

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/Cereals</i>	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
<i>Breakfast Juices</i>	Individual Cartons of Orange/Apple Juices						
<i>Fresh Fruit</i>	Selection of whole fresh fruit including Apples, Oranges, Bananas						
<i>Hot daily special</i>	Boiled Eggs	Hash Browns & Baked Beans	Poached Eggs	Sausage Roll	Boiled Eggs		
<i>Bread</i>	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
<i>Hot Beverages</i>	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
<i>Note</i>	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 2

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 Soup of the Day	Fresh Homemade Soup of the Day	Fresh Homemade Soup of the Day	Fresh Homemade Soup of the Day	Fresh Homemade Soup of the Day	Fresh Homemade Soup of the Day	Fresh Homemade Soup of the Day
Main Course	Fresh Homemade Beef Pie	Breaded Fresh Chicken Breast served with Pepper Sauce	Chicken Fajita	Beef Burger with Pepper Sauce	Fresh Fish of the Day/Battered Cod with Lemon Wedge & Tartare Sauce	Tagliatelle Chicken Carbonara with Garlic Bread	Roast Stuffed Turkey with Roast Gravy & Cranberry Sauce
Main Course 2/ Vegetarian Option	Powering Performance Goan vegetable Curry with Basmati Rice	Powering Performance Tuna Pasta Bake	Spicy Vegetable Fajita	Vegetable Burger with Cheese Sauce	Chicken Vol au Vent		
Starch & Vegetables	Creamy Mash Potato or Rice, Duet of Carrot & Peas	Creamy Mash Potatoes or Rice, Fresh Mixed Vegetables	Oven Baked Seasoned Wedges	Chive Mash, Babycorn, Mangetout & Green Beans	Creamy Mash Potatoes or Rice, Mushy Peas		Creamy Mash/Roast Potatoes or Rice, Duet of Broccoli & Carrots
Cold Beverages	250ml Carton of Milk	250ml Carton of Milk	250ml Carton of Milk	250ml Carton of Milk	250ml Carton of Milk	250ml Carton of Milk	250ml Carton of Milk
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 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>	Chilli Con Carne with Rice	Chicken Pasta Bake	Southern Fried Chicken Fillet served in a Demi Baguette	Beef Burger served in a Kaiser Bun	Southern Fried Chicken Fillet served in a Demi Baguette/ Chips		
<i>Sandwiches</i>	Freshly made pre packed sandwiches with a selection of traditional fillings on White and Wholegrain Bread, Baguettes & Plain/Wholegrain Wraps						
<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, 250ml Chocolate Mooju						
<i>Hand Held 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

	<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 Soup of the Day	Fresh Homemade Soup of the Day	Fresh Homemade Soup of the Day	Fresh Homemade Soup of the Day	Fresh Homemade Soup of the Day	Fresh Homemade Soup of the Day	Fresh Homemade Soup of the Day
<i>Main Course</i>	Fresh Homemade Creamy Chicken Korma	Homemade beef Lasagne	Oven Roasted Chicken with Fresh Parsley & Thyme Stuffing	Pasta Bolognese	Cheese & Tomato Pizza	Beef Burger served with a Kaiser Bun	Creamy Cajun Chicken
<i>Sides</i>	Basmati Rice	Baby Roast Potatoes, Mixed Leaves & Coleslaw	Creamed Potatoes or Rice, Duet of Broccoli & Carrots	Garlic Bread	Oven Baked Wedges	Chips	Rice
<i>Dessert</i>	Chef's Special	Chef's Special	Chef's Special	Chef's Special	Chef's Special	Chef's Special	Chef's Special
<i>Cold Beverage</i>	250ml Carton of Milk	250ml Carton of Milk	250ml Carton of Milk	250ml Carton of Milk	250ml Carton of Milk	250ml Carton of Milk	250ml Carton of Milk
<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.						