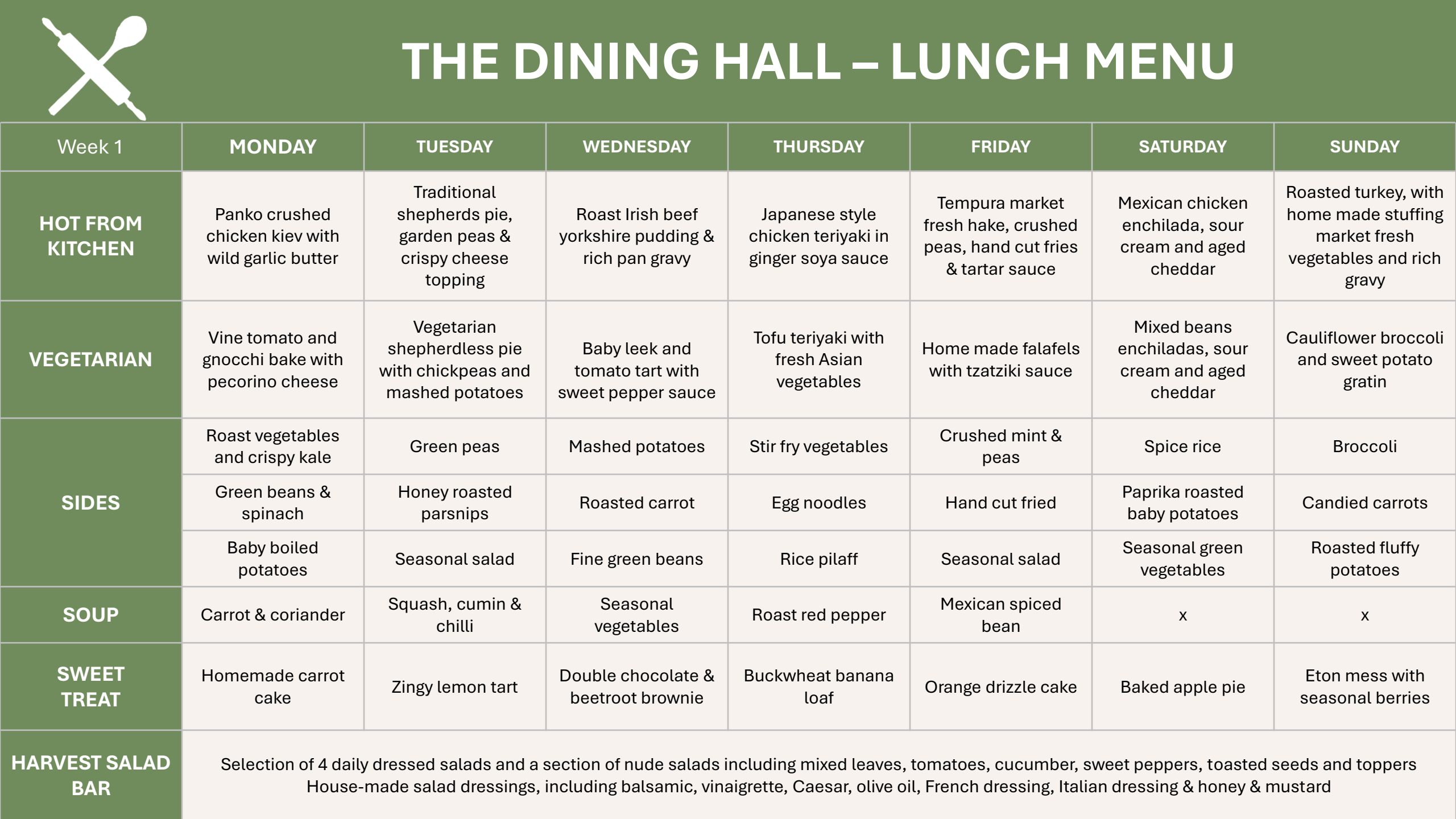




DINING HALL – BREAKFAST MENU

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 & choice of eggs with sourdough bread
MORNING BREAK	Home made sausage roll	Mini croque monsieur	Baked ham & cheese jambons	Homemade oat cookie	Selection of Irish fruits yoghurt	Irish cheese & crackers	
PORRIDGE BAR	Water base porridge with selection of toppings from granola, syrup , dried fruit, toasted coconut and selection of seeds						
TOAST BAR	Sliced wholegrain, soda bread, white bread, gluten free bread with selection of jams, spreads , butter and low butters.						
CEREALS	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	Selection of tea, coffee, chilled orange, apple juice, low fat & full fat milk, lactose free milk						





THE DINING HALL – LUNCH MENU

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT FROM KITCHEN	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
VEGETARIAN	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
SIDES	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
SOUP	Carrot & coriander	Squash, cumin & chilli	Seasonal vegetables	Roast red pepper	Mexican spiced bean	x	x
SWEET TREAT	Homemade carrot cake	Zingy lemon tart	Double chocolate & beetroot brownie	Buckwheat banana loaf	Orange drizzle cake	Baked apple pie	Eton mess with seasonal berries
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						



THE DINING HALL – LUNCH MENU

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT FROM KITCHEN	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
VEGETARIAN	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
SIDES	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
SOUP	Carrot & coriander	Squash, cumin & chilli	Seasonal vegetables	Roast red pepper	Mexican spiced bean	x	x
SWEET TREAT	Homemade carrot cake	Zingy lemon tart	Double chocolate & beetroot brownie	Buckwheat banana loaf	Orange drizzle cake	Baked apple pie	Eton mess with seasonal berries
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						



THE DINING HALL – SUPPER MENU

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
VEGETARIAN	Mixed bean chilli with sour cream, nachos & cheddar cheese	Traditional Japanese vegetable yaki soba	Stuffed pasta with tomato & parmesan	Red peppers, basil & parmesan quiche	Chickpea burger with brioche bun & onion jam	Plant based spice bag	Spiced pitta pocket stuffed with chickpea and vegetables
SIDES	Mexican rice	Soya broccoli	Garlic bread	French beans	French fries	Curry sauce	Feta, olives and blushed tomatoes
	Vine tomato salsa	Steamed peas	Crispy salad	Rich onion gravy	Burger sauce	Prawn crackers	Mint yoghurt
HARVEST SALAD BAR	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						