



St. Columba's College


## St. Columba's College Menu - Week 23rd January 2023



St. Columba's College

	Breakfast	Tea Break	Lunch				Afternoon Snack	Supper		Evening Snack
			Meat Option	Vegetarian Option	Dessert	Salad Bar		Meat Option	Vegetarian Option	
<b>Monday</b>	Full Breakfast Menu plus Boiled Eggs	Rocky Road	Beef & mushroom pie, mashed potato & vegetables	Vegetable pie	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	BLT & Chips	BLT & Chips - vegetarian	A Selection of Cereals  Tea & Coffee
<b>Tuesday</b>	Full Breakfast Menu plus Omelettes	Biscuits	Chinese New Year Theme	Butternut, sundried tomato, spinach lasagne	Tiramisu		Biscuits	Chicken fajita, cheese, salsa, guacamole, sour cream	Vegetarian Option	
<b>Wednesday</b>	Full Breakfast Menu plus Hash Browns	Cheese & Crackers	Gammon, parsley sauce, potatoes, cabbage	Spinach & feta parcels	Banoffee Pie		Biscuits	Salt & Chilli Crispy Beef with Egg Noodles	Salt & Chilli Crispy Vegetable Tempura with Egg Noodles	
<b>Thursday</b>	Full Breakfast Menu plus Cold Meats & Cheese	:Large Cookies	Tomato & basil sausages & crushed potatoes & peas	Vegan sausage rolls	Coconut & jam sponge		Biscuits	Creamy cajun chicken pasta bake	Vegetarian Option	
<b>Friday</b>	Full Breakfast Menu plus Pancakes	Hummus & Carrot Sticks	EXODUS	EXODUS			Biscuits	EXODUS	EXODUS	
<b>Saturday</b>	Full Breakfast Menu plus Cocktail Sausages	Biscuits	EXODUS	EXODUS			Biscuits	EXODUS	EXODUS	
<b>Sunday</b>	Full Breakfast Menu	Brunch Menu (see below)			Chocolate Fudge Gateaux		Chocolate Bars			

<b>Daily Breakfast Menu</b>	Cereals: Special K, Just Right, Weetabix, Muesli, All Bran, Frosties, Cocopops, GF Cereal Option. Fresh Milk & Almond Milk Available. Yogurt with Fruit Compote, Fresh Fruit Salad (Strawberries, Blackberries, Raspberries & Melon).  Toast (Brown, White & Gluten Free) with Honey, Jam, Butter, Peanut Butter.  Porridge (Oatmeal) with the following toppings: Coconut, Dried Apricots, Dried Banana, Raisins, Cinnamon, Pumpkin Seeds & Chia Seeds
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<b>Brunch Menu (Sundays during Evensong)</b>	Full Breakfast Menu Above plus:  Sausages, Bacon, Hash browns, Scrambled Eggs, Grilled Tomato, White Pudding.  Petit Pan Bread Rolls, Ham, Turkey, Cheese	
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