



St. Columba's College Menu - Week Beginning 31ST January 2023




St. Columba's College

St. Columba's College

	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		EXODUS	EXODUS			Biscuits	EXODUS	EXODUS	A Selection of Cereals Tea & Coffee
Tuesday	Full Breakfast Menu plus Omelettes	Biscuits	Chicken curry , rice , prawn crackers & green beans	Vegetable curry , rice , prawn crackers & green beans	Brownies	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	Bacon arribiatta pasta & garlic bread	Vegetable arribiatta pasta & garlic bread	
Wednesday	Full Breakfast Menu plus Hash Browns		Roast beef, Yorkshire pudding , roast potato, veg gravy	Stuffed courgettes	Banoffi		Biscuits	Buffalo wings & wedges	Cauliflower wings with wedges	
Thursday	Full Breakfast Menu plus Cold Meats & Cheese		Cottage pie & carrots	Vegetable pies	Bread & butter pudding		Biscuits	Creamy chicken with mixed peppers & steamed rice	Samosas with steamed rice & sweet chilli	
Friday	Full Breakfast Menu plus Pancakes		Battered Hake crushed potatoes , peas tartart sauce	Asapragus and sundried tomato rissotto	Lemon drizzle		Biscuits	Pizza with pepperoni & fries	Pizza & fries	
Saturday	Full Breakfast Menu plus Cocktail Sausages		Irish stew mashed potatoes	Vegetable & chickpea stew with mash potatoes	Waffle & cream		Biscuits	Chicken fillet burger , tomato, lettuce, sauce, on roll with chips	VEG burger , tomato, lettuce, sauce, on roll with chips	
Sunday	Full Breakfast Menu		BRUNCH		Gateaux		Chocolate Bars	Chlli nachos with salsa, guacamole, cheese, sour cream & chilli mincce	Chlli nachos with salsa, guacamole, cheese, sour cream & chilli quorn	

Daily Breakfast Menu	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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Brunch Menu (Sundays during Evensong)	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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