

## **Blackrock College Menu – Week 2**

### *Breakfast*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
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	Sausages & Baked Beans	Sausage Roll	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	<b>All of the above items will be served by the catering staff from behind the service counter to minimum contact between customers and products</b>						

## ***Blackrock College Menu – Week 2***

### *Lunch*

	<b><i>Monday</i></b>	<b><i>Tuesday</i></b>	<b><i>Wednesday</i></b>	<b><i>Thursday</i></b>	<b><i>Friday</i></b>	<b><i>Saturday</i></b>	<b><i>Sunday</i></b>
<b><i>Soup Station</i></b>	Fresh Homemade Chicken Noodle Soup	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Cream of Leek & Potato Soup	Fresh Homemade Cream of Tomato & Basil Soup	Fresh Homemade Cauliflower & Broccoli Soup	Fresh Homemade Vegetable Soup
<b><i>Main Course</i></b>	Fresh Homemade Slow Braised Beef & Carrot Pie	Roast Chicken with Stuffing & Roast Gravy	Firecracker Chicken Enchilada, Salsa & Sour Cream	Beef Burger with Pepper Sauce	Battered Cod with Lemon Wedge & Tartare Sauce	Tuscan Style Chicken Pasta with Garlic Bread	Roast Stuffed Turkey with Roast Gravy & Cranberry Sauce
<b><i>Main Course 2/ Vegetarian Option</i></b>	Chickpea Curry	Pasta Pesto	Spicy Pepper & Bean Enchilada	Vegetable Burger with Sweet Chilli Sauce	Thai Green Chicken Curry & Rice		
<b><i>Starch &amp; Vegetables</i></b>	Creamy Mash Potato/ Boiled Rice, Duet of Carrots & Peas	Creamy Mash Potato, Cabbage & Roasted Vegetables	Oven Baked Seasoned Wedges	Chive Mash, Green Beans	Creamy Mash Potatoes, Peas		Creamy Mash/Roast Potatoes, Duet of Carrots & Swede
<b><i>Cold Beverages</i></b>	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water
<b><i>Dietary Requirements</i></b>	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 2***

*Pop-Up  
Station*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Hot Option 1</i>	Beef Burger served in a Burger Bun	Creamy Peri Peri Chicken with Rice	Southern Fried Chicken Fillet served in a Demi Baguette	Chicken & Bacon Pasta Carbonara	Southern Fried Chicken Fillet served in a Demi Baguette/ Chips		
<i>Sandwiches</i>	Freshly made prepacked sandwiches with a selection of traditional fillings on White and Wholegrain Bread, Baguettes & Plain/Wholegrain Wraps						
<i>Cold Beverages</i>	Bottled Water: Still Minerals: Diet Coke, Fanta Zero, Sprite Zero Milk: Carton of Full Fat Milk, Carton of Chocolate Mooju						
<i>Handheld Items</i>	Fresh Fruit: Apples, Oranges, Bananas Actimel, Yoghurt Pots						
<i>Sweet Treats</i>	Freshly Baked Homemade Treats: Lemon Drizzle, Brownies, Shortbread, Donuts, Cookies, Flapjacks						

## ***Blackrock College Menu – Week 2***

### *Dinner*

	<b><i>Monday</i></b>	<b><i>Tuesday</i></b>	<b><i>Wednesday</i></b>	<b><i>Thursday</i></b>	<b><i>Friday</i></b>	<b><i>Saturday</i></b>	<b><i>Sunday</i></b>
<b><i>Soup</i></b>	Fresh Homemade Chicken Noodle Soup	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Cream of Leek & Potato Soup	Fresh Homemade Cream of Tomato & Basil Soup	Fresh Homemade Cauliflower Soup	Fresh Homemade Vegetable Soup
<b><i>Main Course</i></b>	Pasta Bolognese	Breaded Chicken Burger Bar	Loin of Pork with Fresh Sage & Onion Stuffing	Meatballs in a Tomato Sauce	Ham & Cheese Pizza	Beef Burger served with a Burger Bun & Onion Rings	Grilled Cajun Spiced Chicken
<b><i>Sides</i></b>	Garlic Bread	Chips, Marie Rose Sauce, Lettuce, Tomatoes & Onions	Mash Potatoes, Baton Carrots & Swede	Pasta	Oven Baked Wedges	Chips	Boiled Rice
<b><i>Dessert</i></b>	Homemade Jam & Coconut Sponge with Custard	Homemade Apple & Cinnamon Sponge with Custard	Homemade Carrot Cake	Homemade Chocolate Sponge with Chocolate Sauce	Doughnut	Chocolate Chip Cookie	Homemade Apple Tart with Custard
<b><i>Cold Beverages</i></b>	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water
<b><i>Hot Beverage</i></b>	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
<b><i>Dietary Requirements</i></b>	All individual dietary requirements will be looked after on request. Please speak with the Catering Managers/Chefs to inform them of your dietary needs.						