

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/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	Poached Eggs	Mini Danish	Oven Baked Sausages & Baked Beans	Boiled Eggs	Scrambled Eggs/French Toast		
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						

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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 Chicken & Sweetcorn with a selection of croutons and seeds	Roasted Red Pepper & Tomato with a selection of croutons and seeds	Homemade Carrot & Coriander with a selection of croutons and seeds	Freshly Made Potato & Rocket with a selection of croutons and seeds	Homemade Potato & Spring Onion & Tomato with a selection of croutons and seeds	Freshly Made Carrot & Ginger with a selection of croutons and seeds	Homemade Celery & Apple with a selection of croutons and seeds
Main Course	Braised Steak served with Roast Gravy	Breaded Fresh Chicken Breast served with Pepper Sauce	Spicy Beef Taco Basket with Homemade Salsa & Sour Cream	Sesame Crusted Chicken Pie	Oven Baked Cajun Salmon Darne	Homemade Irish Beef Stew	Traditional Bacon & Cabbage, Parsley Sauce & Roast Gravy
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	Spring Onion Mash Potato, Chunky Carrot & Turnip	Dauphinoise Potatoes, Duet of Carrot & Peas	Savoury Rice	Baby Potatoes OR Piri Piri Pasta, Fresh Mixed Vegetables	Wasabi Noodles, Mixed Greens	Creamy Champ Potato, Buttered Carrots	Creamy Mash & Roast Potatoes
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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Option 1	Pasta Bolognese with Garlic Bread	Lemon Chicken Curry served with Basmati Rice	Pasta Pesto	Homemade Chicken Korma served with Basmati Rice	Spicy Sausage Pasta Bake served with Garlic Bread		
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	Meatball Sub topped with Cheddar Cheese	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 3

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 Chicken & Sweetcorn with a selection of croutons and seeds	Roasted Red Pepper & Tomato with a selection of croutons and seeds	Homemade Carrot & Coriander with a selection of croutons and seeds	Freshly Made Potato & Rocket with a selection of croutons and seeds	Homemade Potato & Spring Onion & Tomato with a selection of croutons and seeds	Freshly Made Carrot & Ginger with a selection of croutons and seeds	Homemade Celery & Apple with a selection of croutons and seeds
<i>Main Course</i>	Cajun Chicken Breast	Homemade beef Stroganoff	Fresh Oven Baked Pork Escalope served with Roast Gravy	Spaghetti Bolognese	Freshly Made Meatloaf	Fresh Butterflied Chicken Burger served with a Brioche Bun	Ham & Cheese Toasted Panini
<i>Sides</i>	Pilaf Rice, Crusty Roll	Basmati Rice, Homemade Bread Basket	Chive Mash Potato, Fresh Broccoli	Homemade Focaccia	Roast Potatoes, Duet of Carrot & Peas	Fries & Salad	Oven Baked Seasoned Wedges & Salad
<i>Dessert</i>	Freshly Baked Chocolate Cake	Fresh Fruit Salad served with Natural Yoghurt & Granola	Fresh Homemade Carrot Cake	Hot Fudge Brownie served with Chocolate Sauce	Fresh Fruit Salad served with Natural Yoghurt & Granola	Victoria Sponge served with Fresh Cream	Profiteroles with Carmel Sauce
<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						