



St. Columba's College


# St. Columba's College Menu - Week Beginning 7th February 2022



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	Chorizo & roast vegetable pasta bake with garlic & herb focaccia bread	Roast vegetable past bake with garlic & herb focaccia bread	Jelly	<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	Meatballs Napolitano with mash potatoes and steamed vegetables	Farfalle Napolitano with mashed potatoes & steamed vegetables	A Selection of Cereals  Tea & Coffee
Tuesday	Full Breakfast Menu plus Omelettes	Biscuits	Lasagne with garlic bread peas & corn	Spinach, feta, sundried tomato lasagne with garlic bread	Chocolate mousse in the glass jars		Biscuits	Panini Chicken, bacon & mayonnaise with wedges	Tomato, mozzarella, basil panini with wedges	
Wednesday	Full Breakfast Menu plus Hash Browns	Cheese & Crackers	Roast beef Yorkshire pudding, roast potatoes, roast vegetables, gravy	Flat bread with humus, roast vegetables & rocket	Profiteroles & chocolate sauce		Biscuits	Spaghetti bolognese & garlic bread	Pesto, baby tomato & chili spaghetti with garlic bread	
Thursday	Full Breakfast Menu plus Cold Meats & Cheese	Chocolate stick	Chicken breast with cheesy Siracha sauce with rice and steamed broccoli	Stuffed peppers & rice with broccoli	Oreo cheese cake		Biscuits	Pulled BBQ Pork, rocket on Brioche with Wedges	Pulled BBQ Oats on Brioche bun rocket & wedges	
Friday	Full Breakfast Menu plus Pancakes	Biscuits	Sweet chilli & coriander chicken with stir fry vegetable wrap	Sweet chilli & coriander Quorn pieces with stir fry vegetable wrap	Marshmallow rice krispies squares		Biscuits	Lamb mince Kebab in a pita pocket with Asian slaw & Fries	Chickpea Kebab in a pita pocket with Asian slaw & Fries	
Saturday	Full Breakfast Menu plus Cocktail Sausages	Biscuits	Aromatic beef curry with folded naan bread & raita & steamed rice	Tofu and spinach aromatic curry with folded naan bread & raita	Jam donuts		Biscuits	KFC Buttermilk chicken with mash, gravy & coleslaw	KFC Buttermilk Quorn with mash, gravy & coleslaw	
Sunday	Full Breakfast Menu	Brunch Menu (see below)			Chocolate Fudge Gateaux		Chocolate Bars	BBQ chicken wings with rosemary oven baked wedges	Cauliflower wings with rosemary oven baked wedges	

Daily Breakfast Menu	<p>Cereals: Special K, Just Right, Weetabix, Muesli, All Bran, Frosties, Cocopops, GF Cereal Option. Fresh Milk &amp; Almond Milk Available.</p> <p>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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Brunch Menu (Sundays during Evensong)	<p><b>Full Breakfast Menu Above plus:</b></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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