

Columba College Menu

Week Four 2019.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Breakfast

Hot Cakes with a Berry Compote and Yoghurt

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

Morning tea

Selection of Seasonal Fruit and Yoghurts. Blueberry and Apple Muffins	Selection of Seasonal Fruit and Yoghurts. Date Loaf	Selection of Seasonal Fruit and Yoghurts. Cinnamon Swirls	Selection of Seasonal Fruit and Yoghurts. Chocolate Croissants	Selection of Seasonal Fruit and Yoghurts. Cup Cakes
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Lunch

Roll Day: Bacon or Chicken, Lettuce, Cheese, Red Onion, Tomato, Beetroot, Peppers, Egg with Relishes and Dressings	Honey Soy Chicken Nibbles with Garlic Rolls	Pasta with a Tomato, Olive, Basil Sauce	Pork Stir Fry Rice	Sandwich Day: Sliced Ham, Sliced Cheese, Lettuce, Tomato, Sliced Cheese, Red Onion, Egg, Beetroot with Relishes and Dressings	Brunch: Eggs Benedict with Bacon	Scrambled Eggs, Potato Rosti, Bacon and Spaghetti
Sour Cream		Garden Salad	Freya's Bread		Salad Bar	Salad Bar

Afternoon Tea

Selection of Seasonal Fruit. Pizza Fingers	Selection of Seasonal Fruit. Cheese Scones	Selection of Seasonal Fruit. Spaghetti and Cheese Bread Tarlets	Selection of Seasonal Fruit. Carrot Cake	Selection of Seasonal Fruit. Sausage Rolls	Selection of Seasonal Fruit. Yoghurts	Selection of Seasonal Fruit. Yoghurts
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Dinner

Soup		Leek and Potato		Split Pea			French Onion with Croutons
Main Course	Lamb Curry served with Poppadums and Chutneys	Twice Cooked Pork Belly	Beef Shepherds Pie	Sticky Lemon and Rosemary Drumsticks	Baked Individual Hoki Fish Fillets in a Tomato and Caper Sauce	Spaghetti Bolognese served with Garlic Ciabatta Bread	Roast Lamb served with Gravy and Mint Jelly
Vegetables	Broccoli, Honey Roasted Yams and Rice	Cabbage and Silverbeet, Sliced Carrots and Gourmet Potato	Long Green Beans with Garlic and Cauliflower	Carrot and Parsnip Mash, Corn and Yams	Peas, Sliced Carrots and Potato Croquettes	Steamed Broccoli, Baked Yams and Noodles	Cauliflower, Roast Pumpkin and Roast Potatoes
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	Luxe Potato	Roast Mediterranean with Feta	Bean and Bocconcini Pasta	Ranchslaw and Bacon and Nuts	Waldorf	Mexican Corn and Bean	Potato with a Creamy Lemon Dressing
Dessert	Ice Cream with Assorted Toppings		Apple Pie served with Cream		Pear Cake with Butterscotch Sauce	Individual Chocolate Mousses	