



St. Columba's College

# St. Columba's College Menu - Trinity Term 29th May - 3rd June 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 baked beans	Shortbread	Chicken, mayo, cheese panini with wedges	Roast vegetables, mayo, cheese panini with wedges	white chocolate & raspberry roulade	<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.		Vegetable spring rolls with rice peppers & sweetcorn	Vegetable spring rolls with rice peppers & sweetcorn	A Selection of Cereals  Tea & Coffee
Tuesday	Full Breakfast Menu plus boiled eggs	Biscuits	Braised steak, Mashed Potato, Peas and Gravy	Stuffed baked potatoes, cheese, spring onion, peppers (2 halves)	Chocolate cake & coffee icing		Biscuits	Chorizo, peppers, red onion, pasta bake	Butternut diced, peppers, red onion, pasta bake	
Wednesday	Full Breakfast Menu plus Hash Browns	Cheese & Crackers	Sticky Honey & soy chicken with steamed rice and stir fry vegetables	Tomato & Basil Frittata	Banoffee Pie		Biscuits	Buddha bowl - mixed greens, quinoa, avo, chicken terinyaki	Buddha bowl - mixed greens, quinoa, avo, tofu terinyaki	
Thursday	Full Breakfast Menu plus Cold Meats & Cheese	Flap jacks	Spaghetti bolognaise with garlic bread & steamed vegetables	Quorn bolognaise with spaghetti, garlic bread & steamed vegetables	Rice Krispy & marshmallow squares		Biscuits	Hot Chicken Wings with Skinny Fries, Blue Cheese Dip & Celery Sticks	Risotto with asparagus, sundried tomato	
Friday	Full Breakfast Menu plus Pancakes	Hummus & Carrot Sticks	Battered hake on a bap with fries & tartar sauce	Beetroot Burgers with Rocket & Sweet Chilli Sauce on a bap with fries	Nutella Bread & Butter Pudding		Biscuits	Buddha bowl - mixed greens, quinoa, avo, chicken terinyaki	Buddha bowl - mixed greens, quinoa, avo, tofu terinyaki	
Saturday	Full Breakfast Menu plus Cocktail Sausages	ST COLUMBAS DAY	ST COLUMBAS DAY	ST COLUMBAS DAY	ST COLUMBAS DAY					
Sunday							Chocolate Bars			

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)	<b>Full Breakfast Menu Above plus:</b> Sausages, Bacon, Hash browns, Scrambled Eggs, Grilled Tomato, White Pudding. Petit Pan Bread Rolls, Ham, Turkey, Cheese	
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