

MORNING MENU - WEEK 2 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	Grilled Sausages	Scrambled Eggs	Grilled bacon rashers	Freshly baked croissant	Baked omelette and cheese	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	Short breads	Sausage Rolls	Baked chocolate torsade	Baked cheese toastie	Mini chocolate chip muffin	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 2 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	Penne pasta with carbonara Diced ham and cheese	BBQ or Buffalo Chicken wings	Beef and vegetable lasagne with cheddar cheese	Breaded chicken fillet with gravy	Battered fillet of hake with lemon and tartar sauce	Irish bangers and mash with gravy	Glazed Sliced loin of bacon With Gravy sauce Or brunch
Plant Options	Sweet potato and cauliflower chana masala curry (PP)	Meditarean stack vegetable	Vegetables lasagne with cheese	Vegetable and bean burrito tomato corn salsa	Japanese teriyaki tofu & roasted vegetable and rice	Boston bean loaded sweet potato with yoghurt dip	
Sides	Garlic bread, boiled rice, Mixed vegetables	Potato wedges, steamed mixed vegetable	Curly Fries, Garlic bread	Mash potato, Baton carrots	Herb crushed potatoes, Steamed peas	Steamed potatoes & garlic broccoli	Mashed potato, carrots, & peas
Treat/fruit	Freshly made oat bar	Chocolate mousse	Apple crumble custard	Jelly & Ice cream	Sticky toffee sponge & toffee sauce	Rice Krispie squares	Chocolate doughnuts
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						

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SUPPER MENU – WEEK 2 St.Columbas college

Weeks Commencing:

Supper break

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kitchen Favourite	BBQ hunter chicken with cheese and tomato salsa	Baked pizza ciabatta slice with pepperoni	Penne and fennel sausage ragu with butter pasta	Mexican beef fajitas with tortilla wrap with peppers, sour cream & salsa	Chicken and lentil tikka masala with naan bread (PP)	Southern fried chicken breast BBQ cauliflower wings With Southern slaw, corn on the cob, wedges & spicy BBQ sauce.	Greek style beef mince over flat bread with salad, grated cheese
Plant Options	Spiced pepper and bean burrito with coriander salsa	Basil gnocchi, slow roasted tomato sauce & rocket leaves	Aubergine and pepper Balti with basmati rice	Baked sweet potato with black bean and corn salsa topping	White bean and Quorn Bolognese with fusilli pasta		Roasted vegetable pitta kebab with Raita
Sides	Mash potato, green beans	Potato wedges, Garlic dip	Turmeric rice & Garlic bread /Dessert special	Mexican rice	Basmati rice, Naan bread, Mango chutney		Cous cous,, olives & feta cheese salad
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)						

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