



## St. Columba's College Menu - Week Beginning 6th February 2023



St. Columba's College

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	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		BRUNCH	BRUNCH	BRUNCH	<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	Tandori chicken drumsticks with sliced potatoes	Caramelized red onion tart	A Selection of Cereals Tea & Coffee
<b>Tuesday</b>	Full Breakfast Menu plus Omelettes	Biscuits	Chicken panini with sundried tomato, mozzarella & chips	Vegetarian Option panini with basil, sundried tomato, mozzarella & chips	Sticky toffee pudding & cream		Biscuits	Baked potatoes with toppings - cheese, crispy bacon, tuna, chicken coronation, coleslaw, crispy onions	Baked potatoes with toppings - cheese, crispy bacon, tuna, chicken coronation, coleslaw, crispy onions	
<b>Wednesday</b>	Full Breakfast Menu plus Hash Browns		Braised steak, garlic potatoes, mixed vegetables	Bruschetta	Apple crumble & custard		Biscuits	Spring rolls with egg fried rice, crispy onions & peppers, sweet chilli sauce	Spring rolls with egg fried rice, crispy onions & peppers, sweet chilli sauce	
<b>Thursday</b>	Full Breakfast Menu plus Cold Meats & Cheese		Lemon butter salmon baby potatoes with parsley and broccoli	Pasta bake	Chocolate mousse		Biscuits	Macaroni cheese	Macaroni cheese	
<b>Friday</b>	Full Breakfast Menu plus Pancakes		Chicken coq-au-vin mash potatoes & carrots	Asparagus and sundried tomato risotto	Bakewell tart NOTE ALMONDS!!!!!!		Biscuits	HALF TERM	HALF TERM	
<b>Saturday</b>	Full Breakfast Menu plus Cocktail Sausages		HALF TERM	HALF TERM	HALF TERM		Biscuits	HALF TERM	HALF TERM	
<b>Sunday</b>	Full Breakfast Menu	ROAST LAMB, ROAST POTATOES, VEG & GRAVY			Gateaux		Chocolate Bars	HALF TERM	HALF TERM	

<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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