PICKERING COLLEGE – week 4

	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* Perogies Sour cream dip Bacon Caramelized onion Turkey Kielbasa Braised Cabbage Shredded Cheese Baked Beans *Sunday Dinner* Apple Cider Chicker Thighs Roasted Squash Wild Rice Dinner Roll Gravy Beyond Chick'n
Lunch	Sweet and Sour Chicken Stir fried Veg Carrot, Broccoli, Onions, Peppers Chow Mein Noodle	Breadcrumb Crusted Salmon Roasted New Potato Cauliflower Asparagus	Beef Bolognese Shell Pasta Garlic knots Garlic Broccoli	Butter chicken Rice Green Beans Naan Cucumber Raita	Pulled Pork Sandwich French Fries Coleslaw	
Melt Station	French Onion Grilled Cheese	Beef and Cheese Burrito	BBQ Pulled Chicken Kaiser	Ham and Cheese Croissant	Pizza Day! Vegetable Deluxe	
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	Sweet and Sour Tofu Rice Noodle	Grilled Tempeh Chicken Breast	GF Noodles Beyond Bolognese GF/DF Garlic Bread	Chana Masala GF Bread DF Sauce	Pulled Chicken Baked bean sloppy Joe GF Bread	
Soups	1. Cheeseburger Soup 2. Roasted Red Pepper	1. Chicken Noodle 2. Cream of Cauliflower	1. Turkey and Wild Rice 2. Cream of Tomato	1. Beef Barley and Mushroom 2. Broccoli Cheddar	1. Chicken Noodle 2. Lentil Dahl	
Dinner	Ground Beef Tacos Hard Shells Tex Mex Cheese Salsa, Sour cream, Guacamole Diced Tomato, iceberg lettuce	Family Dinner International Cuisine of the Week	Buffalo Chicken Sandwich Pretzel bun Poutine bar French fries Gravy Cheese curds Bacon bits Green onion	Beef And Broccoli Shanghai Noodle Bean sprouts Hoisin sauce	Poke Bowl Sushi Rice Tuna Smoked Salmon Avocado Egg Edamame	
Dinner Alternatives	Beyond ground beef Shredded Chicken		Beyond Beef Tips Dary free Mash	Crispy Pork Tofu Rice Noodle	Carrot Slaw Cucumber	

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*