

THE  
LUNCH  
BOX

# WEEK 1

This Menu will Run from  
6th Nov - 10th Nov  
27th Nov - 1st Dec  
18th Dec - 21st Dec

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

**Homemade Sweet Potato and Chickpea Burger on a brioche bun with lettuce, tomato and mayo served with Potato Wedges**  
(Wheat) (Egg) (Pulses) (May Contain Soya & Sesame Seeds)

**Sliced Fruit pack - € 1.50**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

TUE

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

OR

**BBQ Chicken Baguette with grated carrot and red onion served with potato wedges**  
(Wheat) (Barley) (Egg) (Milk)  
(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**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

WED

**Slow cooked Beef Brisket flatbread wrap with spinach and tomato served with potato wedges**  
(Wheat)  
(Milk) (Egg) (Mustard)

OR

**Breaded Chicken Goujons served with potato wedges**  
(Wheat) (Egg) (Milk)

OR

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

**Sliced Fruit pack - € 1.50**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

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) (Soy) (Egg) (Sesame)  
(Pulses)

**Sliced Fruit pack - € 1.50**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

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**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

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# WEEK 2

This Menu will Run from  
13th Nov - 17th Nov  
4th Dec - 8th Dec

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)

OR

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

OR

**Falafel wrap with shredded crunchy veg, garlic mayo and served potato wedges**  
(Wheat) (Egg) (Pulses)

**Sliced Fruit pack - € 1.50**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

TUE

**Grilled Chicken pesto with mozzarella on a fresh baguette served with potato wedges**  
(Wheat) (Milk) (Egg)

OR

**Italian Meatballs in tomato sauce served with penne pasta, garlic crostini and parmesan cheese**  
(Wheat) (Milk) (Soya) (Sulphites) (Trace Egg in Pasta)

OR

**Spinach and Ricotta Tortellini in tomato sauce with garlic crostini and parmesan cheese**  
(Celery) (Wheat) (Milk) (Trace Egg in Pasta)

**Sliced Fruit pack - € 1.50**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

WED

**Old School Homemade Cottage Pie topped generously with mashed Potato**  
(Celery) (Milk) (Pulses)

OR

**Grilled Chicken Tikka Baguette with red pepper and coriander served with potato wedges**  
(Wheat) (Egg)

OR

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

**Sliced Fruit pack - € 1.50**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

THU

**Homemade Beef Burger on a brioche bun with lettuce, tomato, mayo served with potato wedges**  
(Wheat Egg, Milk) (May contain Soya & Sesame)

OR

**Grilled Chicken Caesar Wrap with crispy bacon, parmesan and creamy dressing with potato wedges**  
(Wheat) (Egg) (Milk)

OR

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

**Sliced Fruit pack - € 1.50**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

FRI

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

OR

**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

**Homemade Sweet Potato and Chickpea Burger on a brioche bun with lettuce, tomato and mayo served with Potato Wedges**  
(Wheat) (Egg) (Pulses) (May Contain Soya & Sesame Seeds)

**Sliced Fruit pack - € 1.50**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

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# WEEK 3

This Menu will Run from  
20th Nov - 24th Nov  
11th Dec - 15th Dec  
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**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

TUE

**Homemade Beef**  
**Stroganoff served with**  
**basmati rice** (Celery)  
(Milk)

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**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

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

**Grilled Chicken pesto**  
**with mozzarella on a**  
**fresh baguette 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)

**Sliced Fruit pack - € 1.50**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

THU

**Asian Chicken noodles**  
**with vegetables in a**  
**teriyaki sauce**  
(Wheat) (Soy) (Egg)  
(Sesame) (Sulphites)

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**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)

FRI

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

OR

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

OR

**Jumbo Homemade**  
**Vegetarian Sausage Roll with**  
**mushroom, onion garlic and**  
**cheese served with potato**  
**wedges**  
(Wheat) (Egg) (Milk)

**Sliced Fruit pack - € 1.50**  
**Treat of the day - € 1**  
(Wheat) (Milk) (Egg)