PICKERING COLLEGE – week 5

	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* Tarragon chicken thighs Cous Cous Squash Warm apple compote Pork chops Pickled red onions *Sunday Dinner* Peppercorn Sirloin Demi glace Asparagus Mashed potato Beyond Beef Tips Dary free Mash
Lunch	Breadcrumb crusted cod Herbed potato wedges Peas and corn	Beef goulash Tomato broth Egg noodles Zucchini and peppers	Chicken alfredo Garlic cream sauce Gemili Noodles Garlic Bread Asparagus	Flank steak Teriyaki glaze Jasmine rice broccoli	Crispy chicken Sandwich, pickles iceberg, mayo French fries Caesar Salad	
Melt Station	Meatball sub	Cubano	Pulled brisket Kaiser	Kimchi Grilled Cheese	Piazza Day! Canadian Pepperoni and mushroom	
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	Chicken Strips Vegen Strips Gf Potato	Red Bean Goulash GF Noodles	Rice Noodles DF Sauce DF/GF Garlic Bread Vegan Chick'n	Plant Based Steak Tips GF Teriyaki sauce	Vegan chicken sandwich GF Bun Dietary Caesar	
Soups	1. Chipotle Chicken 2. Chickpea and Kale	1. Garlic Ginger chicken and rice noodle 2. Potato Leek	1. Asian Beef soup 2. Minestrone	1. Chicken and potato chowder 2. Vegan Chili	1. Beef Noodle 2. Cream of Mushroom	
Dinner	Pork Chops with mushroom cream sauce Mashed Sweet potato Green Beans	Family Dinner International Cuisine of the week	Souvlaki style pork Turmeric rice Pita Hummus Tzatziki	Guinnes Pie Pastry crust Peas, corn, carrots Mashed potato Mushroom Gravy	Shrimp Scampi Penne Noodles Rose Sauce Garlic Bread Cherry tomato Spinach	
Dinner Alternatives	Chicken breast Chickpea and portobello		Greek Salad Eggplant Greek Chicken	Chicken pot pie Black bean bake	Chicken breast Tempeh Gluten free noodles	

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*