



Columba College Menu

Week One 2019.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Breakfast

Spaghetti with Hash Browns

All days: A selection of cereals, fruit, toast, yoghurt, spreads and beverages. Porridge

Morning Tea

Selection of Seasonal Fruit and Yoghurts. Salty Caramel Friands	Selection of Seasonal Fruit and Yoghurts. Selection of Pastries	Selection of Seasonal Fruit and yoghurts. Banana Bread	Selection of Seasonal Fruit and Yoghurts. Raspberry and White Chocolate Muffins	Selection of Seasonal Fruit and Yoghurts. Muesli Bars		
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Lunch

Sandwich Day: Sliced Ham, Sliced Cheese, Lettuce, Tomato, Sliced Cheese, Red Onion, Egg, Beetroot with Relishes and Dressings	Chicken and Bacon Carbonara	Baked Potatoes and Chilli Con Carne	Macaroni Cheese	Roll Day: Bacon or Chicken, Lettuce, Cheese, Red Onion, Tomato, Beetroot, Peppers, Egg with Relishes and Dressings	Brunch: Scrambled Eggs, Bacon, Pancakes with Maple Syrup	Make your Own Hamburgers
			Freya's Bread		Salad Bar	Salad Bar

Afternoon Tea

Selection of Seasonal Fruit. Spaghetti and Cheese Buns	Selection of Seasonal Fruit. Hummus, Crackers, Celery and Carrot Sticks	Selection of Seasonal Fruit. Pikelets with Jam and Cream	Selection of Seasonal Fruit. Moist Mini Orange Cakes	Selection of Seasonal Fruit. Sausage Rolls	Selection of Seasonal Fruit. Yoghurts	Selection of Seasonal Fruit. Yoghurts
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Dinner

Soup		Pumpkin		Chicken and Vegetable			Minestrone
Main Course	Butter Chicken with Naan Bread	Roast Sirloin served with Gravy and Horseradish Sauce	Braised Chops in a Red Wine and Rosemary Jus	Braised Pork Steaks	Battered Blue Cod Bites of Fish served with Tartare and Lemon Wedges	Meatballs in Tomato Sauce served on Spaghetti with Garlic Bread	Roast Chicken with Onion Stuffing served with Gravy
Vegetables	Long Green Beans, Baton Carrots and Rice	Medley of Roast Pumpkin, Parsnips, Roast Potato and Peas	Broccoli, Corn on the Cobb and Mashed Potato	Carrot and Parsnip Mash, Leeks and Whole Baby Potato	Appleslaw, Mushy Peas and French Fries	Steamed Broccoli and Stir Fry Vegetables	Long Green Beans with Garlic, Diced Pumpkin and Mashed Potato
	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing	Lettuce, Grated Carrot, Cheese, Sliced Tomato, Peppers, Beetroot and Red Onion Highlander Dressing and other Dressing
Main Salad	Baby Potato with Spring Onions and Sundried Tomatoes	Green with Shaved Cucumber and Raspberry Dressing	Beetroot, Feta, Dukkah and Coriander	Egg and Potato	Broccoli, Bacon with Aioili	Coleslaw	Roasted Beetroot and Feta
Dessert	Rhubarb with Custard		Banana Fritters with Homemade Mango Ice Cream			Hot Chocolate Sauce over Ice Cream	