



St. Columba's College


# St. Columba's College Menu - Week Beginning 31st January 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 Baked beans	Rocky Road	Chicken Kiev with mashed potatoes & vegetables	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	Bacon, olive, cocktail tomato, creamy pasta & garlic bread	Pesto Gnocchi with Roasted Baby Tomato & Olives	A Selection of Cereals  Tea & Coffee
Tuesday	Full Breakfast Menu plus Cold Meats & Cheese	Biscuits	Pesto Sliced Pork Fillet, Mashed Potato, Peas and Gravy	Beetroot Burgers on Brioche Bun with Rocket & Sweet Chilli Sauce	Meringue nest with berries & cream		Biscuits	BBQ Ribs with Potato Wedges	Lentil & Cauliflower Curry	
Wednesday	Full Breakfast Menu plus Scones	Cheese & Crackers	Cottage Pie	Bruschetta topped with Roast Vegetables	Banoffee Pie		Biscuits	Chicken Pasta Bake with Parmesan & Pesto Tomatoes	Vegetable Bolognese with Garlic Bread	
Thursday	Full Breakfast Menu plus Boiled eggs	Large Cookies	Roast Stuffed Chicken with Roast Potatoes, Cauliflower au Gratin & Gravy	Butternut Squash, sundried tomato & spinach quiche	Chocolate Brownies		Biscuits	Tomato & Basil Sausages with Mashed Potato, Peas & Sweetcorn	Vegetarian Sausages with Mashed Potato, Peas & Sweetcorn	
Friday	Full Breakfast Menu plus Hash Browns	Hummus & Carrot Sticks	Battered Hake with Baby Potatoes, Mushy Peas & Tartare Sauce	Mushroom & Asparagus Risotto	Nutella Bread & Butte Pudding		Biscuits	Nacho's with Chilli beef, salsa, sour cream, tomato, cucumber, cheese & rice	Nacho's with Chilli Quorn, salsa, sour cream, tomato, cucumber, cheese & rice	
Saturday	Full Breakfast Menu plus Cocktail Sausages	Biscuits	Lamb Korma, Naan Bread & Green Beans	Vegetable Korma, Naan Bread & Green Beans	Ring Donuts		Biscuits	Breaded DORIOS Chicken Burgers (with Lettuce & Tomato) and Chips	Stuffed Sweet Potato	
Sunday	Full Breakfast Menu	Brunch Menu (see below)			Chocolate Fudge Gateaux		Chocolate Bars	Battered sweet & sour pork with pineapple & rice	Battered sweet & sour vegetables with pineapple & rice	

<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.</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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<b>Brunch Menu (Sundays during Evensong)</b>	<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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