

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/Muesli Bar	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds
Fresh Fruit /Yoghurt Station	Freshly made natural yoghurt with a selection of toppings including granola, fruit purees, fresh fruit Salad, honey and preserves						
Fresh Fruit	Selection of fresh fruit including Apples, Oranges, Bananas, Fresh Fruit Salad						
Cereals	Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Full fat and Low fat milk	Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Full fat and Low fat milk	Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Full fat and Low fat milk	Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Full fat and Low fat milk	Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Full fat and Low fat milk	Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Full fat and Low fat milk	Selection of cereals including Cornflakes, Rice Krispies & Weetabix served with Full fat and Low fat milk
Hot daily special	Scrambled Egg	Oven Baked Sausages & Baked Beans	French Toast	Boiled Eggs	Poached Eggs		
Homemade Bread & Toast bar	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves
Hydration Station	Fresh Fruit Juices, Chilled water, Full fat and Low-fat and milk						

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>	Freshly Made Carrot & Coriander with a selection of croutons and seeds	Creamy Potato & Leek with a selection of croutons and seeds	Cream of Vegetable with a selection of croutons and seeds	Freshly Made Potato & Herb with a selection of croutons and seeds	Cream of Tomato & Basil with a selection of croutons and seeds	Freshly Made Parsnip & Pear with a selection of croutons and seeds	Chunky Rustic Vegetable with a selection of croutons and seeds
<i>Main Course</i>	Homemade Italian Style Beef Lasagne with a Cheddar Cheese Topping	Roast Bacon Chop served with Gravy, Pineapple, Thyme & Onion Stuffing	Hot Mexican Fajita Wrap served with Sour Cream, Salsa & Sweetcorn Relish	Fresh Homemade Chicken Kiev	Freshly Battered Cod served with Lemon Wedges & Tartare Sauce	Fresh Creamy Chicken Gratin topped with Cheddar Cheese	Roast Irish Topside of Beef, Yorkshire Pudding, Gravy & Horseradish Sauce
<i>Main Course 2</i>	Chef's Special of the Day	Chef's Special of the Day	Chef's Special of the Day	Chef's Special of the Day	Chef's Special of the Day		
<i>Starch & Vegetables</i>	Buttered Baby Potatoes	Creamy Champ Mash, Brussel Sprouts & Baton Carrots	Oven Baked Homemade Seasoned Potato Wedges	Dauphinoise Potatoes, Fresh Broccoli, Mangetout, Carrot & Peas	Buttered Baby Potatoes, Mushy Peas	Creamy Mash Potatoes, Duet of Carrot & Peas	Creamy Mash & Roast Potatoes, Braised Red Cabbage
<i>Bread Station</i>	Selection of Freshly Baked Homemade Wholegrain, multi-seed and granary breads	Selection of Freshly Baked Homemade Wholegrain, multi-seed and granary breads	Selection of Freshly Baked Homemade Wholegrain, multi-seed and granary breads	Selection of Freshly Baked Homemade Wholegrain, multi-seed and granary breads	Selection of Freshly Baked Homemade Wholegrain, multi-seed and granary breads	Selection of Freshly Baked Homemade Wholegrain, multi-seed and granary breads	Selection of Freshly Baked Homemade Wholegrain, multi-seed and granary breads
<i>Salad Bar</i>	Daily Selection of Freshly made individual, mixed, compound & high protein salads available at Lunch Service with a selection of Dressings						
<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.						
<i>Hydration Station</i>	Still Water & Flavoured Water Infusions available at our Hydration Station daily; i.e. Cucumber & Mint, Lemon & Lime, Raspberry or Orange & Passion fruit						

Blackrock College Menu – Week 1

Pop-Up
Station

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Option 1	Freshly made Pasta Bolognese served with Garlic Bread	Freshly made Bacon Carbonara topped with Cheddar Cheese	Beef Stroganoff served with Basmati Rice	Homemade Chicken Curry served with Basmati Rice			
Hot Option 2	Fresh Chicken Fillet Burger served on a Seeded Bun	Fresh Beef Burger served on a Seeded Bun	Southern Fried Chicken Fillet served in a Demi Baguette	Spicy Tomato Meatball Sub	Fresh Beef Burger served on a Seeded Bun		
Hot Option 3	Oven Baked Homemade Seasoned Potato Wedges	Oven Baked Homemade Seasoned Potato Wedges	Oven Baked Homemade Seasoned Potato Wedges	Oven Baked Homemade Seasoned Potato Wedges	Fries		
Sandwiches	Freshly made sandwiches with a selection of traditional fillings on White and Wholegrain Bread Protein and Vegetarian Fillings in Baguettes & Plain/Wholegrain Wraps Artisan sandwiches served on Herb Focaccia/Rustic Ciabatta						
Cold Beverages	Bottled Water: Still and Sparkling, Lemon and Lime, Forest of the Fruit and Strawberry Flavoured Minerals: Diet Coke, Coke Zero, Diet Sprite 250ml Full Fat Milk, Protein Milk, 250ml Chocolate Mooju						
Hand Held Items	Selection of Fruit Pots: Pineapple Chunks, Watermelon, Mixed Grapes Fresh Fruit: Apples, Oranges, Bananas Actimel, Yoghurt Pots Jelly Pots						
Sweet Treats	Freshly Baked Homemade Treats: Lemon Drizzle, Brownies, Shortbread, Victoria Sponge, Gateaux, Cookies, Flapjacks						

Blackrock College Menu – Week 1

Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Freshly Made Carrot & Coriander with a selection of croutons and seeds	Creamy Potato & Leek with a selection of croutons and seeds	Cream of Vegetable with a selection of croutons and seeds	Freshly Made Potato & Herb with a selection of croutons and seeds	Cream of Tomato & Basil with a selection of croutons and seeds	Freshly Made Parsnip & Pear with a selection of croutons and seeds	Chunky Rustic Vegetable with a selection of croutons and seeds
Main Course	Fresh Homemade Creamy Tomato & Basil Chicken Provençale	Fresh Homemade Irish Beef Curry	Traditional Roast Pork Dinner	Spicy Tomato Meatball Marinara	Hot Piri Piri Chicken Pieces	Homemade Beef Burger served with a Brioche Bun	Chicken Tikka Masala
Sides	Homemade Focaccia, Pasta/Rice	Boiled Rice, Garlic & Coriander Naan Bread		Fusilli Pasta, Crostini	Spicy Rice, Oven Baked Wedges, Cajun Mayo, Buttered Corn on the Cob	Oven Baked Wedges, Salad Bar	Basmati Rice, Mango Chutney & Naan Bread
Dessert	Apple Spiced Crumble served with Vanilla Custard	Fresh Fruit Salad served with Natural Yoghurt & Granola	Fresh Homemade Banoffi Pie	Hot Fudge Brownie served with Chocolate Sauce	Fresh Fruit Salad served with Natural Yoghurt & Granola	Jelly & Ice-Cream	Profiteroles served with Chocolate Sauce
Salad Bar	Daily Selection of Freshly made individual, mixed, compound & high protein salads available at Dinner Service with a selection of Dressings						
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.						
Hydration Station	Still Water & Flavoured Water Infusions available at our Hydration Station daily; i.e. Cucumber & Mint, Lemon & Lime, Raspberry or Orange & Passion fruit						