

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/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	Scrambled Egg	Oven Baked Sausages & Beans	Boiled Eggs	Powering Performance Overnight Oats with Mixed Berries & Chia Seeds	Poached Eggs	Boiled 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 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>	Fresh Homemade Leek & Potato Soup	Fresh Homemade Minestrone Soup	Fresh Homemade Mushroom Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Tomato & Basil Soup	Fresh Homemade Vegetable Soup
<i>Main Course</i>	Honey Roast Gammon served with Roast Gravy	Braised Steak served with Roast Gravy	Homemade Italian Style Beef Lasagne with a Cheddar Cheese Topping	Fresh Homemade Breaded Chicken Breast with Garlic Infused Olive Oil	Battered Cod served with Lemon Wedges & Tartare Sauce	Fresh Creamy Chicken & Sweetcorn Pie	Roast Beef with Yorkshire Pudding & Roast Gravy
<i>Main Course 2/ Vegetarian Option</i>	Mediterranean Roasted Vegetable Pasta Bake	<i>Powering Performance</i> Quorn Sausage & Butterbean casserole	<i>Powering Performance</i> Spinach & Lentil Lasagne with Mediterranean Vegetables	Vegetable Stir-fry with Rice	Cajun Spiced Chicken		
<i>Starch & Vegetables</i>	Creamy Champ or Rice, Savoy Cabbage	Creamy Mash Potato or Rice, Duet of Baton Carrots & Peas	Baby Roast Potatoes, Toss Salad & Coleslaw	Creamed Potato or Rice, Baton Carrots & Swede	Creamy Mash Potatoes or Rice, Peas	Creamy Mash Potatoes or Rice, Duet of Baton Carrots & Peas	Creamy Mash/ Roast Potatoes or Rice, Duet of Buttered Carrots & Mangetout
<i>Cold Beverages</i>	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk
<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.						

Blackrock College Menu – Week 1

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 Leek & Potato Soup	Fresh Homemade Minestrone Soup	Fresh Homemade Mushroom Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Tomato & Basil Soup	Fresh Homemade Vegetable Soup
<i>Main Course</i>	Fresh Homemade Chilli Beef	Fresh Homemade Creamy Chicken, Bocconcini & Tomato Pasta Bake	Traditional Roast Pork Dinner	Meatballs in Tomato Sauce	Sticky Tabasco Chicken Pieces	Bacon Carbonara with Tagliatelle Pasta	Chicken Kiev
<i>Sides</i>	Boiled Rice, Tortilla Chips	Garlic Bread	Cauliflower Cheese	Penne Pasta & Garlic Bread	Rice & Oven Baked Wedges, Buttered Sweetcorn	Garlic Bread	Chips & Baked Beans
<i>Dessert</i>	Homemade Apple Crumble with Custard	Fresh Fruit Salad	Homemade Lemon Drizzle Sponge with Custard	Homemade Chocolate Sponge with Chocolate Sauce	Mini Jam Donut	Ice Cream	Profiteroles with Chocolate Sauce
<i>Cold Beverage</i>	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	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.						