

**PORRIDGE** 

**BAR** 

**TOAST** 

**BAR** 

**CEREALS** 

## **DINING HALL – BREAKFAST MENU**

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT DAILY SPECIAL	Roasted red pepper & basil frittata	Loughnanes bacon roll	Baked beans on sourdough bread	Croissant with baked Limerick ham & emmenthal	Grilled Loughnanes sausage on torpedo roll	Boiled eggs & soldiers	Brunch with Loughnanes sausages, bacon
MORNING BREAK	Home made sausage roll	Mini croque monsieur	Baked ham & cheese jambons	Homemade oat cookie	Selection of Irish fruits yoghurt	Irish cheese & crackers	& choice of eggs with sourdough bread

Water base porridge with selection of toppings from granola, syrup, dried fruit, toasted coconut and selection of seeds

Sliced wholegrain, soda bread, white bread, gluten free bread with selection of jams, spreads, butter and low butters.

Selection of cereals (cornflakes, bran flakes, coco pops , rice crispies , weetabix, gluten free cereals)

CONTINENTAL Yoghurt, granola and fruit, selection of hams, sliced cheese, selection of fresh melon, orange, pineapple & mixed berries

HYDRATION
STATION
STATION
Selection of tea, coffee, chilled orange, apple juice, low fat & full fat milk, lactose free milk



## THE DINING HALL - LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Panko crushed chicken kiev with wild garlic butter	Traditional shepherds pie, garden peas & crispy cheese topping	Roast Irish beef yorkshire pudding & rich pan gravy	Japanese style chicken teriyaki in ginger soya sauce	Tempura market fresh hake, crushed peas, hand cut fries & tartar sauce	Mexican chicken enchilada, sour cream and aged cheddar	Roasted turkey, with home made stuffing market fresh vegetables and rich gravy
Vine tomato and gnocchi bake with pecorino cheese	Vegetarian shepherdless pie with chickpeas and mashed potatoes	Baby leek and tomato tart with sweet pepper sauce	Tofu teriyaki with fresh Asian vegetables	Home made falafels with tzatziki sauce	Mixed beans enchiladas, sour cream and aged cheddar	Cauliflower broccoli and sweet potato gratin
Roast vegetables and crispy kale	Green peas	Mashed potatoes	Stir fry vegetables	Crushed mint & peas	Spice rice	Broccoli
Green beans & spinach	Honey roasted parsnips	Roasted carrot	Egg noodles	Hand cut fried	Paprika roasted baby potatoes	Candied carrots
Baby boiled potatoes	Seasonal salad	Fine green beans	Rice pilaff	Seasonal salad	Seasonal green vegetables	Roasted fluffy potatoes
Carrot & coriander	Squash, cumin & chilli	Seasonal vegetables	Roast red pepper	Mexican spiced bean	х	х
Homemade carrot cake	Zingy lemon tart	Double chocolate & beetroot brownie	Buckwheat banana loaf	Orange drizzle cake	Baked apple pie	Eton mess with seasonal berries
	Panko crushed chicken kiev with wild garlic butter  Vine tomato and gnocchi bake with pecorino cheese  Roast vegetables and crispy kale  Green beans & spinach  Baby boiled potatoes  Carrot & coriander	Panko crushed chicken kiev with wild garlic butter  Vine tomato and gnocchi bake with pecorino cheese  Roast vegetables and crispy kale  Green beans & spinach  Baby boiled potatoes  Carrot & coriander  Traditional shepherds pie, garden peas & crispy cheese topping  Vegetarian shepherdless pie with chickpeas and mashed potatoes  Green peas  Honey roasted parsnips  Seasonal salad  Squash, cumin & chilli  Zingy Jemon tart	Panko crushed chicken kiev with wild garlic butter  Vine tomato and gnocchi bake with pecorino cheese  Roast vegetables and crispy kale  Green beans & spinach  Baby boiled potatoes  Carrot & coriander  Traditional shepherds pie, garden peas & crispy cheese topping  Vegetarian shepherdless pie with chickpeas and mashed potatoes  Green peas  Honey roasted parsnips  Roast Irish beef yorkshire pudding & rich pan gravy  Roast lrish beef yorkshire pudding & rich pan gravy  Mashy leek and tomato tart with sweet pepper sauce  Honey roasted parsnips  Roast Irish beef yorkshire pudding & rich pan gravy  Fine greek and tomato tart with sweet pepper sauce  Roast vegetables  Green peas  Fine green beans  Seasonal vegetables  Homemade carrot  Tingy lemon tart  Double chocolate &	Panko crushed chicken kiev with wild garlic butter  Vine tomato and gnocchi bake with pecorino cheese  Roast vegetables and crispy kale  Green beans & spinach  Baby boiled potatoes  Baby boiled potatoes  Baby boiled potatoes  Carrot & coriander  Traditional shepherds pie, garden peas & crispy cheese topping  Vegetarian shepherdless pie with chickpeas and mashed potatoes  Baby leek and tomato tart with sweet pepper sauce  Tofu teriyaki with fresh Asian vegetables  Tofu teriyaki with fresh Asian vegetables  Stir fry vegetables  Roast vegetables  Fine green beans  Rice pilaff  Roast red pepper  Roast red pepper  Double chocolate & Buckwheat banana	Panko crushed chicken kiev with wild garlic butter  Vine tomato and gnocchi bake with pecorino cheese and crispy kale  Roast lrish beef yorkshire pudding & rich pan gravy  Vegetarian shepherdless pie with chickpeas and mashed potatoes  Roast vegetables and crispy kale  Green peas  Green beans & spinach  Baby boiled potatoes  Carrot & coriander  Traditional shepherdles pie, garden peas & chilli  Roast Irish beef yorkshire pudding & rich pan gravy  Tofu teriyaki with fresh Asian vegetables  Washed potatoes  Stir fry vegetables  Crushed mint & peas  Crushed mint & peas  Carrot & coriander  Tempura market fresh hake, crushed peas, hand cut fries & tartar sauce  Tofu teriyaki with fresh Asian vegetables  With chickpeas and tomato tart with sweet pepper sauce  Stir fry vegetables  Crushed mint & peas  Fine green beans  Roast carrot  Egg noodles  Hand cut fried  Seasonal salad  Carrot & coriander  Tingy lemon tart  Tingy lemon tart  Tofu teriyaki with fresh Asian vegetables  Stir fry vegetables  Roast red pepper  Mexican spiced bean  Orange drizzle cake	Panko crushed chicken kiev with with wild garlic butter  Vine tomato and gnocchi bake with pecorino cheese  Roast vegetables and crispy kale  Green beans & spinach  Baby to peas and parsnips  Green beans & spinach  Baby to peas and parsnips  Baby to peas and cut fries with tomato tart with sweet pepper sauce  Green beans & spinach  Baby to peas  Roast Irish beef yorkshire pudding & rich pan gravy  Tofu teriyaki with fresh Asian vegetables  with tzatziki sauce  Crushed mint & peas  Spice rice  Roast vegetables  Green peas  Honey roasted parsnips  Roasted carrot  Baby boiled potatoes  Seasonal salad  Fine green beans  Roast red pepper  Roast Irish beef yorkshire pudding & rich pan gravy  Tofu teriyaki with fresh Asian vegetables  With tzatziki sauce  Crushed mint & peas  Spice rice  Paprika roasted baby potatoes  Seasonal salad  Fine green beans  Roast red pepper  Mexican chicken enchiladas, sour cream and aged cheddar  Mixed beans enchiladas, sour cream and aged cheddar  Crushed mint & peas  Spice rice  Paprika roasted baby potatoes  Seasonal salad  Seasonal salad  Seasonal salad  Seasonal salad  Seasonal salad  Seasonal salad  Carrot & coriander  Carrot & coriander  Fine green beans  Carrot & coriander  Carrot & coriander  Tipsy lemon tart  Double chocolate & Buckwheat banana  Orange drizzle cake  Baked apple pie

