



St. Columba's College


St. Columba's College Menu - Week Beginning November 30th 2021



St. Columba's College

Day	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 Boiled Eggs	Shortbread	Pasta carbonara with garlic bread	Vegetarian carbonara with garlic bread	Meringue nests with fresh berries & cream	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	Breaded chicken, cheese sauce with baby potatoes & vegetable	Quiche with asparagus & brie	A Selection of Cereals Tea & Coffee
Tuesday	Full Breakfast Menu plus Omelettes	Biscuits	BBQ pulled pork on brioche bun & rocket with wedges	BBQ pulled oats on brioche bun & rocket with wedges	Profiteroles with chocolate sauce		Biscuits	Salmon teriyaki with noodle & stir-fry vegetables	Tofu teriyaki with noodles & stir-fry vegetables	
Wednesday	Full Breakfast Menu plus Hash Browns	Cheese & Crackers	Roast beef Yorkshire pudding, gravy, roast potatoes & vegetables	Quorn cutlet roast potatoes & vegetables	Blackforest cake		Biscuits	Spring rolls with sweet chilli sauce and egg fried rice	Spring rolls with sweet chilli sauce and egg fried rice	
Thursday	Full Breakfast Menu plus Cold Meats & Cheese	Croissant	Chicken goujon baguette with garlic mayo & chips	Vegetable goujon baguette with garlic mayo & chips	Lemon drizzle cake		Biscuits	Lamb hotpot with steamed mixed vegetables	Vegetarian hotpot with steamed vegetables	
Friday	Full Breakfast Menu plus Pancakes	Smoothies	Italian meatball Napolitano sub with mozzarella cheese & diced potatoes	Farfalle Napolitano sub with mozzarella cheese & diced potatoes	Chocolate & vanilla marble cake		Biscuits	Spicebags- chicken onions, peppers, chips	Spicebags - halloumi, onions, peppers & chips	
Saturday	Full Breakfast Menu plus Cocktail Sausages	Biscuits	Massaman chicken curry with rice & poppadoms	Butternut & chickpea Massaman curry with rice & poppadoms	Waffles, cream & chocolate sauce		Biscuits	Nacho's with spicy beef mince, salsa, sour cream & cheese	Nacho's with spicy Quorn mince, salsa, sour cream & cheese	
Sunday	Full Breakfast Menu	Brunch Menu (see below)			Chocolate Fudge Gateaux		Chocolate Bars	Chicken, ham & mushroom pie with mashed potatoes	Vegetable pie with mashed potatoes	

Daily Breakfast Menu	<p>Cereals: Special K, Just Right, Weetabix, Muesli, All Bran, Frosties, Cocopops, GF Cereal Option. Fresh Milk & Almond Milk Available.</p> <p>Yogurt with Fruit Compote, Fresh Fruit Salad (Strawberries, Blackberries, Raspberries & Melon).</p> <p>Toast (Brown, White & 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 & Chia Seeds</p>
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Brunch Menu (Sundays during Evensong)	<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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