

St Malachy's College Menu CANTEEN Week 1
September to December 2021 to 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY
MAIN MEAL MEAT 1	OVEN BAKED CRUMBED CHICKEN	MEATBALLS AND PASTA	CHICKEN AND NODDLE	ROAST DAY	CHICKEN CURRY AND RICE
MAIN MEAL MEAT 2	ORIENTAL PORK AND RICE (SLC)	CHICKEN PASTA BAKE	BURRITOS	SAVOURY MINCE (SLC)	OVEN BAKED BATTERED COD
VEGETARIAN	VEGETARIAN PANINI	ITALIAN PASTA	VEGETARIAN NOODLES	VEGETABLE PANINI	OVEN BAKED BATTERED COD
DESSERT	FRESH FRUIT SALAD AND YOGURT	DOUGHNUT RING	SPONGE AND CUSTARD	MINI APPLE PIE & CUSTARD	CHOCOLATE COOKIE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BISTRO AT SIDE OF COLLEGE HALL			
MORNING BREAK	ITALIAN PASTA	CHINESE NOODLES	SELECTION SOUP	SPICY PASTA	HOT DOG
LUNCH	LUNCH WILL BE A SELECTION FROM TODAYS MENU	LUNCH WILL BE A SELECTION FROM TODAYS MENU INCLUDING PANINI	LUNCH WILL BE A SELECTION FROM TODAYS MENU	LUNCH WILL BE A SELECTION FROM TODAYS MENU INCLUDING PANINI	LUNCH WILL BE A SELECTION FROM TODAYS MENU

St Malachy's College Menu CANTEEN Week 2
September to December 2021 to 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Menu subject to change without notice			
SOUP	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY
MAIN MEAL 1	PORK CURRY AND RICE	BEEF STEW (SLC)	SHEPHERD'S PIE(SLC)	ROAST OF THE DAY	CHICKEN CURRY
MAIN MEAL 2	CHICKEN CHOW MEIN	MEATBALLS IN TOMATO SAUCE	PASTA BOLOGNAISE	LASAGNE & GARLIC BREAD	PASTA AND SELECTION OF SAUCES
VEGETARIAN	VEGETARIAN PASTA BAKE	VEGETARIAN PANINI	IND SWEET POTATO + DHAL PIES	VEGETABLE +BEAN CHILLI	VEGETABLE CURRY
DESSERT	CUSTARD AND FRUIT	BAKED RICE PUDDING		APPLE TURNOVER AND CUSTARD	CHOCOLATE COOKIE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BISTRO AT SIDE OF COLLEGE HALL			
MORNING BREAK	BEANY PASTA	CHINESE NOODLES	BACON NOODLE POT	PASTA IN BBQ SAUCE	HOT DOG
LUNCH	LUNCH WILL BE A SELECTION FROM TODAYS MENU	LUNCH WILL BE A SELECTION FROM TODAYS MENU INCLUDING PANINI	LUNCH WILL BE A SELECTION FROM TODAYS MENU	LUNCH WILL BE A SELECTION FROM TODAYS MENU INCLUDING PANINI	LUNCH WILL BE A SELECTION FROM TODAYS MENU



St Malachy's College Menu CANTEEN Week 3
September to December 2020 to 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY ROAST DAY	FRIDAY
SOUP	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY	HOMEMADE SOUP OF THE DAY
MAIN MEAL MEAT 1	PIE OF THE WEEK	CHICKEN BURGER	CHINESE BEEF STIR FRY (SLC)	ROAST OF THE DAY	CHICKEN CURRY & RICE
MAIN MEAL MEAT 2	PEPPERED CHICKEN	ITALIAN STYLE CHICKEN PASTA	CHICKEN AND RICE	CHILLI CHICKEN	BREADED FISH FILLETS
VEGETARIAN	VEGETARIAN PANINI	VEG AND CHEESE PASTA BAKE	VEGETARIAN PANINI	BLACK BEAN CHILLI	VEGETABLE KIEV
DESSERT	APPLE CRUNCH AND CUSTARD	SPONGE MUFFIN AND FRUIT	WATER MELON	CHOCOLATE FRUIT CRACKNEL (SLC)	DANISH WAFFLE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BISTRO AT SIDE OF COLLEGE HALL			
MORNING BREAK	ITALIAN PASTA	CHINESE NOODLES	SELECTION SOUP	PASTA IN PIRI PIRI SAUCE	HOT DOG
LUNCH	LUNCH WILL BE A SELECTION FROM TODAYS MENU	LUNCH WILL BE A SELECTION FROM TODAYS MENU INCLUDING PANINI	LUNCH WILL BE A SELECTION FROM TODAYS MENU	LUNCH WILL BE A SELECTION FROM TODAYS MENU INCLUDING PANINI	LUNCH WILL BE A SELECTION FROM TODAYS MENU

