



ST. CONLETH'S COLLEGE

Weekly Menu

From Monday, Nov. 13th

Monday

Pasta w/ tomato sauce, chicken and freshly grated Parmesan
Vegetable soup
Niçoise salad

Tuesday

Pork and bean stew
Mushroom soup
Bacon and avocado salad

Wednesday

Home-made pizza with side salad
Falafel salad
Minestrone soup

Thursday

Roast chicken with mixed vegetables, chips and gravy
Chicken drumsticks
Steamed salmon
Pearl barley salad

Friday

Pulled pork with re-fried beans, rice and tomato salsa
Sweet potato chowder
Chinese style prawn salad