



## St. Columba's College Menu - Week Beginning October 4th 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	
<b>Monday</b>	Full Breakfast Menu plus Boiled Eggs	Shortbread	Chicken Kiev with Potato Wedges & Mixed Vegetables	Vegetable Kiev with Potato Wedges & Mixed Vegetables	Raspberry Blondie	<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	Classic BLT Sandwich & Wedges	Halloumi, Lettuce & Tomato Sandwich & Potato Wedges	A Selection of Cereals  Tea & Coffee
<b>Tuesday</b>	Full Breakfast Menu plus Hash browns	Cheese & Crackers	Pesto Pork Chops with Garlic Potatoes and Mixed Mediterranean Vegetables	Gnocchi with Roast Vegetable & Tomato Napolitano Sauce	Banoffee Pie		Biscuits	Beef Tacos (Crispy Shells) with Guacamole, Salsa, Cheese & Iceberg Lettuce	Bean Tacos (Crispy Shells) with Guacamole, Salsa, Cheese & Iceberg Lettuce	
<b>Wednesday</b>	Full Breakfast Menu plus Baked Beans	Biscuits	Lamb Hotpot with Green Beans	Spinach & Feta Parcels	Tiramisu		Biscuits	Pork Stroganoff with Steamed Rice	Mushroom Stroganoff with Steamed Rice	
<b>Thursday</b>	Full Breakfast Menu plus Tomato & Pesto Omelettes	Croissants	Beef Burgers & Chips with Cheese, Salad & Burger Sauce)	Vegetable Burger & Chips	Profiteroles with Chocolate Sauce		Biscuits	Chicken & Broccoli Bake	Vegetable Broccoli Bake	
<b>Friday</b>	Full Breakfast Menu plus Cold Meats & Cheese	Homemade Shortbread	Haddock (Fish) Cakes, with Potato Wedges & Peas	Stuffed Mushrooms	Lemon Meringue Pie		Biscuits	Shepard's' Pie with Steam Mixed Vegetables	Vegetable Cottage Pie with Steamed Mixed Vegetables	
<b>Saturday</b>	Full Breakfast Menu plus Sausages	Biscuits	Chicken Thai Red Curry with Steamed Jasmine Rice	Tofu & Vegetable Thai Red Curry with Steamed Jasmine Rice	Waffles & Ice-cream		Biscuits	Chicken Goujons, Baguette, Chips & Garlic Mayo	Vegetable Goujons, Baguette, Chips & Garlic Mayo	
<b>Sunday</b>	Full Breakfast Menu plus Boiled Eggs	Brunch Menu (see below)			Gateaux Cake		Chocolate Bars	Salt & Chilli Crispy Beef with Egg Noodles	Salt & Chilli Crispy Vegetable Tempura with Egg Noodles	

<b>Daily Breakfast Menu</b>	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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<b>Brunch Menu (Sundays during Evensong)</b>	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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