St Malachy's College Menu CANTEEN Week 4
September to December 2021 to 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day <small>SEE SOUPS AVAILABLE THROUGHOUT THE YEAR FOR EXAMPLES</small>	Homemade Soup of the Day <small>SEE SOUPS AVAILABLE THROUGHOUT THE YEAR FOR EXAMPLES</small>	Homemade Soup of the Day <small>SEE SOUPS AVAILABLE THROUGHOUT THE YEAR FOR EXAMPLES</small>	Homemade Soup of the Day <small>SEE SOUPS AVAILABLE THROUGHOUT THE YEAR FOR EXAMPLES</small>	Homemade Soup of the Day <small>SEE SOUPS AVAILABLE THROUGHOUT THE YEAR FOR EXAMPLES</small>
MAIN MEAL MEAT	SOUTHERN STYLE CHICKEN	CHILLI CON CARNE AND RICE <small>(SLC)</small>	STEAK BURGER	CHICKEN GOUJONS	CHICKEN CURRY
MAIN MEAL MEAT	NOODLES WITH STIR FRY VEGETABLES	CHICKEN PASTA BAKE	HOT AND SPICY CHICKEN	BEEF STEW <small>(SLC)</small>	BATTERED FISH
VEGETARIAN	SPICY BEAN BURGER	QUORN HOT AND SPICY BURGER	VEGETABLE LASAGNE	VEGETARIAN PANINI	BATTERED FISH
DESSERT	BANANA CAKE (SLC)	FRESH FRUIT SALAD AND FLAVOURED CUSTARD	APPLE CRUMBLE	FRUIT SPONGE	CHOCOLATE COOKIE
	MONDAY	TUESDAY <small>No red meat day</small>	WEDNESDAY	THURSDAY	FRIDAY <small>No red meat day</small>
		BISTRO AT SIDE OF COLLEGE HALL			
MORNING BREAK	PASTA & TIKKA SAUCE	NOODLES IN SWEET AND SOUR SAUCE	NOODLES IN CURRY SAUCE	SPICY PASTA	HOT DOG
LUNCH	LUNCH WILL BE A SELECTION FROM TODAYS MENU	LUNCH WILL BE A SELECTION FROM TODAYS MENU INCLUDING PANINI	LUNCH WILL BE A SELECTION FROM TODAYS MENU	LUNCH WILL BE A SELECTION FROM TODAYS MENU INCLUDING PANINI	LUNCH WILL BE A SELECTION FROM TODAYS MENU

Menu subject to change without notice

ALL ABOVE AVAILABLE WITH THE FOLLOWING

VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES
POTATO	RICE	SEASONAL POTATOES	PASTA	CREAMED POTATOES	CHIPS & RICE
ALL DAY	Variety of Sandwiches / Pasta Salads/ Breads Choice of Cold Drinks inc Milk/ Fresh fruit/ Yogurts				

SOUPS AVAILABLE THROUGHOUT THE YEAR 2021 to 2022

CHICKEN AND SWEETCORN Recipe Chicken Bouillon (Rich Sauces palm oil, chicken Flavour Enhancer: monosodium glutamate, hydrolysed **soya** protein , rapeseed oil, onion, carrot, **CELERY**) Pieces of cooked chicken, sweetcorn nibs.

SCOTCH BROTH Recipe Chicken Bouillon (Rich Sauces palm oil, chicken Flavour Enhancer: monosodium glutamate, hydrolysed **SOYA** protein , rapeseed oil, onion, carrot, **CELERY**) (Buchannan's Soup Mix :-Pearl Barley, Red split lentils, Green split peas< yellow split peas **GLUTEN**)

CHICKEN NOODLE Recipe Chicken Bouillon (Rich Sauces palm oil, chicken Flavour Enhancer: monosodium glutamate, hydrolysed **SOYA** protein , rapeseed oil, onion, carrot, **CELERY**) Pieces of cooked chicken (Noodles **WHEAT (GLUTEN)** Flour (With Vitamin B1, Niacin, Calcium And Iron), Salt, Natural Colour (Mixed Carotenes And Paprika), Acidity Regulators (Sodium Carbonate, Potassium Carbonate, Citric Acid). For Allergens See Ingredients In Bold.)

CREAM OF CHICKEN Recipe Chicken Bouillon (Rich Sauces palm oil, chicken Flavour Enhancer: monosodium glutamate, hydrolysed **soya** protein , rapeseed oil, onion, carrot, **CELERY**) Pieces of cooked chicken and **MILK**

CREAMY VEGETABLE SOUP Recipe Vegetable Bouillon (Rich Sauces Salt, Palm Oil, Flavour Enhancers: Monosodium Glutamate, Disodium 5'-ribonucleotides; Vegetables (11%) (Onion, Carrot, **CELERY**, Tomato, Red Pepper), Flavouring (**SOYA**), Yeast Extract, Sugar, Rapeseed Oil, Herbs, Spices.) Vegetables :- Mixed Vegetables (100%) (Leeks, Carrot, Herb Celery, Parsley) **MILK**

LEEK AND POTATO RECIPE :- Vegetable Bouillon (Rich Sauces Salt, Palm Oil, Flavour Enhancers: Monosodium Glutamate, Disodium 5'-ribonucleotides; Vegetables (11%) (Onion, Carrot, **CELERY**, Tomato, Red Pepper), Flavouring (**SOYA**), Yeast Extract, Sugar, Rapeseed Oil, Herbs, Spices.) Fresh leeks and Fresh Potato **MILK**

