



St. Columba's College


St. Columba's College Menu - Week Beginning 24th 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 Boiled Eggs	Rice Krispy squares	Beef stroganoff with gherkins, wild mushrooms & peppers with rice	Stroganoff with gherkins, wild mushrooms & peppers with rice	Chocolate cake with chocolate sauce	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	Macaroni & cheese with crispy onions, bacon bits	Macaroni & cheese with crispy onions, basil pesto	A Selection of Cereals Tea & Coffee
Tuesday	Full Breakfast Menu plus Bacon	Biscuits	Salmon cream & chive sauce, baby boiled potatoes & French beans	Stuffed mushrooms - quinoa, peppers feta	Pineapple upside down cake with custard		Biscuits	Chicken fajita with sour cream, salsa & grated cheese & rice	Haloumi fajita with sour cream, salsa & grated cheese & rice	
Wednesday	Full Breakfast Menu plus Hash Browns	Cheese & Crackers	Gammon with mashed potatoes & cabbage with parsley sauce	Tortellini with basil & tomato sauce	Berry crumble with cream		Biscuits	Bacon, lettuce, tomato, garlic mayo on ciabatta with Wedges	Crispy tempura Quorn, lettuce, tomato, garlic mayo on ciabatta with Wedges	
Thursday	Full Breakfast Menu plus Cold Meats & Cheese	Flap Jack	Fillet of cod burger on flour bap with tartar sauce & chips	Tempura mushroom burger bap & chips	Coconut & raspberry sponge		Biscuits	Sausage rolls, beans, hash browns	Bruschetta topped with roast veg, basil & parmesan	
Friday	Full Breakfast Menu plus Pancakes	Biscuits	Braised steak with mushroom & onions gravy & mashed potatoes	Vegetable stew with mushroom & onions gravy & mashed potatoes	Rice pudding & jam coulis		Biscuits	Vegetarian spring rolls, spring onion, peppers, corn fried rice & sweet chili sauce Chinese crisps	Vegetarian spring rolls, spring onion, peppers, corn fried rice & sweet chili sauce Chinese crisps	
Saturday	Full Breakfast Menu plus Cocktail Sausages	Muffins	Butter chicken curry with flat bread & rice	Sweet potato, chickpea & peppers curry with flat bread & rice	Iced donuts		Biscuits	Beef and cheese burger with iceberg, tomato on a bun & wedges	Haloumi chili and cheese burger with iceberg, tomato on a bun & wedges	
Sunday	Full Breakfast Menu	Brunch Menu (see below)			Chocolate Fudge Gateaux		Chocolate Bars	Chili con carne with baked potato & grated cheese	Vegetable con carne with baked potato & grated cheese	

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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