

**WE ARE
OPEN**

MORNING

7:25 AM - 10:25 AM

AFTERNOON

11:25 AM - 2:25 PM

— SINCE 1979 —

METROTECH

Culinary

*Best
Food*

Appetizers

BASIC SKILLS \$1.20

Industry Careers, knife skills, equipment safety, cooking methods, weights & measures, & allergens

EGGS & DAIRY \$1.20

Breakfast Cookery, front-of-house service, soups, stocks, & sauces, mother sauces, & milk and dairy alternatives.

GARDE MANGER \$1.20

Nutrition, fruits & vegetables cooking applications, appetizers, dips, salads & dressings, & sandwiches



MAIN COURSE

FOUNDATIONS IN CULINARY \$1.20

Restaurant Management, food costing, purchasing, sustainability, food sourcing, seasonal food sourcing, & Pizzas

GRAINS, LEGUMES, & PASTAS \$1.20

Potatoes cooking applications, pasta making (shapes, and noodles), identifying grains & legumes, and their cooking applications

MEAT, POULTRY, & SEAFOOD \$1.20

Meat butchery & cooking applications, poultry fabrication & cooking applications, seafood identification & cooking applications



DESSERTS

INTRO TO BAKERY \$1.20

Quick breads, cookies, cakes, & pies, mixing methods, baking techniques, decorating skills, pipping

ADVANCED BAKING \$1.20

Fermentation, kneading, proofing, artisan breads, enriched doughs, lamination & choux pastries, mousse, and tarts

BEVERAGES

CERTIFICATIONS

MANAGERS CERT. FREE

FOOD HANDLERS FREE

ALLERGEN FREE



SPECIALS

INTERNATIONAL CUISINE \$1.20

European, Asian, African, Latin American, & Middle Eastern cuisine