Veg Tarter Sauce	
Soups	1. Chicken And Rice 2. White Bean	1. Beef and Potato 2. Carrot and Ginger	1. Italian Wedding 2. Vegetable and rice	1. Ham & Pea 2. Quinoa and Corn	1. Chicken Noodle 2. Cream of Broccoli	
Dinner	Crispy Chicken Thighs Mashed Potato Gravy Brussels Sprouts	Family Dinner International Cuisine of the weel	Assorted French bread Pizza Chicken Wings Caeser Salad	Lemon Chicken Crispy Kale Rice pilaf, golden Raisins Cream Sauce	Beef Enchilada Tortilla Chipotle Tomato Sauce Mozzarella Cheese Rice And Beans	
Dinner Alternatives	Grilled Pork Chops Vegan strips		Beyond beef crumble Pizza Vegie Deluxe	Lemon Pork Tenderloin Grilled Tempeh	Peppers and onions Chicken Enchilada Jackfruit and red bean	

We're working hard to provide you with menus that offer a wide variety of options, including tasty options that meet different dietary needs. **We do serve products containing gluten within our facilities, and we caution those with sensitivities that there is always a small possibility of cross contamination. We appreciate your understanding as we strive to ensure a safe environment for all of our guests*