TOMATO SOUP RECIPE Vegetable Bouillon (Rich Sauces Salt, Palm Oil, Flavour Enhancers: Monosodium Glutamate, Disodium 5'-ribonucleotides; Vegetables (11%) (Onion, Carrot, **CELERY**, Tomato, Red Pepper), Flavouring (**SOYA**), Yeast Extract, Sugar, Rapeseed Oil, Herbs, Spices.) **TINNED TOMATOS** Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). **AND TOMATO PASTE**

SWEET POTATO AND LENTIL RECIPE Vegetable Bouillon (Rich Sauces Salt, Palm Oil, Flavour Enhancers: Monosodium Glutamate, Disodium 5'-ribonucleotides; Vegetables (11%) (Onion, Carrot, **CELERY**, Tomato, Red Pepper), Flavouring (**SOYA**), Yeast Extract, Sugar, Rapeseed Oil, Herbs, Spices.) **GARLIC, CARROT, ONION ,TOMATO PASTE RED SPLIT LENTIL**

VEGETABLE SOUP Recipe Vegetable Bouillon (Rich Sauces Salt, Palm Oil, Flavour Enhancers: Monosodium Glutamate, Disodium 5'-ribonucleotides; Vegetables (11%) (Onion, Carrot, **CELERY**, Tomato, Red Pepper), Flavouring (**SOYA**), Yeast Extract, Sugar, Rapeseed Oil, Herbs, Spices.) Vegetables :- Mixed Vegetables (100%) (Leeks, Carrot, Herb Celery, Parsley)

LENTIL AND BACON :- Recipe Chicken Bouillon (Rich Sauces palm oil, chicken Flavour Enhancer: monosodium glutamate, hydrolysed **soya** protein , rapeseed oil, onion, carrot, **CELERY** **DICED BACON, RED SPLIT LENTILS**

CURRIED PARSNIP AND APPLE :- Recipe Vegetable Bouillon (Rich Sauces Salt, Palm Oil, Flavour Enhancers: Monosodium Glutamate, Disodium 5'-ribonucleotides; Vegetables (11%) (Onion, Carrot, **CELERY**, Tomato, Red Pepper), Flavouring (**SOYA**), Yeast Extract, Sugar, Rapeseed Oil, Herbs, Spices.) Pureed Parsinps and diced apples

VEGETABLE AND HAM Recipe Vegetable Bouillon (Rich Sauces Salt, Palm Oil, Flavour Enhancers: Monosodium Glutamate, Disodium 5'-ribonucleotides; Vegetables (11%) (Onion, Carrot, **CELERY**, Tomato, Red Pepper), Flavouring (**SOYA**), Yeast Extract, Sugar, Rapeseed Oil, Herbs, Spices.) Diced ham :- Pork 80%, Water, Starch, Salt, Spices, Stabiliser (E450), Dextrose, Flavour Enhancer (E621), Antioxidant (E300), Preservative (E250)

St Malachy's College 6TH FORM AND COLLEGE HALL Menu Week

September to December 2021 to 2022

Menu subject to change without notice

	MONDAY	TUESDAY No red meat day	WEDNESDAY	THURSDAY	FRIDAY No red meat day
MORNING BREAK	Soup and Roll & Daily Specials Plus, all items included in the all-day section	Soup and Roll & Daily Specials Plus, all items included in the all-day section	Soup and Roll & Daily Specials Plus, all items included in the all-day section	Italian Pizzas Soup and Roll & Daily Specials Plus, all items included in the all-day section	Hot Dog Soup and Roll & Daily Specials Plus, all items included in the all-day section
LUNCH	CHICKEN PASTA or CURRY AND RICE	PASTA BOLOGNAISE	CHICKEN CHOW MEIN with NOODLES	LASANGE	CURRY AND RICE
ALL DAY	Variety of Sandwiches / Pasta Salads/ Breads Choice of Cold Drinks inc Milk/Fruit Drinks/ Fresh fruit/ Yogurts	Variety of Sandwiches / Pasta Salads/ Breads Choice of Hot and Cold Drinks inc Milk/ Fresh fruit/ Yogurts	Variety of Sandwiches / Pasta Salads/ Breads Choice of Hot and Cold Drinks inc Milk/ Fresh fruit/ Yogurts	Variety of Sandwiches / Pasta Salads/ Breads Choice of Hot and Cold Drinks inc Milk/ Fresh fruit/ Yogurts	Variety of Sandwiches / Pasta Salads/ Breads Choice of Hot and Cold Drinks inc Milk/ Fresh fruit/ Yogurts

VEGETARIAN OPTIONS AVAILABLE ON REQUEST OR IN THE MAIN CANTEEN

THE ABOVE IS ONLY AN EXAMPLE OF WHAT WE WILL BE SERVING AND WE WILL ADD TO THE MENU DURING THE TERM