

Blackrock College Menu – Week 3

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	Poached Eggs	Sausages	Boiled Eggs	Powering Performance Overnight Oats with Mixed Berries & Chia Seeds	Croissant	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 3

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Station	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Potato & Spring Onion Soup	Fresh Homemade Cream of Mushroom & Thyme Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Cream of Tomato & Basil Soup	Fresh Homemade Chicken & Sweetcorn	Fresh Homemade Vegetable Soup
Main Course	Braised Steak with Roast Gravy	Italian Style Chicken Breast with a Tomato & Basil Sauce	Spicy Beef Taco Basket	Roast Chicken with Sage & Onion Stuffing	Fresh Fish of the Day/Battered Cod with Lemon Wedge & Tartare Sauce	Jumbo Sausages with Onion Gravy	Roast Beef with Yorkshire Pudding, Roast Gravy & Horseradish Sauce
Main Course 2/ Vegetarian Option	Baked Penne Pasta with Tomato & Basil	Stir-fried Vegetables with Noodles	Spicy Vegetable Taco Basket	Red Onion & Mozzarella Puff Pastry Tart	Powering Performance Spinach & Lentil Lasagne with Mediterranean Vegetables		
Starch & Vegetables	Creamy Mash Potato or Rice, Baton Carrot & Diced Swede	Chive Mash or Rice, Fresh Green Vegetables	Boiled Rice	Roast Potato or Rice, Herby Roasted Vegetables	Chive Mash or Rice, Peas	Creamy Mash or Rice, Green Beans	Creamy Mash/Roast Potatoes or Rice, Duet of Carrots & Mangetout
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 3

<i>Dinner</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Soup	Fresh Homemade Carrot & Coriander Soup	Fresh Homemade Potato & Spring Onion Soup	Fresh Homemade Cream of Mushroom & Thyme Soup	Fresh Homemade Vegetable Soup	Fresh Homemade Cream of Tomato & Basil Soup	Fresh Homemade Chicken & Sweetcorn	Fresh Homemade Vegetable Soup
Main Course	Powering Performance Goan Chicken Curry	Thai Red Beef Curry	Breaded Pork Steak with Roast Gravy	Chilli Con Carne	Powering Performance Chicken & Avocado Wrap	Pasta Bolognese	Ham & Cheese Panini
Sides	Brown Rice	Boiled Rice & a Crusty Roll	Chive Mash Potato or Rice, Fresh Broccoli	Boiled Rice & Tortilla Chips	Oven Baked Wedges	Garlic Bread	Chips, Mixed Leaves & Coleslaw
Dessert	Homemade Pineapple Upside Down Sponge with Custard	Fresh Fruit Salad	Homemade Banoffee Crumble	Homemade Chocolate Sponge with Chocolate Sauce	Double Choc Chip Cookie	Bakewell Tart with Custard	Profiteroles with Chocolate Sauce
Cold Beverage	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	Carton of Milk	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.						