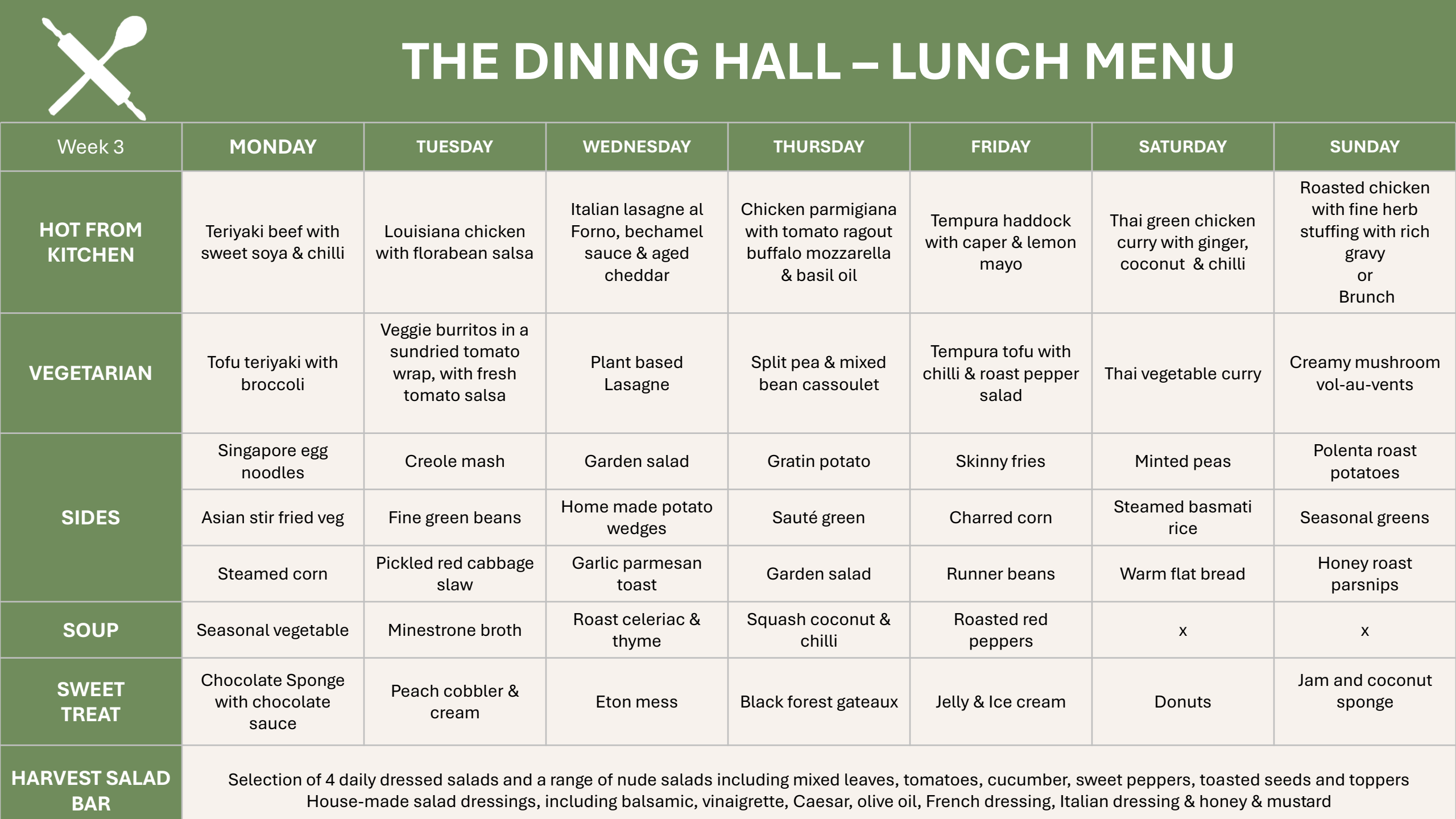




DINING HALL – BREAKFAST MENU

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT DAILY SPECIAL	Croissant	Mixed pepper frittata	Grilled bacon	Sausage roll	Pancake with chocolate sauce	Crispy hash potato	Brunch with Loughnanes sausages, bacon & choice of eggs with sourdough bread
MORNING BREAK	Cheese toastie	Crackers & cheese	Pain au Chocolate	Flap jack	Rocky road	Chocolate chip cookie	
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 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT FROM KITCHEN	Teriyaki beef with sweet soya & chilli	Louisiana chicken with florabean salsa	Italian lasagne al Forno, bechamel sauce & aged cheddar	Chicken parmigiana with tomato ragout buffalo mozzarella & basil oil	Tempura haddock with caper & lemon mayo	Thai green chicken curry with ginger, coconut & chilli	Roasted chicken with fine herb stuffing with rich gravy or Brunch
VEGETARIAN	Tofu teriyaki with broccoli	Veggie burritos in a sundried tomato wrap, with fresh tomato salsa	Plant based Lasagne	Split pea & mixed bean cassoulet	Tempura tofu with chilli & roast pepper salad	Thai vegetable curry	Creamy mushroom vol-au-vents
SIDES	Singapore egg noodles	Creole mash	Garden salad	Gratin potato	Skinny fries	Minted peas	Polenta roast potatoes
	Asian stir fried veg	Fine green beans	Home made potato wedges	Sauté green	Charred corn	Steamed basmati rice	Seasonal greens
	Steamed corn	Pickled red cabbage slaw	Garlic parmesan toast	Garden salad	Runner beans	Warm flat bread	Honey roast parsnips
SOUP	Seasonal vegetable	Minestrone broth	Roast celeriac & thyme	Squash coconut & chilli	Roasted red peppers	x	x
SWEET TREAT	Chocolate Sponge with chocolate sauce	Peach cobbler & cream	Eton mess	Black forest gateaux	Jelly & Ice cream	Donuts	Jam and coconut sponge
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						



THE DINING HALL – LUNCH MENU

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT FROM KITCHEN	Teriyaki beef with sweet soya & chilli	Louisiana chicken with florabean salsa	Italian lasagne al Forno, bechamel sauce & aged cheddar	Chicken parmigiana with tomato ragout buffalo mozzarella & basil oil	Tempura haddock with caper & lemon mayo	Thai green chicken curry with ginger, coconut & chilli	Roasted chicken with fine herb stuffing with rich gravy or Brunch
