



St. Columba's College


# St. Columba's College Menu - Week Beginning 17th 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	Rocky road	Chorizo & roast vegetable pasta bake with garlic & herb focaccia bread	Roast vegetable past bake with garlic & herb focaccia bread	Jelly & custard	<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	Pork chops, boiled potatoes & veg	Risotto with parmesan, asparagus & wild mushroom	A Selection of Cereals  Tea & Coffee
Tuesday	Full Breakfast Menu plus Baked beans	Biscuits	Panini Chicken, bacon & mayonnaise with wedges	Tomato, mozzarella, basil panini with wedges	Chocolate mousse in the glass jars		Biscuits	Cod Fish cakes, tartar sauce, peas, Chips	Chickpea & lentil cake, peas & chips	
Wednesday	Full Breakfast Menu plus Hash Browns	Cheese & Crackers	Roast pork, roast potatoes, roast vegetables, gravy	Stuffed peppers, roast potatoes & roast vegetables	Sticky toffee pudding & toffee sauce		Biscuits	Lasagne garlic bread peas & corn	Spinach, feta, sundried tomato lasagne with garlic bread	
Thursday	Full Breakfast Menu plus Cold Meats & Cheese	Flap Jacks	Beef burger & fries (lettuce, tomato & sliced cheese)	Hand pressed vegetable burger & fries (lettuce, tomato & sliced cheese)	Marshmallow rice krispies squares		Biscuits	Chicken breast, spinach, tomato bake with parmesan, mashed potatoes	Tomato & basil quiche	
Friday	Full Breakfast Menu plus Eggs	Biscuits	Sweet chilli & coriander chicken with stir fry vegetable & rice	Sweet chilli & coriander Quorn pieces with stir fry vegetable rice	Cupcakes		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	

<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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