

St. Columbas College - Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple/Orange Juice, Toast, Fruit, Selection of Cereals, Hot Porridge, Brown bread	Apple/Orange Juice, Toast, Fruit, Selection of Cereals, Hot Porridge, Brown bread	Apple/Orange Juice, Toast, Fruit, Selection of Cereals, Cocktail Sausages	Apple/Orange Juice, Toast, Fruit, Selection of Cereals, Porridge Brown bread	Apple/Orange Juice, Toast, Fruit, Selection of Cereals, Baked Beans Brown bread	Apple/Orange Juice, Toast, Fruit, Selection Of Cereals & Porridge Brown bread	Apple/Orange Juice, Toast, Fruit, Selection Of Cereals Brown bread
Tea Break	Bran Muffin	Banana Bread	Cheese & Crackers	Hot Crispy Croissant & Hot Chocolate	Watermelon Wedge	Digestive Biscuit With Butter	
Lunch	Italian Beef Lasagne with Crispy Garlic and Herb Bread, served with a Tomato and Mixed Leaf Salad	Pesto Pork Chop with boiled potatoes & roasted mediterranean vegetables	Teriyaki Baked Salmon served with egg noodles & stir fry vegetables	Hot Crusty Roll with filled with Herb Crusted Chicken Goujons, Iceberg lettuce, tomato A Choice of Garlic Mayonnaise or Marie Rose Sauce	Tray Baked Chicken served with onion & herb stuffing & roast potatoes with gravy jus	Spicy Beef Curry Served With Brown Rice or Saffron Rice & Mango Chutney	Roast Fillet Of Pork, Roast Potatoes, Broccoli & Carrots, and Roast Gravy
Vegetarian Lunch	Roasted Vegetable Lasagne with Oven Baked Garlic & Herb Bread & Salads	Stir Fry Vegetable pesto served with mediterranean vegetables	Vegetable Teriyaki served with egg noodles & stir fry vegetables	Hot Crusty Roll With Vegetable Burger, Dressed with Crispy Iceberg Lettuce .Choice of Garlic Mayonnaise or Marie rose Sauce	Broccoli and Cauliflower Pasta Bake with a cheese Sauce	Vegetable Curry Served With Saffron Rice	Roasted Cherry Tomato & Feta Cheese Flan
Desserts	Black Forest Gateau	Warm Apple & Berry Cinnamon Crumble served with Custard Sauce	Rich Chocolate Steamed Pudding & Chocolate Sauce	Banana & Cream flan	Almond Bake well Tart with a Light Custard	Jam Donuts	Banoffi Gateau
Supper	Tomato & Basil Soup  Jumbo Fish Finger Served With Creamed Potatoes & Baked Beans	Fresh Field Mushroom Soup  Fajita with Stir –Fried Chicken, Salsa, Sour cream & guacamole	Carrot & Lentil soup  Ham & Sweet corn Vol Au Vent Served With Sauté Potatoes	Smooth Garden Vegetable Soup  Spaghetti Bolognaise with parmesan cheese	Broccoli & Cheddar soup  Spiral pasta With Chorizo sausage & Chilli	American Hot Dog served in a warm bap with Spicy Wedges	Creamy Chicken with Mushrooms, Peppers in White Wine Sauce , Basmati Rice, Chocolate Treat

