

# Blackrock College Menu – Week 1

## Breakfast

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Porridge/Cereals	Odlums Porridge/ Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Milk	Odlums Porridge/ Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Milk	Odlums Porridge/ Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Milk	Odlums Porridge/ Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Milk	Odlums Porridge/ Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Milk	Odlums Porridge/ Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Milk	Odlums Porridge/ Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Milk
Breakfast Juices	Selection of Breakfast Juices						
Fresh Fruit	Selection of whole fresh fruit including Apples, Oranges, Bananas						
Hot daily special	Boiled Eggs	Hash Browns & Beans	Croissant	Powering Performance Overnight Oats with Mixed Berries & Chia Seeds	Poached Eggs	Boiled Eggs	
Bread	White/Wholemeal, bread/toast with a selection of local jams and preserves	White/Wholemeal, bread/toast with a selection of local jams and preserves	White/Wholemeal, bread/toast with a selection of local jams and preserves	White/Wholemeal, bread/toast with a selection of local jams and preserves	White/Wholemeal, bread/toast with a selection of local jams and preserves	White/Wholemeal, bread/toast with a selection of local jams and preserves	White/Wholemeal, bread/toast with a selection of local jams and preserves
Hot Beverages	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Note	All of the above items will be served by the catering staff from behind the service counter to minimum contact between customers and products						

# ***Blackrock College Menu – Week 1***

## *Lunch*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Soup Station</i>	Fresh Homemade Leek & Potato Soup	Fresh Homemade Minestrone Soup	Fresh Homemade Mushroom Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Tomato & Basil Soup	Fresh Homemade Vegetable Soup
<i>Main Course</i>	Slow Braised Beef Stew	Jumbo Sausage with Onion Gravy	Homemade Italian Style Beef Lasagne with a Cheddar Cheese Topping	Fresh Homemade Breaded Chicken Breast with Garlic Infused Olive Oil	Battered Cod served with Lemon Wedges & Tartare Sauce	Beef Burger, Roast Gravy	Roast Beef with Roast Gravy
<i>Main Course 2/ Vegetarian Option</i>	Root Vegetable & Bean Champ Cottage Pie	Tomato & Basil Pasta	Homemade Vegetable Lasagne with a Cheddar Cheese Topping	Vegetable Pad Thai Curry with Rice	Cajun Spiced Chicken		
<i>Starch &amp; Vegetables</i>	Creamy Mash Potato, Swede & Baton Carrots	Creamy Mash Potato, Duet of Baton Carrots & Peas	Herb Roasted Potatoes, Toss Salad & Coleslaw	Creamed Potato, Roasted Root Vegetables	Creamy Mash Potatoes, Peas	Creamy Mash Potatoes or Rice, Duet of Baton Carrots & Peas	Creamy Mash/ Roast Potatoes, Honey Roasted Carrots & Parsnips
<i>Cold Beverages</i>	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water
<i>Dietary Requirements</i>	All individual dietary requirements will be looked after on request. Please speak with the Catering Managers/Chefs to inform them of your dietary needs.						



# ***Blackrock College Menu – Week 1***

## *Dinner*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Soup</i>	Fresh Homemade Leek & Potato Soup	Fresh Homemade Minestrone Soup	Fresh Homemade Mushroom Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Tomato & Basil Soup	Fresh Homemade Vegetable Soup
<i>Main Course</i>	Tuscan Style Chicken with Pasta	Southern Fried Chicken Fillet Burger Bar	Traditional Roast Pork Dinner	Homemade Chilli Con Carne	Creamy Per Peri Chicken	Chicken & Bacon Carbonara	Chicken with Garlic Butter
<i>Sides</i>	Garlic Bread	Chips, Lettuce, Tomatoes & Onions	Cauliflower Cheese	Boiled Rice, Tortilla Chips	Rice & Oven Baked Wedges, Buttered Sweetcorn	Garlic Bread	Chips & Baked Beans
<i>Dessert</i>	Homemade Apple Crumble with Custard	Fresh Fruit Salad	Homemade Lemon Drizzle Sponge with Custard	Homemade Chocolate Sponge with Chocolate Sauce	Doughnut	Ice Cream	Chocolate Chip Cookie
<i>Cold Beverage</i>	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water
<i>Hot Beverages</i>	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
<i>Dietary Requirements</i>	All individual dietary requirements will be looked after on request. Please speak with the Catering Managers/Chefs to inform them of your dietary needs.						