VEGETARIAN	Tofu teriyaki with broccoli	Veggie burritos in a sundried tomato wrap, with fresh tomato salsa	Plant based Lasagne	Split pea & mixed bean cassoulet	Tempura tofu with chilli & roast pepper salad	Thai vegetable curry	Creamy mushroom vol-au-vents
SIDES	Singapore egg noodles	Creole mash	Garden salad	Gratin potato	Skinny fries	Minted peas	Polenta roast potatoes
	Asian stir fried veg	Fine green beans	Home made potato wedges	Sauté green	Charred corn	Steamed basmati rice	Seasonal greens
	Steamed corn	Pickled red cabbage slaw	Garlic parmesan toast	Garden salad	Runner beans	Warm flat bread	Honey roast parsnips
SOUP	Seasonal vegetable	Minestrone broth	Roast celeriac & thyme	Squash coconut & chilli	Roasted red peppers	x	x
SWEET TREAT	Chocolate Sponge with chocolate sauce	Peach cobbler & cream	Eton mess	Black forest gateaux	Jelly & Ice cream	Donuts	Jam and coconut sponge
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						



THE DINING HALL –SUPPER MENU

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT FROM KITCHEN	Chicken Chasseur with shallot mushroom & demi glaze	Chilli beef con carne with sour cream, salsa sauce & rice	BBQ Pork spareribs	Warm chicken Caesar salad with herb croutons & parmesan	Salt & chilli beef with peppers, onions in sweet curry sauce	Columba's style chicken & chips	Smokey bacon mac & cheese with crispy bacon with creamy cheese bechamel
VEGETARIAN	Risotto with forest mushroom and herb crème fraiche	Baked potatoes with beans & cheese	Vegetable moussaka	Vegetable jambalaya with warm flatbread	Salt & chilli tofu with pepper ,onions in sweet curry sauce	Columba's style spiced veggies & chips	Mac & cheese with crispy bacon with creamy cheese bechamel
SIDES	Champ potatoes	Red cabbage coleslaw	Corn on cob	Sauté potatoes with onions	Soya egg noodles	Greek salad	Toasted garlic slices
	Tender stem broccoli	Spinach & feta salad	Fried rice	Fresh crusty bread	Stir-fried Chinese vegetables	Crispy onion rings	Fresh garden salad
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						