

Blackrock College Menu – Week 2

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Boiled Eggs	Hash Browns & Baked Beans	Poached Eggs	Powering Performance	Sausage Roll	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 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 Chicken & Sweetcorn Soup	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Cream of Leek & Potato Soup	Fresh Homemade Cream of Tomato & Basil Soup	Fresh Homemade Cauliflower & Broccoli Soup	Fresh Homemade Vegetable Soup
Main Course	Fresh Homemade Slow Braised Beef & Carrot Pie	Breaded Fresh Chicken Breast served with Pepper Sauce	Chicken Fajita	Beef Burger with Pepper Sauce	Battered Cod with Lemon Wedge & Tartare Sauce	Chicken & Ham Carbonara with Tagliatelle Pasta & Garlic Bread	Roast Stuffed Turkey with Roast Gravy & Cranberry Sauce
Main Course 2/ Vegetarian Option	Thai Green vegetable Curry	Roasted Vegetables & Cajun Spiced Pasta Bake	Vegetable Fajita	Vegetable Burger with Cheese Sauce	Chicken Breast with Roasted Garlic White Sauce		
Starch & Vegetables	Colcannon Potato or Rice, Duet of Baby Carrots & Peas	Creamy Mash Potatoes or Rice, Fresh Mixed Green Vegetables	Oven Baked Seasoned Wedges	Chive Mash or Rice, Babycorn, Mangetout & Carrots	Creamy Mash Potatoes or Rice, Peas		Creamy Mash/Roast Potatoes or Rice, Duet of Broccoli & Carrots
Cold Beverages	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	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>	Beef Burger served in a Kaiser Bun	Chicken, Bocconcini & Tomato Pasta Bake	Southern Fried Chicken Fillet served in a Demi Baguette	Chilli Con Carne with Rice	Southern Fried Chicken Fillet served in a Demi Baguette/ Chips		
<i>Sandwiches</i>	Freshly made prepacked 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 Carton of Full Fat Milk, Carton of Chocolate Mooju						
<i>Handheld 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 Chicken & Sweetcorn Soup	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Cream of Leek & Potato Soup	Fresh Homemade Cream of Tomato & Basil Soup	Fresh Homemade Cauliflower Soup	Fresh Homemade Vegetable Soup
<i>Main Course</i>	Fresh Homemade Creamy Chicken Korma	Homemade beef Lasagne	Oven Roasted Chicken with Fresh Sage & Onion Stuffing	Pasta Bolognese	Margherita Pizza	Beef Burger served with a Kaiser Bun & Onion Rings	Creamy Cajun Chicken
<i>Sides</i>	Brown Rice	Baby Roast Potatoes, Mixed Leaves & Coleslaw	Mash Potatoes or Rice, Duet of Broccoli & Carrots	Garlic Bread	Oven Baked Wedges	Chips	Rice
<i>Dessert</i>	Homemade Lemon Drizzle Sponge with Custard	Homemade Jam & Coconut Sponge with Custard	Homemade Carrot Cake	Homemade Chocolate Sponge with Chocolate Sauce	Iced Doughnut	Profiteroles with Hot Chocolate Sauce	Homemade Apple Tart with Custard
<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.						