



St. Columba's College

St. Columba's College Menu - Trinity 22ndMay-28th May 2023



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	Creamy chicken, mushrooms & peppers in Vol en Vant with baby potatoes & green beans	Creamy chickpeas, mushrooms & peppers in Vol en Vant with baby potatoes & green beans	Lemon Meringue pie	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	Sausages, baked beans & mash potato	Vegan Sausages, baked beans & mashed potato	A Selection of Cereals Tea & Coffee
Tuesday	Full Breakfast Menu plus Baked beans	Biscuits	Lasagne with garlic bread peas & sweetcorn	Mushroom, spinach & sweet potato Lasagne, garlic bread peas & sweetcorn	Oreo Cheese tray bake		Biscuits	Chicken breast with sauce & chips, steamed vegetables	Vegetarian Samosas (3 each), chips & steamed vegetables	
Wednesday	Full Breakfast Menu plus Hash Browns	Cheese & Crackers	Ploughmans Lunch Honey glazed Roast Gammon, chicken coronation german salami, brioche roll	Oven roasted tomatoes & Goat cheese pastry tart	Doughnuts		Biscuits	Cottage pie with gravy and steamed vegetables	Bean, chickpea & lentil stew with mashed potatoes	
Thursday	Full Breakfast Menu plus Cold Meats & Cheese	Croissants	Salmon crusted with herbs, lemon bure blanc, wedges & peas	Red pesto & peppers with farfarle pasta	Carrot & pineapple tray bake		Biscuits	Macaroni cheese with crispy onions & bacon	Macaroni cheese with crispy onions	
Friday	Full Breakfast Menu plus Pancakes	Hummus & Carrot Sticks	Pork fillet with mushroom sauce, baby potatoes steamed vegetables	Quorn pieces baby potatoes & steamed vegetables	Apple pie & custard		Biscuits	Crispy Chili Beef stir fry, with mangetout & red peppers and Chinese noodles	Crispy Chili Cauliflower, with mangetout & red peppers and Chinese noodles	
Saturday <small>no 6th year</small>	Full Breakfast Menu plus Sausages	Biscuits	Sweet & sour chicken with pineapple, coriander & peppers with steamed rice Chinese crisps	Sweet & sour Tofu with pineapple, coriander & peppers with steamed rice Chinese crisps	Mini Mille Feuille		Biscuits SPORTS DINNER TONIGHT	American hotdogs with crispy onions, cheese, jalepeno & fries	American vegan hotdogs with crispy onions, cheese, jalepeno & fries	
Sunday	Full Breakfast Menu	Roast chicken,stuffing, gravy roast potatoes, roast vegetables			Afternoon snack ,fruit			Steak sandwich on sourdough with rocket and catering crisps	Roasted peppers, cheese on sourdough with rocket and catering crisps	

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
----------------------	--

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	
---------------------------------------	--	--