HARVEST SALAD BAR

Selection of 4 daily dressed salads and a section of nude salads including mixed leaves, tomatoes, cucumber, sweet peppers, toasted seeds and toppers House-made salad dressings, including balsamic, vinaigrette, Caesar, olive oil, French dressing, Italian dressing & honey & mustard



Week 1

**SIDES** 

**HARVEST SALAD** 

**BAR** 

## THE DINING HALL - SUPPER MENU

**THURSDAY** 

HOT FROM KITCHEN	Chilli beef served with sour cream, nachos & cheddar cheese	Traditional Japanese chicken yaki soba	Turkey meatball with tomato ragout linguine	Pork sausage with creamed potatoes	Irish beef burger served with brioche buns, cheddar and onion jam	Traditional spice bag	Spice pitta pocket stuffed with lamb

Mixed bean chilli **VEGETARIAN** cheese

**MONDAY** 

Traditional yaki soba

**TUESDAY** 

Garlic bread

Crispy salad

**WEDNESDAY** 

French beans

Rich onion gravy

Selection of 4 daily dressed salads and a range of nude salads including mixed leaves, tomatoes, cucumber, sweet peppers, toasted seeds and toppers House-made salad dressings, including balsamic, vinaigrette, Caesar, olive oil, French dressing, Italian dressing & honey & mustard

Chickpea burger with brioche bun & onion jam

French fries

Burger sauce

**FRIDAY** 

Plant based spice bag

Curry sauce

Prawn crackers

**SATURDAY** 

Spiced pitta pocket stuffed with chickpea and vegetables

Feta, olives and

blushed tomatoes

Mint yoghurt

**SUNDAY** 

Stuffed pasta with Red peppers, basil with sour cream, Japanese vegetable nachos & cheddar tomato & parmesan & parmesan quiche

Vine tomato salsa

Mexican rice Soya broccoli Steamed peas