

THE
LUNCH
BOX

WEEK 1

This Menu will Run from
19th Feb - 23rd Feb
11th Mar - 15th Mar

Meal scheme Price per day - €5.90
Pay as you go price per day - €6.20

MAIN COURSE

(V)

EXTRAS

MON

Spaghetti Bolognese served with garlic crostini
(Wheat) (Trace Egg Pasta)
(Celery) (Milk)

OR

Breaded Chicken Goujon Baguette with mayo and a touch of Iceberg lettuce served with potato wedges (Wheat) (Milk) (Egg)

OR

Mexican Veggie Burrito - Spicy veg and tomato rice with kidney Beans in a tortilla wrap served with potato wedges (Wheat) (Pulses) (Milk)

Sliced Fruit pack - € 1.50
Piece of Fruit - € .50
Chocolate Rice Cakes - €1.00
Choc Chip Cookie - € 1

TUE

Italian Meatball Wholemeal Sub Roll with tomato sauce and mozzarella served with potato wedges (Wheat) (Milk) (Eggs) (Sesame) (Soya)

OR

BBQ Chicken Baguette with grated carrot and red onion served with potato wedges (Wheat) (Barley) (Egg) (Milk) (Soya)

OR

Vegetarian Pesto Pasta Bake in a creamy basil sauce with parmesan cheese served with garlic crostini (Wheat) (Egg) (Milk)

Sliced Fruit pack - € 1.50
Piece of Fruit - € .50
Chocolate Rice Cakes - €1.00
Choc Chip Cookie - € 1

WED

Hot Roast Chicken and herb stuffing baguette served with potato wedges (Wheat) (Milk) (Egg)

OR

Slow cooked Tex Mex Chilli Beef served with basmati rice and tortilla chips (Celery) (Pulses)

OR

Tomato and Mozzarella stone cut foccacia slice served with potato wedges (Wheat) (Milk) (May contain Soya & Mustard)

Sliced Fruit pack - € 1.50
Piece of Fruit - € .50
Chocolate Rice Cakes - €1.00
Choc Chip Cookie - € 1

THU

Creamy Chicken Tikka Masala with mild indian spices, roast seasonal veg served with rice and naan bread (Celery) (Wheat) (Milk)

OR

BBQ Pulled Pork on a brioche bap with grated carrots and coriander served with potato wedges (Wheat) (Mustard) (Egg) (May contain Soya and Sesame Seeds)

OR

Mini Vegetable Spring Rolls served with chinese spiced vegetable noodles (Wheat) (Soya) (Egg) (Sesame) (Pulses)

Sliced Fruit pack - € 1.50
Piece of Fruit - € .50
Chocolate Rice Cakes - €1.00
Choc Chip Cookie - € 1

FRI

Chicken Katsu Curry Breaded chicken on basmati rice with katsu curry sauce (Wheat) (Egg) (Milk) (Celery) (Lupin) (May Contain Soya, Sesame Seeds)

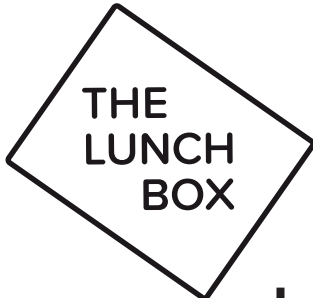
OR

Classic Homemade Beef Lasagne with a garlic crostini (Wheat) (Trace Egg Pasta) (Celery) (Milk)

OR

Tomato and Mozzarella stone cut foccacia slice served with potato wedges (Wheat) (Milk) (May contain Soya & Mustard)

Sliced Fruit pack - € 1.50
Piece of Fruit - € .50
Chocolate Rice Cakes - €1.00
Choc Chip Cookie - € 1



WEEK 2

This Menu will Run from
26th Feb - 1st Mar
18th Mar - 22nd Mar

Meal scheme Price per day - €5.90
Pay as you go price per day - €6.20

MAIN COURSE

(V)

