

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	Individual Cartons of Orange/Apple Juices						
Fresh Fruit	Selection of whole fresh fruit including Apples, Oranges, Bananas						
Hot daily special	Poached Eggs	Sausages	Boiled Eggs	Croissant	Poached 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 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	Braised Steak with Roast Gravy	Italian Style Chicken Breast	Spicy Beef Taco Basket	Roast Chicken with Thyme & Onion Stuffing	Fresh Fish of the Day/Battered Cod with Lemon Wedge & Tartare Sauce	Sausages with Onion Gravy	Roast Beef with Yorkshire Pudding, Roast Gravy & Horseradish Sauce
Main Course 2/ Vegetarian Option	Creamy Tomato & Basil Pasta Bake	Stir-fried Vegetables with Noodles	Spicy Vegetable Taco	Vegetable Frittata	Vegetable Lasagne		
Starch & Vegetables	Creamy Mash Potato or Rice, Chunky Carrot & Turnip	Chive Mash or Rice, Fresh Mixed Vegetables	Savoury Rice	Roast Potato or Rice, Cauliflower Mornay	Chive Mash or Rice, Peas	Creamy Mash or Rice, Green Beans	Creamy Mash/Roast Potatoes or Rice, Duet of Carrots & Mangetout
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 3

Pop-Up
Station

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Option	Meatball Pasta	Fresh Cajun Chicken Burger	Southern Fried Chicken Fillet served in a Demi Baguette	Pepperoni Pasta	Southern Fried Chicken Fillet served in a Demi Baguette/Chips		
Sandwiches	Freshly made pre packed sandwiches with a selection of traditional fillings on White and Wholegrain Bread, Baguettes & Plain/Wholegrain Wraps						
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, 250ml Chocolate Mooju						
Hand Held Items	Fresh Fruit: Apples, Oranges, Bananas Actimel, Yoghurt Pots						
Sweet Treats	Freshly Baked Homemade Treats: Lemon Drizzle, Brownies, Shortbread, Donuts, 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>
Soup	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	Powering Performance Goan Chicken Curry	Peppered Beef	Breaded Pork Escalope with Roast Gravy	Chilli Con Carne	Powering Performance Chicken & Avocado Wrap	Pasta Bolognese	Ham & Cheese Panini
Sides	Brown Rice	Basmati Rice & a Crusty Roll	Chive Mash Potato or Rice, Fresh Broccoli	Basmati Rice & Naan Bread	Oven Baked Wedges	Garlic Bread	Chips
Dessert	Chef's Special	Chef's Special	Chef's Special	Chef's Special	Chef's Special	Chef's Special	Chef's Special
Cold Beverage	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
Hot Beverage	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
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.						