## St. Columbas College - Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Orange/Apple Juice. Toast, Selection Of Cereals, Porridge, Brown bread	Orange/Apple Juice. Toast, Selection Of Cereals, Porridge Brown bread	Juice. Toast, Orange/Apple Selection Of Cereals, Baked Beans Brown bread	Juice. Toast, Orange/Apple Selection Of Cereals, Porridge, Brown bread	Juice. Toast, Orange/Apple Selection Of Cereals, Cocktail Sausages	Juice. Toast, Orange/Apple Selection Of Cereals, Porridge Brown bread	Juice. Toast, Orange/Apple Selection Of Cereals, Porridge, Brown bread
Tea Break	Carrot Cake Square	Rocky Road Slice	Shortbread & Hot Chocolate	Chocolate Muffins	Vegetable Sticks		
Lunch	Mildly spiced Lamb Korma Served with turmeric rice	Homemade Beef burgers, served with Caramelised Onion Gravy, Tomato Chutney & Creamy Mash Potatoes	Roast Chicken With Herb & onion stuffing & roast potatoes & gravy	Home made Soup Sausages, Bacon, Hash brown & Tomato In Hot Crunchy Roll	Smoked Cod With Dill & white wine Sauce Creamed Potatoes & Broccoli	Thai Style Chicken With Noodles Ginger & Garlic & Mixed Vegetables	Roast Leg of lamb, Roast Potatoes, mixed Vegetables, Rich Gravy & mint Sauce
Vegetarian Lunch	Mildly Spiced Vegetable korma served with turmeric rice	Breaded Potato & Chive cake with salsa	Penne Pasta in Creamy Tomato Sauce with Fresh Basil	Scrambled Egg Served with Grilled Tomato & Hot Roll	Spring Roll served with salsa creamed potatoes & broccoli	Thai Style Vegetables served with Egg Noodles	Cheese & Spring Onion Omelette with Sauté Potatoes
Desserts	Italian Tiramisu	Creamy Rice Pudding Served with Jam sauce	Deep Pan Apple Pie served with Custard Sauce	Jam & Coconut Sponge served with sweetened cream	Warm Bread & Butter pudding served with custard sauce	Ring Donuts with cream	Banoffi Pie
Supper	Italian Minestrone Soup  Tender Chicken in Pitta Bread With Garlic Mayo	Carrot & Parsnip soup  Spanish Pork served with sesame seed pastry & baby boiled potatoes	Potato & Leek Soup  Creamy Bacon & Mushroom Carbonara	Chicken & Sweetcorn Chilli Soup  Baked Potato Boat served With Chilli Mince, Grated Cheese & Coleslaw	Chunky Vegetable Broth  Home made mozzarella cheese & Tomato Pizza Served With French Fries	Chicken fillet Burger served with Salad & Marie Rose Sauce	Bacon Arribatta Pasta  Choc Treat

St. Columbas College - Week Three Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Orange/Apple Juice, Toast, Brown Bread, Selection of cereals, Fruit, Baked Beans	Orange/Apple Juice, Toast, Selection of cereals, Fruit, Porridge, Brown bread	Orange/Apple Juice, Toast, Selection of cereals, Fruit, Porridge, Brown bread	Orange/Apple Juice, Toast, Selection of cereals, Fruit, Cocktail Sausages	Orange/Apple Juice, Toast, Selection of cereals, Fruit, Porridge, Brown bread	Orange/Apple Juice, Toast, Selection of cereals, Fruit, Porridge, Brown bread	Orange/Apple Juice, Toast, Selection of cereals, Fruit, Porridge, Brown bread
Tea Break	Golden Syrup Square	Melon Wedge	Cheese & Crackers	Chocolate Chip Cookie	Oatmeal Slice		
Lunch	Steak & Mushroom Pie With Flaky Pastry Topping with Creamy Potato served with Baton Carrots	Traditional Irish Stew With boiled Potatoes & Glazed Carrots	Chicken & Broccoli Bake With Cheesy Topping Boiled Potatoes & Green Beans	Boiled Bacon & Cabbage Served With Boiled Potatoes	Golden Fried Cod in a Crisp Batter served with Peas & French fries	Mildly Spiced Chicken Mangero served with Penne Pasta	Stuffed Roast Rib Of Beef served with a Rich Gravy, Roasted Potatoes and Mixed Vegetables
Vegetarian Lunch	Red Pepper & Vegetable Pie	Vegetable Stew	Broccoli Bake With Cheesy Topping	Cheery Tomato & Leek Tart	Tempura Of Vegetables	Vegetable Mangero served with Penne Pasta	Creamy Vegetable bake
Desserts	Apple Crumble served With Custard Sauce	Vanilla Ice cream served with hot butterscotch sauce	Carrot Cake With Frosting	Steamed Chocolate Pudding served with chocolate Sauce	Profiteroles served with chocolate Sauce	Mini Apple Lattice & Cream	Chocolate Gateau
Supper	Tomato & Basil Soup  Chicken Risotto served with greek salad	Mushroom & Thyme Soup  BBQ Spare Ribs Served With Egg Fried Rice	Carrot & Coriander soup  Cheese & spring Onion Omelette With Sauté Potatoes	Cauliflower & Broccoli soup  Shepherd's Pie With Garden Peas	Cream Of Vegetable soup  Spicy Chicken wings Served With twisters	Sausage Rolls Served With Baked Beans	Sweet & sour Pork served With Boiled Rice  Choc, Treat