EXTRAS

MON	Breaded Chicken Goujons served with potato wedges (Wheat) (Egg) (Milk)	Slow cooked Tex Mex Chilli Beef served with basmati rice and tortilla chips (Celery) (Pulses)	Falafel wrap with Hummus shredded lettuce, tomato and shredded carrot with roasty potatoes (Wheat) (Egg) (Pulses)(Milk)	Sliced Fruit pack - € 1.50 Piece of Fruit - € .50 Chocolate Rice Cakes - €1.00 Choc Chip Cookie - € 1
TUE	Grilled Chicken pesto with mozzarella on a fresh baguette served with potato wedges (Wheat) (Milk) (Egg)	Italian Meatballs in tomato sauce served with penne pasta, garlic crostini and parmesan cheese (Wheat) (Milk) (Soya) (Sulphites) (Trace Egg in Pasta)	Vegetable Tomato Pasta Bake with parmesan cheese served with garlic crostini (Wheat) (Egg) (Milk)	Sliced Fruit pack - € 1.50 Piece of Fruit - € .50 Chocolate Rice Cakes - €1.00 Choc Chip Cookie - € 1
WED	Leek and pork jumbo sausages served with mashed potato, gravy and peas (Celery) (Milk) (Pulses) (Wheat)	Breaded Chicken Goujon Baguette with mayo and a touch of Iceberg lettuce served with potato wedges (Wheat) (Milk) (Egg)	Mini Vegetable Spring Rolls served with chinese spiced vegetable noodles (Wheat) (Soya) (Egg) (Sesame) (Pulses)	Sliced Fruit pack - € 1.50 Piece of Fruit - € .50 Chocolate Rice Cakes - €1.00 Choc Chip Cookie - € 1
THU	Homemade Beef Burger on a brioche bun with lettuce, tomato, mayo served with potato wedges (Wheat Egg, Milk) (May contain Soya & Sesame)	Grilled Chicken Caesar Wrap with crispy bacon, parmesan and creamy dressing with potato wedges (Wheat) (Egg) (Milk)	Onion Bhajis served with naan bread on a bed of Vegetable Biryani rice (Wheat) (Egg) (Pulses) (Soya) (Sesame)	Sliced Fruit pack - € 1.50 Piece of Fruit - € .50 Chocolate Rice Cakes - €1.00 Choc Chip Cookie - € 1
FRI	Spaghetti Bolognese served with garlic crostini (Wheat) (Trace Egg Pasta) (Celery) (Milk)	Breaded Irish Chicken Bap with sweet dill mayo and a touch of Iceberg served with potato wedges (Wheat) (Milk) (Egg) (May contain Soya & Sesame Seeds)	Tomato and Mozzarella stone cut foccacia slice served with potato wedges (Wheat) (Milk) (May contain Soya & Mustard)	Sliced Fruit pack - € 1.50 Piece of Fruit - € .50 Chocolate Rice Cakes - €1.00 Choc Chip Cookie - € 1

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brioche
to and

THE
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BOX

WEEK 3

This Menu will Run from
4th Mar - 8th Mar

Meal scheme Price per day - €5.90
Pay as you go price per day - €6.20

MAIN COURSE

(V)

EXTRAS

MON

Signature Lunchbox
Chinese Chicken Curry
packed with veg served
with basmati rice and
naan bread (Wheat) (Pulses)

OR

Breaded Chicken Goujon
Baguette with mayo and
a touch of Iceberg lettuce
served with potato
wedges (Wheat) (Milk) (Egg)

OR

Vegetarian Dumpling
served with chinese spiced
vegetable rice (Wheat) (Soy)
(Egg) (Sesame) (Pulses) (May
contain celery, egg, crustaceans)

Sliced Fruit pack - € 1.50
Piece of Fruit - € .50
Chocolate Rice Cakes - €1.00
Choc Chip Cookie - € 1

TUE

Leek and pork jumbo
sausages served with
mashed potato, gravy
and peas
(Celery) (Milk) (Pulses)
(Wheat)

OR

Grilled Cajun Chicken
Baguette with red
peppers and red onions
served with potato
wedges (Wheat) (Egg)

OR

Tomato and Mozzarella
stone cut foccacia slice
served with potato wedges
(Wheat) (Milk) (May contain Soya
& Mustard)

Sliced Fruit pack - € 1.50
Piece of Fruit - € .50
Chocolate Rice Cakes - €1.00
Choc Chip Cookie - € 1

WED

Breaded Irish Chicken Bap
with sweet dill mayo and a
touch of Iceberg served
with potato wedges
(Wheat) (Milk) (Egg) (May
contain Soya & Sesame Seeds)

OR

Italian Meatball
Wholemeal Sub Roll
with tomato sauce and
mozzarella served with
potato wedges (Wheat)
(Milk) (Eggs) (Sesame) (Soya)

OR

Mexican Veggie Burrito -
Spicy veg and tomato rice
with kidney Beans in a
tortilla wrap served with
potato wedges
(Wheat) (Pulses)

Sliced Fruit pack - € 1.50
Piece of Fruit - € .50
Chocolate Rice Cakes - €1.00
Choc Chip Cookie - € 1

THU

Roast chicken hot pot
with roast potatoes,
stuffing, peas and
carrots
(Wheat) (Milk) (Celery)

OR

Breaded Chicken Goujon
Baguette with mayo and
a touch of Iceberg lettuce
served with potato
wedges
(Wheat) (Milk) (Egg)

OR

Potato gnocchi served in an
Italian tomato sauce with
garlic crostini
(Wheat) (Egg) (Milk)

Sliced Fruit pack - € 1.50
Piece of Fruit - € .50
Chocolate Rice Cakes - €1.00
Choc Chip Cookie - € 1

FRI

Pepperoni, Tomato and
Mozzarella Stone Cut
Foccacia slice served
with potato wedges
(Wheat) (Milk) (May contain
Soya & Mustard)

OR

Hot Roast Chicken and
herb stuffing baguette
served with potato
wedges (Wheat) (Milk) (Egg)

OR

Onion Bhajis served with
naan bread on a bed of
Vegetable Biryani rice
(Wheat) (Egg) (Pulses) (Soya)
(Sesame)

Sliced Fruit pack - € 1.50
Piece of Fruit - € .50
Chocolate Rice Cakes - €1.00
Choc Chip Cookie - € 1