

MORNING MENU - WEEK 3 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	Scrambled eggs	Back bacon rashers	Freshly baked croissant	Pain au chocolate	Baked beans and toast	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	Baked Jambon	Baked cheese toastie	Cheese and Crackers	Sausage Rolls	Chocolate chip cookies	Selection of Irish yoghurt pots	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 3 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	Irish bangers and mash Gravy	Breaded buttermilk chicken with garlic sauce	Beef and vegetable lasagne with cheddar cheese	The best mac & cheese with crispy chicken	Battered cod with tartare sauce And lemon	Diced sweet and sour pork with vegetables	Slow roasted turkey crown with herb & onion stuffing, gravy and cranberry sauce. Or brunch
Plant Options	Baked vegetable burger with sesame bap & salad	Chilli Quorn, kidney burrito and tomato salsa (PP)	Roasted butternut squash & sweet potato curry	Vegetable Mac and cheese	Oven baked vegetable quiche, with salad	Chilli vegetable chimichangas with corn salsa	
Sides	Green beans, Mash potatoes	Mexican Cajun roasted potato, carrots	Focaccia bread, Saffron Rice	Garlic bread, steamed green vegetables	Mushy peas, Herbed baby potatoes	Fried rice, Teriyaki green beans	Roast potatoes, root vegetables & Broccoli.
Treat/fruit	Peach cobbler & cream	Banoffee	Ice-cream and jelly	Jam sponge & whipped cream	Eton mess	Chocolate chip cookie	Rainbow doughnut
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 3 St.Columbas college

Weeks Commencing:

Supper break

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kitchen Favourite	Chicken & leek pie with crispy pastry topping	Baguette meat ball sub with tomato and cheese	Oven roasted Chicken fillet with Gravy and Stuffing	Pulled Pork burger with Thai coleslaw, brioche bap	Baked cottage pie and gravy	Sweet BBQ Chicken wings/ Vegetable tempura and skinny fries	Beef rogan josh with coriander and naanbread
Plant Options	Vegetables pie with crispy pastry topping	Roasted aubergine and courgettes cheese sub	Vegetable and sweet potato chilli, nachos and sour cream	Sweet potato chana masala with kobez bread (PP)	Vegetable Quorn cottage pie		Tofu and broccoli with glass noodles
Sides	Steamed broccoli	Italian baby potatoes , charred vegetable	Roast potatoes Carrots, peas rice / Dessert special	Wedges, Thai coleslaw, rice	glazed carrots, roasted vegetable	BBQ sauce, Garlic dip	Boiled rice, Green beans
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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