



St. Columba's College

# St. Columba's College Menu - Week Beginning October 11th 2021



St. Columba's College

	Breakfast	Tea Break	Lunch				Afternoon Snack	Supper		Evening Snack
			Meat Option	Vegetarian Option	Dessert	Salad Bar		Meat Option	Vegetarian Option	
<b>Monday</b>	Full Breakfast Menu plus Boiled Eggs	Rocky Road	Chicken Goujons, Baguette, Chips & Garlic Mayo	Caramelised Onion & Feta Tart	Ice-cream Tubs	<b>A choice of at least five salads available daily including:</b>  Coleslaw, egg salad, tuna salad, cheese slices, caprese salad, pasta salad, bulgur wheat, couscous, kale salad, grated carrot salad, spinach, sliced tomatoes and cucumber, chickpea salad, sliced pickled beetroot, potato salad, butternut squash salad  A selection of fresh whole fruit is also available with each meal.	Biscuits	Spaghetti Bolognese & Garlic Bread	Pesto Gnocchi with Roasted Baby Tomato & Olives	A Selection of Cereals  Tea & Coffee
<b>Tuesday</b>	Full Breakfast Menu plus Omelettes	Biscuits	Pork Chops, Mashed Potato, Peas and Gravy	Beetroot Burgers with Rocket & Sweet Chilli Sauce	Lemon Cream Pots		Biscuits	BBQ Ribs with Potato Wedges	Lentil & Cauliflower Curry	
<b>Wednesday</b>	Full Breakfast Menu plus Hash Browns	Cheese & Crackers	Cottage Pie	Bruschetta topped with Roast Vegetables	Banoffee Pie		Biscuits	Chicken Pasta Bake with Parmesan & Pesto Tomatoes	Vegetable Bolognese with Garlic Bread	
<b>Thursday</b>	Full Breakfast Menu plus Cold Meats & Cheese	:Large Cookies	Roast Stuffed Chicken with Roast Potatoes, Cauliflower au Gratin & Gravy	Butternut Squash & Sweet Potato Bake	Chocolate Brownies		Biscuits	Tomato & Basil Sausages with Mashed Potato, Peas & Sweetcorn	Vegetarian Sausages with Mashed Potato, Peas & Sweetcorn	
<b>Friday</b>	Full Breakfast Menu plus Pancakes	Hummus & Carrot Sticks	Battered Hake with Baby Potatoes, Mushy Peas & Tartare Sauce	Mushroom & Asparagus Risotto	Nutella Bread & Butte Pudding		Biscuits	Pizza (Salami, Pesto & Rocket) with Potato Wedges	Pizza (Halloumi, Olives & Rocket) with Potato Wedges	
<b>Saturday</b>	Full Breakfast Menu plus Cocktail Sausages	Biscuits	Lamb Korma, Naan Bread & Green Beans	Vegetable Korma, Naan Bread & Green Beans	Ring Donuts		Biscuits	Breaded Chicken Burgers (with Lettuce & Tomato) and Chips	Stuffed Sweet Potato	
<b>Sunday</b>	Full Breakfast Menu	Brunch Menu (see below)			Chocolate Fudge Gateaux		Chocolate Bars	Hot Chicken Wings with Skinny Fries, Blue Cheese Dip & Celery Sticks	Tomato & Basil Frittata	

<b>Daily Breakfast Menu</b>	<p>Cereals: Special K, Just Right, Weetabix, Muesli, All Bran, Frosties, Cocopops, GF Cereal Option. Fresh Milk &amp; Almond Milk Available. Yogurt with Fruit Compote, Fresh Fruit Salad (Strawberries, Blackberries, Raspberries &amp; Melon).</p> <p>Toast (Brown, White &amp; Gluten Free) with Honey, Jam, Butter, Peanut Butter.</p> <p>Porridge (Oatmeal) with the following toppings: Coconut, Dried Apricots, Dried Banana, Raisins, Cinnamon, Pumpkin Seeds &amp; Chia Seeds</p>
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<b>Brunch Menu (Sundays during Evensong)</b>	<p>Full Breakfast Menu Above plus:</p> <p>Sausages, Bacon, Hash browns, Scrambled Eggs, Grilled Tomato, White Pudding.</p> <p>Petit Pan Bread Rolls, Ham, Turkey, Cheese</p>
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