

MORNING MENU - WEEK 1 St.Columbas college

Weeks Commencing:

Morning breakfast							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Porridge bar	Water base porridge with selection of toppings from granola, syrup , dried fruit, toasted coconut and selection of seeds.						
Toast bar	Sliced wholegrain, soda bread, white bread, gluten free bread with selection of jams, spreads , butter and low low butters.						
Cereals	Selection of cereals (cornflakes, bran flakes, coco pops , rice crispies ,Weetabix, gluten free cereals)						
Hot daily special	Baked Croissants	Crispy hash potato	Scrambled Eggs	Baked beans and toast	Pancakes and Chocolate sauce	Grilled Sausages	Brunch Menu
Continental	Yoghurt, granola and fruit, selection of hams, sliced cheese, selection of fresh melon, orange, pineapple, mixed berries						
Hydration station	Selection of tea, coffee, chilled orange, apple juice, skinny & full fat milk, lactose free milk						
Morning break	Sausage Roll	Baked cheese toastie	Crackers and cheese	Pain au chocolate	Oatmeal Bar	Selection of biscuits	Brunch Menu

ALLERGENS: If you have an allergy or intolerance, please speak to a member of our catering team before you consume any food or drink. The written allergen information that we provide details the 14 major allergens that are contained in the ingredients. If you require further information about the presence of unintentional allergens (may contains), please ask us so that we can help you with your choice. If you are a regular customer, please continue to ask a member of our team as recipes and ingredients change.

LUNCH MENU - WEEK 1 St.Columbas college

Weeks Commencing:

Lunch break								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup station	Freshly made selection of soups made daily							
Kitchen Favourites	Thai red vegetable curry with chicken fillet and rice	Boiled loin of bacon with parsley sauce	Chicken fillets with rich tomato roast pepper sauce	Roasted loin of pork with Apple sauce and gravy	Battered fillet of hake with lemon and tartar sauce	Stone Baked pizza Margherita With pepperoni or just cheese	Oven roasted beef with potatoes and gravy.	
Plant Options	Thai red sweet potato curry and lentils coriander	Creamy risotto with root vegetables and pesto	Aubergine parmegiana bake with torn basil rocket	Charred grilled broccoli with spinach gnocchi	Southern Indian chickpea curry with coriander and naan		Or brunch	
Sides	Steamed rice, green beans	Mash potatoes, green cabbage	Green beans , Penne pasta	Thymes boiled Potatoes, baton carrots	Herb crushed garlic baby potatoes, Steamed peas	Patatas bravas, coleslaw	Roasted potato, carrot & parsnip Green beans	
Treat/fruit	Sponge cake	Berry smoothie (7oz glass)	Chocolate fudge slice	Eton mess	Rice pudding strawberry coulis	Waffles, cream and chocolate sauce	Strawberry cheesecake	
Market fresh	Selection of fresh simple salad items including mixed leaves, tomatoes, cucumber, sweet peppers, croutons and red onion Choose from our amazing power salads – freshly prepared daily and comprising of an ever-changing array of healthy, tasty and nutritional composite salads served in our unique Fresh Food From Scratch Style Salad dressings Including balsamic, vinaigrette, Caesar, olive oils, French dressing, Italian dressing & honey & mustard							
Hydration station	Selection of chilled milks, water							

ALLERGENS: If you have an allergy or intolerance, please speak to a member of our catering team before you consume any food or drink. The written allergen information that we provide details the 14 major allergens that are contained in the ingredients. If you require further information about the presence of unintentional allergens (may contains), please ask us so that we can help you with your choice. If you are a regular customer, please continue to ask a member of our team as recipes and ingredients change.

SUPPER MENU – WEEK 1 St.Columbas college

Weeks Commencing:

Supper break

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kitchen Favourite	Irish bangers and mash with gravy	Breaded chicken cordon blue with cheese ham bechamel	Beef and vegetable lasagne with cheddar cheese	Lamb Tagine	Traditional Spice bag with Chicken or Vegetables	Burger beef burger Or veggie burger with brioche bap sliced cheese	Roasted chicken breast with stuffing and gravy
Plant Options	Baked macaroni and cheese	Leek, spinach, broccoli pie With filo pastry	Vegetables lasagne with cheddar Cheese	Quiche with baked broccoli and Cheddar			Beans and vegetables in black bean sauce
Sides	Steamed peas, broccoli	Roasted potatoes, Green beans	Garlic bread, potato wedges / Dessert special	Cous cous, spiced Cauliflower & peas	Mild Curry sauce	Chips Burger Garnish	Prawn cracker, vegetable rice
Market fresh	Selection of fresh simple salad items including mixed leaves, tomatoes, cucumber, sweet peppers, croutons and red onion Choose from our amazing power salads – freshly prepared daily and comprising of an ever-changing array of healthy, tasty and nutritional composite salads served in our unique Fresh Food From Scratch Style Salad dressings Including balsamic, vinaigrette, Caesar, olive oils, French dressing, Italian dressing & honey & mustard						
Hydration station							
Selection of tea, coffee, chilled waters and selection of milks.							
Evening Snack	Tea, coffee, selection of milks ,breads,, jams and cereals (cornflakes, Weetabix, bran flakes, rice crispies)						

ALLERGENS: If you have an allergy or intolerance, please speak to a member of our catering team before you consume any food or drink. The written allergen information that we provide details the 14 major allergens that are contained in the ingredients. If you require further information about the presence of unintentional allergens (may contains), please ask us so that we can help you with your choice. If you are a regular customer, please continue to ask a member of our team as recipes and ingredients change.