


Glenstal Abbey School – Sample Luncheon Menu

 Glenstal Abbey SCHOOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup...	<i>Vegetable</i>	<i>Tomato, basil & pasta</i>	<i>Cream of chicken</i>	<i>Mushroom</i>	<i>Roasted carrot, honey & cumin</i>	<i>Superfood beetroot & balsamic</i>	<i>Cauliflower, celeriac & thyme</i>
Arch counter...	<i>Beef taco's salsa, sour cream & cheese sauce</i>	<i>Roast Turkey, thyme stuffing & gravy</i>	<i>Greek style meatball in rich tomato sauce & feta</i>	<i>Glazed Sweet & sour pork</i>	<i>Southern fried chicken dippers BBQ dipping sauce</i>	<i>Honey mustard glazed bacon chop</i>	<i>Roast Irish beef Yorkshire pudding & gravy</i>
On the side...	<i>Mexican vegies & Pinto beans</i>	<i>Colcannon mash</i>	<i>Saffron rice</i>	<i>Braised brown rice</i>	<i>Shoe string fries</i>	<i>Peas Champ mash</i>	<i>Roast potatoes Mixed root vegetable</i>
Vegetarian...	<i>Pinto bean Patti topped crispy broccoli</i>	<i>Lentil chickpea tagine</i>	<i>Garlic mushroom parmesan cheese éclair</i>	<i>Tempura vegetables sweet sticky dipping sauce</i>	<i>Spanish vegetable frittata</i>	<i>Golden glazed carrot mushroom & hazelnut tart</i>	<i>Tandoori vegetable kebab with minted cucumber dip</i>
Staple Choice	Baked Jacket Potato with Baked Beans	Baked jacket potato with baked beans	Baked jacket potato with baked beans	Baked jacket potato with baked beans	Baked jacket potato with baked beans	Baked jacket potato with baked beans	Baked jacket potato with baked beans
Dessert...	Salted caramel chocolate layer crunch	Strawberry mousse	Cornflake panna cotta with chocolate cornflakes	Coconut jam square	Zesty lemon bavarois	Raspberry white chocolate cheesecake	Apple & berry crumble custard
	Daily selection of freshly made seasonal salads, dressing & accompaniments						
Fruit of the day...	Apple	Watermelon	Banana	Satsuma	Topical	Apple	Mixed
Evening Snack	Crostini	Buttercream Cup cake	Homemade sausage roll	Carrot cake	Cheese & ham Jambon	***	***
	with alternatives such as jellies & fresh fruit						
	IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE PLEASE ASK OUR STAFF FOR INFORMATION						