

Blackrock College Menu – Week 2

Breakfast

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Porridge/Muesli Bar</i>	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
<i>Fresh Fruit /Yoghurt Station</i>	Freshly made natural yoghurt with a selection of toppings including granola, fruit purees, fresh fruit Salad, honey and preserves						
<i>Fresh Fruit</i>	Selection of fresh fruit including Apples, Oranges, Bananas, Fresh Fruit Salad						
<i>Cereals</i>	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
<i>Hot daily special</i>	Poached Eggs	Oven Baked Hash Browns & Baked Beans	Scrambled Eggs	Boiled Eggs	Croissant		
<i>Homemade Bread & Toast bar</i>	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
<i>Hydration Station</i>	Fresh Fruit Juices, Chilled water, Full fat and Low-fat and milk						

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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 Celery & Apple with a selection of croutons and seeds	Homemade Rustic Minestrone with a selection of croutons and seeds	Fresh Homemade Cream of Leek with a selection of croutons and seeds	Freshly Made Cream of Vegetable with a selection of croutons and seeds	Fresh Homemade Red Lentil & Tomato with a selection of croutons and seeds	Freshly Made Cream of Celeriac with a selection of croutons and seeds	Homemade Mushroom & Tarragon with a selection of croutons and seeds
Main Course	Traditional Bacon & Cabbage Dinner	Fresh Homemade Hungarian Goulash	Fresh Oven Baked Beef Burger with Brioche Bun	Freshly Breaded Chicken Kiev	Oven Baked White Fish topped with Homemade Salsa	Roast Pork with Apple Sauce & Stuffing	Roast Turkey with Thyme & Onion Stuffing, Gravy & Cranberry Sauce
Main Course 2	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		
Starch & Vegetables		Creamy Mash Potato or Basmati Rice, Chunky Carrot & Turnip	Fries & Salad	Oven Baked Potato, Super Green Salad	Buttered Baby Potatoes, Mixed Greens	Creamy Mash & Roast Potatoes, Braised Cabbage	Creamy Mash & Roast Potatoes, Duet of Carrot & Peas
Bread Station	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
Salad Bar	Daily Selection of Freshly made individual, mixed, compound & high protein salads available at Lunch 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						

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*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>	Fresh Homemade Chicken Fried Rice	Fresh Homemade Hungarian Goulash with Creamy Mash	Oven Baked Sausages with Creamy Mash & Onion Gravy	Homemade Beef Curry served with Basmati Rice	Spicy Sausage Pasta Bake served with Garlic Bread		
<i>Hot Option 2</i>	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	Ham & Cheddar Toasted Panini	Fresh Beef Burger served on a Seeded Bun		
<i>Hot Option 3</i>	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		
<i>Sandwiches</i>	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						
<i>Cold Beverages</i>	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						
<i>Hand Held Items</i>	Selection of Fruit Pots: Pineapple Chunks, Watermelon, Mixed Grapes Fresh Fruit: Apples, Oranges, Bananas Actimel, Yoghurt Pots Jelly Pots						
<i>Sweet Treats</i>	Freshly Baked Homemade Treats: Lemon Drizzle, Brownies, Shortbread, Victoria Sponge, Gateaux, Cookies, Flapjacks						

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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 Celery & Apple with a selection of croutons and seeds	Homemade Rustic Minestrone with a selection of croutons and seeds	Fresh Homemade Cream of Leek with a selection of croutons and seeds	Freshly Made Cream of Vegetable with a selection of croutons and seeds	Fresh Homemade Red Lentil & Tomato with a selection of croutons and seeds	Freshly Made Cream of Celeriac with a selection of croutons and seeds	Homemade Mushroom & Tarragon with a selection of croutons and seeds
<i>Main Course</i>	Homemade Creamy Chicken Korma	Sweet & Sour Pork	Oven Roasted Chicken with Fresh Parsley & Thyme Stuffing	Fresh Homemade Pasta Bolognese	Freshly Made Cottage Pie	Freshly Made Tagliatelle Carbonara	Homemade Lemon Chicken Curry
<i>Sides</i>	Basmati Rice, Garlic Naan Bread	Pilaf Rice	Roasted Potatoes, Cauliflower Cheese	Garlic Bread	Oven Baked Wedges, Duet of Carrot & Peas	Garlic Bread	Wholegrain Rice, Garlic Naan Bread
<i>Dessert</i>	Homemade Toffee Sponge	Fresh Fruit Salad served with Natural Yoghurt & Granola	Fresh Homemade Lemon Drizzle	Hot Fudge Brownie served with Chocolate Sauce	Fresh Homemade Pavlova	Jelly & Ice-Cream	Freshly Baked Apple Tart
<i>Salad Bar</i>	Daily Selection of Freshly made individual, mixed, compound & high protein salads available at Dinner 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						