PICKERING COLLEGE – week 3

	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* Dumpling Bar Beef, Pork, Chicken, Vegetable Fried Rice Carrot and Broccoli Edamame *Sunday Dinner* Beef Short Rib Mashed Potato Roasted squash Demi Glace Pork Ribs Tempeh
Lunch	Pork Chops Apple sauce and sour cream Baby potato Squash and Yam	Chicken Stir fry Shanghai Noodle Broccoli, Peppers, Onions Green onions	Cottage Pie Ground beef Mashed Potato Gravy Carrot and peas Zucchini	Honey Mustard Chicken Thighs Herbed Cous Cous Parsnip and Carrots	Hamburger French fries Lettuce Tomato pickles, sliced cheese Garden Salad	
Melt Station	Carne Asada Tacos	Marble Rye Rueben	Italian Focaccia Salami Sandwich	California Ciabatta, Avocado, fried Egg	Pizza Day! Meat lovers 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	Chicken Breast DF Sweet potato Stuffed Mushroom	Tofu Stir fry GF Rice Noodle	Beyond Beef Pie DF Mash	Wild Rice Honey Mustard Chickpea	Vegan Burger GF Buns DF Cheese	
Soups	1. Chicken Noodle 2. Corn Chowder	1. Chorizo and Potato 2. Pesto Rice and Beans	1. Chicken Tortellini 2. French Onion	1. Potato Bacon 2. Tomato Mac	1. Chicken Tortilla Soup 2. Maple Sweet Potato	
	Roast Beef Yorkshire Pudding Maple Glazed Carrots Baked Potato Gravy	Family Dinner International Cuisine of the week	Pad Thai Shaved pork tenderloin Rice Noodle Carrot, bean sprouts, cabbage Sweet and sour sauce	Breaded Haddock Roasted Potato wedges Coleslaw Pease and Corn Tarter Sauce	Chicken Tonkatsu Sushi Rice Japanese Curry With potato, carrot, turnip and peas	
Dinner Alternatives	Turkey Breast Vegan Steak Tips Baked Beans		Shaved chicken breast Tofu	Chicken Tenders Vegan tenders	Pork Katsu Tofu Katsu	

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 asmall possibility of cross contamination. We appreciate your understanding as we strive to ensure a safe environment for all of our guests*