



Columba College Menu

Week Two 2019.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Breakfast

English Muffins, Bacon and Hollandaise Sauce

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

Morning tea

Selection of Seasonal Fruit and Yoghurts. Moist Mini Orange Cakes	Selection of Seasonal Fruit and Yoghurts. Pear Muffins	Selection of Seasonal Fruit and Yoghurts. Chocolate Croissants	Selection of Seasonal Fruit and Yoghurts. Raspberry Friands	Selection of Seasonal Fruit and Yoghurts. Assorted Bags of Chippies
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Lunch

Sandwich Day: Sliced Ham, Lettuce, Tomato, Sliced Cheese with Relishes and Dressings	Spring Rolls with Soy and Ginger Dipping Sauce	Chicken and Vegetables with Udon Noodles	Pulled Pork with Soft Roll	Wraps : Chicken, Lettuce, Tomato, Sliced Cheese with Relishes and Dressings	English Muffin: Poached Eggs, Bacon and Cheese Slices	Burrito's
Freya's Bread					Salad Bar	Salad bar

Afternoon Tea

Selection of Seasonal Fruit. Mousetraps	Selection of Seasonal Fruit. Scones with Jam and Cream	Selection of Seasonal Fruit. Cottage Cheese with Chives, Carrots, Celery with Warm Pita Bread Wedges	Selection of Seasonal Fruit. Chocolate Chip Slice	Selection of Seasonal Fruit. Cheese Rolls	Selection of Seasonal Fruit. Yoghurts	Selection of Seasonal Fruit. Yoghurts
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Dinner

Soup		Potato, Bacon and Corn		Leek and Potato			Cream of Vegetable
Main Course	Beef Stroganoff on Rice	Miso Garlic Butter Baked Salmon	Braised Steak with Onions	Roast Lamb served with Gravy and Mint Sauce	Crumbed Fillets of Fish served with Tartare Sauce and Lemon Wedges	Irish Stew	Roast Pork served with Gravy and Apple Sauce
Vegetables	Cabbage and Silverbeet, Corn on the Cob and Rice	Long Green Beans, Cauliflower and Whole Potato	Diced Pumpkin, Minted Peas and Mashed Potato	Baked Yams, Leeks and Roast Potato	Coleslaw, Diced Beetroot and Wedges	Carrot and Parsnip Mash, Peas and Whole Baby Potato	Roast Parsnips, Medley of Cauliflower and Broccoli and Potato Croquettes
Salad Bar	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	Ham, Sundried Tomato and Pasta	Baby Beetroot and Corn	Greek	Roasted Pumpkin, Red Onion, Feta with Fresh Coriander	Ramean Noodle and Vegetable	Waldorf	Crispy Chickpea
Dessert	Apple Strudel with Cream		Cheese and Biscuits with Dried Fruit		Baked Pears with Vanilla Custard	Steam Treacle Pudding with Sauce	