

## 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	Chocolate Rice Krispie Square	Banana Bread	Cheese & Crackers	Hot Crispy Croissant & Hot Chocolate	Gingerbread	Chocolate Chip Cookies	
Lunch	Italian Beef Lasagne with Crispy Garlic and Herb Bread, served with a Tomato and Mixed Leaf Salad	Moroccan Spiced Tagine of Lamb served with Cous Cous Cucumber and Mint Raita (extra carrots in tagine for vegetables)	Mexican Style Chilli Con Carne Served with Red Kidney Beans served with Baked Potato , Sour Cream & Salsa	Hot Crusty Roll with filled with Herb Crusted Chicken Goujons, Iceberg lettuce, tomato A Choice of Garlic Mayonnaise or Marie Rose Sauce	Fresh Darned of Salmon served with Baby Potatoes, Steamed Broccoli and a White Wine Sauce	Thai-Style Chicken Noodles with Ginger and Garlic served with Mixed Vegetables, Lime and Fresh Coriander	Roast Rib of Beef, Roast Potatoes, Broccoli & Carrots, and Roast Gravy
Vegetarian Lunch	Roasted Vegetable Lasagne with Oven Baked Garlic & Herb Bread & Salads	Vegetable Tagine served with Cous Cous, Cucumber and Mint Riata	Pasta Bake with Fresh Spinach & Mozzarella	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 cheesy Herb Crust	Thai Style Vegetables with Lime & Fresh Coriander	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 & Toffee Trifle	Almond Bakewell Tart with a Light Custard	Jam Donuts	Eton Mess
Supper	Fresh Field Mushroom Soup	Italian Tomato soup	Carrot & Lentil soup	Smooth Garden Vegetable Soup	Broccoli & Cheddar soup		
	Fajita with Stir –Fried Chicken, Salsa, Sour cream & guacamole	Tender Pork Rosemary Ragu	Frittata with Ham, Peas & sauté onions	Farmhouse Herb Sausage & Creamed Potatoes and Caramelised Onion Gravy	Cajun marinated chicken wings	American Hot Dog served in a warm bap with French fries	Creamy Chicken with Mushroom s, Peppers in White Wine Sauce , Basmati Rice

## 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	Blueberry Muffins	Fresh Ginger Snap Biscuits		
Lunch	Traditional Cottage Pie served with Peas and Carrots in a Rich Gravy	Breaded Escalope of Tender Pork with Buttered Cabbage and Potatoes	Crispy Battered Cod served and Sauté Potatoes, Minted Peas Puree, and Tartar Sauce	Traditional Bacon and Cabbage, Parsley White Sauce, Creamed Potato, and Sweet Carrots	Tray-baked chicken served with Roasted Mediterranean Vegetables & Herb Roasted potatoes	Madras Beef Curry , Basmati Rice, served with Mango Chutney and Yoghurt and Mint Raita & Tomato Bread	Roast Leg of lamb, Roast Potatoes, mixed Vegetables, Rich Gravy & mint Sauce
Vegetarian Lunch	Carrot & Lentil Pie with Cheesy Topping	Breaded Potato & Chive cake with salsa	Penne Pasta in Creamy Tomato Sauce with Fresh Basil	Vegetables Spring Roll served with Hot Spicy Curry Sauce	Tray Baked Roasted Vegetables & Cous Cous	Vegetable Madras served with Basmati Rice	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	Chocolate Donuts with cream	Banoffi Pie
Supper	Italian Minestrone Soup  Tender Chicken Cacciatore	Carrot & Parsnip soup  Mildly spiced lamb curry & Rice	Potato & Leek Soup  Cannelloni With chicken & spinach	Chicken & Sweetcorn Chilli Soup  Spaghetti Bolognese	Chunky Vegetable Broth  Honey & Ginger Pork stir fry With noodles	Chicken fillet Burger served with French fries	Sweet & Sour Pork served with Saffron Rice

## 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	Mars Bar Finger	Cheese & Crackers	Chocolate Chip Cookie	Viennese Whirls		
Lunch	Ham & Leek Gratin with Creamy Potato served with Baton Carrots	Asian Marinated Spiced Chicken served with Lime infused Rice	Homemade Beef burgers, served with Caramelised Onion Gravy, Cheese, Tomato Chutney & Creamy Mash Potatoes	Mixed Grill Sausage, Bacon, Pudding & Hash Brown	Golden Fried Cod in a Crisp Batter served with Peas & French fries	Mildly Spiced Chicken Korma served with Basmati Rice	Stuffed Roast Loin of Pork served with a Rich Gravy, Roasted Potatoes and Mixed Vegetables
Vegetarian Lunch	Stuffed Roast loin of Pork served with gravy, Roast Potatoes and Mixed Vegetables	Asian-marinated Vegetables served with Rice	Vegetable Burger served with cheese & tomato chutney	Hash brown, Scrambled egg & grilled tomato	Leek & Cheddar Potato Cake with Salsa	Vegetable Korma served with basmati rice	Creamy Vegetable bake
Desserts	Raspberry & White chocolate Trifle	Vanilla Ice cream served with hot butterscotch sauce	Warm Apple Crumble with Cinnamon served with Custard Sauce	Steamed Chocolate Pudding served with chocolate Sauce	Profiteroles served with chocolate Sauce	Mini Apple Lattice & Cream	Chocolate Gateau
Supper	Tomato & Basil Soup  Lamb Mousaka served with Greek Salad	Mushroom & Thyme Soup  Oven Baked Macaroni cheese with ham	Carrot & Coriander soup  Lamb Kebab served in Pitta bread with garlic mayo	Cauliflower & Broccoli soup  Spanish style pork with peppers served with saffron rice	Cream Of Vegetable soup  Toulouse Sausage With puy lentils served with creamed potatoes	Quarter Pounder With Cheese served with On A Bap	Pasta In spicy tomato sauce with crispy baco