



St. Columba's College Menu - Week Beginning October 18th 2021



St. Columba's College

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	Breakfast	Tea Break	Lunch				Afternoon Snack	Supper		Evening Snack	
			Meat Option	Vegetarian Option	Dessert	Salad Bar		Meat Option	Vegetarian Option		
Monday	Full Breakfast Menu plus Baked beans	Rocky Road	Lasagne, Garlic Bread Peas & Sweet Corn	Vegetarian roasted vegetable, spinach & feta lasagne	Chocolate cake	A choice of at least five salads available daily including: 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	Chicken & stir fry vegetables wraps with sweet chilli & basil	Tofu stir fry wrap with sweet chilli & basil	A Selection of Cereals Tea & Coffee	
Tuesday	Full Breakfast Menu plus Omelettes	Cheese & Crackers	Ham & leek potato au gratin	Mixed vegetable, beans & orzo rice	Lemon drizzle cake		Biscuits	Baked potatoes, crispy bacon, pesto, coronation chicken, tuna, coleslaw & cheese	Baked potatoes with pesto, tuna, coleslaw & cheese		
Wednesday	Full Breakfast Menu plus salami ham & cheese	Biscuits	Lemon buttered salmon garlic potatoes & broccoli	Pasta bake	Eton Mess		Biscuits	Macaroni cheese with crispy onions & bacon	Macaroni cheese with crispy onions		
Thursday	Full Breakfast Menu plus Danish pastry	Chocolate stick	HALLOWEEN THEME DAY	HALLOWEEN THEME DAY	Spider donuts, chocolate 'toffee' apples		Biscuits	Spring rolls with fried rice and Asian sauce	Spring rolls with fried rice and Asian sauce		
Friday	Full Breakfast Menu plus Pancakes	Shortbread	Half Term Holiday begins at 12:45pm								
Saturday	Half Term Holiday - College Closed										
Sunday											

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