

Blackrock College Menu – Week 3

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	Sausages & 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 3

Lunch

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Soup Station	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Leek & Potato Soup	Fresh Homemade Mushroom & Tarragon Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Cream of Tomato & Basil Soup	Fresh Homemade Chicken & Vegetable	Fresh Homemade Vegetable Soup
Main Course	Jumbo Sausages with Onion Gravy	Italian Style Chicken Breast with a Tomato & Basil Sauce	Mexican Spiced Beef	Roast Chicken with Stuffing	Fresh Fish of the Day/Battered Cod with Lemon Wedge & Tartare Sauce	Cottage Pie	Roast Beef, Roast Gravy & Horseradish Sauce
Main Course 2/ Vegetarian Option	Quorn Sausage	Singapore Noodles	Asian Spiced Chickpeas	Mac "N" Cheese	Beef Curry with Rice		
Starch & Vegetables	Creamy Mash Potato, Roasted Root Vegetables	Creamy Mash Potato, Fresh Green Vegetables	Nachos, Boiled Rice, Salsa	Creamy Mash Potato, Cabage	Creamy Mash Potato, Peas	Creamy Mash Potato, Baton Carrots	Creamy Mash/Roast Potatoes or Rice, Roasted Root Vegetables
Cold Beverages	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water	Fresh Milk/Water
Dietary Requirements	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 3

<i>Dinner</i>	<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 Carrot & Coriander Soup	Fresh Homemade Potato & Spring Onion Soup	Fresh Homemade Cream of Mushroom & Thyme Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Cream of Tomato & Basil Soup	Fresh Homemade Chicken & Sweetcorn	Fresh Homemade Vegetable Soup
<i>Main Course</i>	Thai Green Chicken Curry	Fresh Beef Burger Bar	Breaded Turkey Escalope with Roast Gravy	Pasta Bolognese	Chicken Fajita, Salsa, Sour Cream	Chicken & Bacon Carbonara	Chilli Con Carne
<i>Sides</i>	Boiled Rice	Chips, Burger Sauce, Sliced Cheese, Lettuce & Tomatoes	Mash Potato, Fresh Broccoli	Garlic Bread	Oven Baked Wedges	Pasta	Boiled Rice
<i>Dessert</i>	Apple Marble Sponge with Custard	Fresh Fruit Salad	Homemade Banoffee Crumble	Homemade Chocolate Sponge with Chocolate Sauce	Chocolate Chip Cookie	Doughnut	Bakewell Tart with Custard
<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>Hot Beverage</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.						