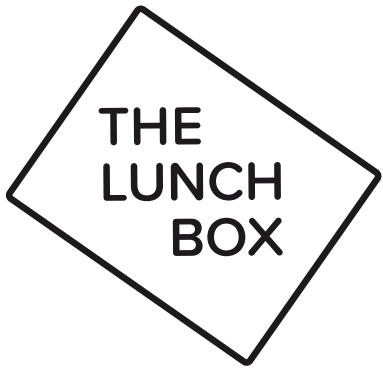




WEEK 1

Legend: Super Healthy Very Good Every So Often

This Menu will Run from
Aug 25th- 29th
Sep 15th - 19th
Oct 6th -10th
Meal scheme Price per day - €6.00
Pay as you go price per day - €6.35

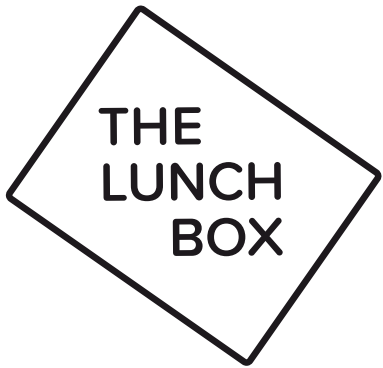
MAIN COURSE

VEGETARIAN

MON	Mild Peri Peri Chicken in a wholemeal wrap with crunchy lettuce, served with wedges (Wheat) (Vinegar) (Mustard)	OR	Spaghetti Bolognese served with garlic crostini (Wheat) (Trace Egg Pasta) (Celery) (Milk)	OR	Falafel Wrap with shredded crunchy veg, garlic mayo and served with potato wedges (Wheat) (Egg) (Pulses)
TUE	Honey and Soy chicken thighs served with basmati rice (Soy) (Tomato) (Mustard) (Sulphites)	OR	Creamy Beef stroganoff served with basmati rice (Wheat) (Trace Egg Pasta) (Celery) (Milk)	OR	Tomato and Mozzarella Stone Cut Focaccia Slice served with potato wedges (Wheat) (Milk) (May contain Soya & Mustard)
WED	Leek and Pork Jumbo Sausages served with mashed potato, gravy & peas (Celery) (Milk) (Pulses) (Wheat)	OR	Breaded Chicken Goujons with roasted potatoes and carrots (Wheat) (Milk) (Egg)	OR	Cheddar cheese and chive Jumbo stuffed baked potato served with sticks of cucumber and carrots (Wheat) (Soya) (Egg) (Sesame) (Pulses)
THU	Homemade Beef Burger on brioche bun with lettuce, tomato, mayo served with potato wedges (Wheat Egg, Milk) (May contain Soya & Sesame)	OR	Warm cooked chicken Tikka wrap with peppers and onions in a tortilla wrap (Wheat) (Egg) (Milk)	OR	Warm Tokyo Bowl Shredded crunchy vegetables served with warm rice and crispy onions and coriander in a delicious Asian tangy dressing (Mustard)
FRI	Chicken Katsu Curry Breaded chicken served on basmati rice with a katsu curry sauce (Wheat) (Egg) (Milk) (Celery)	OR	Italian Meatball Wholemeal Sub Roll with tomato sauce and mozzarella served with potato wedges (Wheat) (Milk) (Eggs)(Sesame) (Soya)	OR	Vegetarian Singapore Noodles: Rice noodles, shredded carrot, baby corn, peppers onion and coriander (Wheat)celery molluscs, peanut, soya, sesame)

ADD AN EXTRA ANY DAY

- Sliced Fruit pack €1.5
- Piece of Fruit €0.50
- Chocolate Rice Cakes €1
- Choc Chip Cookie €1



WEEK 2

Legend: Super Healthy Very Good Every So Often

This Menu will Run from
1st Sep - 5th Sep
22nd Sep - 26th Sep
13th Oct - 17th Oct
Meal scheme Price per day - €6.00
Pay as you go price per day - €6.35

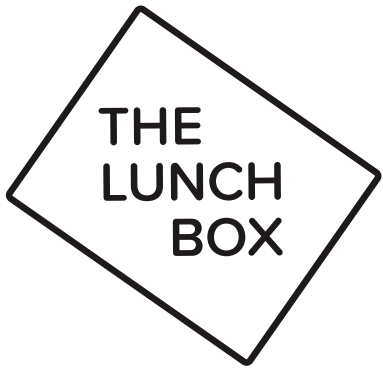
MAIN COURSE

VEGETARIAN

MON	Signature Lunchbox Chinese Chicken Curry packed with veg served with basmati rice and naan bread (Wheat) (Pulses)	OR	Pulled Beef Brisket wrap with tomato, onion lettuce and sweet dill mayo served with roast potatoes (Wheat)(Egg)	OR	Sweet potato, bean and chick pea Burger with sweet dill mayo, lettuce, tomato and roast potatoes (Wheat) (Egg) (Milk) (may contain soy and sesame)
TUE	Roast Chicken Hot Pot with roast potatoes, stuffing, peas and carrots (Wheat) (Milk) (Celery)	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	Tomato and Mozzarella Stone Cut Focaccia Slice served with potato wedges (Wheat) (Milk) (May contain Soya & Mustard)
WED	Chicken Pesto roll with homemade potato wedges (Wheat) (Milk) (Egg) (May contain Soya & Sesame Seeds)	OR	Homemade meatballs in italian tomato sauce with penna pasta and garlic bread (Wheat) (Milk) (Egg)	OR	Broccoli and sweet corn pasta bake with parmesan topping an garlic bread (Wheat) (Egg) (Milk)
THU	Homemade Breaded Chicken Kyiv with garlic Butter, peas and roast potatoes (Celery) (Milk) (Pulses) (Wheat)	OR	Slow cooked Tex Mex Chilli Beef served with basmati rice and tortilla chips (Celery) (Pulses)	OR	Potato Gnocchi served in an Italian tomato sauce and parmesan cheese with garlic crostini (Wheat) (Egg) (Milk)
FRI	Pepperoni, Tomato and Mozzarella Stone Cut Foccacia slice served with potato wedges (Wheat) (Milk) (May contain Soya & Mustard)	OR	Creamy Chicken Tikka Masala with mild Indian spices, roast seasonal veg served with rice & naan bread (Celery) (Wheat) (Milk)	OR	Stuffed baked potato with creamy cheddar, leek and onion topping (Wheat) (Milk)

ADD AN EXTRA ANY DAY

- Sliced Fruit pack €1.5
- Piece of Fruit €0.50
- Chocolate Rice Cakes €1
- Choc Chip Cookie €1



WEEK 3

Legend: Super Healthy Very Good Every So Often

This Menu will Run from
1st Sep - 5th Sep
22nd Sep - 26th Sep
13th Oct - 17th Oct
Meal scheme Price per day - €6.00
Pay as you go price per day - €6.35

MAIN COURSE

VEGETARIAN

MON	Italian Meatball Wholemeal Sub Roll with tomato sauce and mozzarella served with potato wedges (Wheat) (Milk) (Eggs) (Sesame) (Soya) OR Breaded Chicken Goujons with roast carrots and roast potatoes (Wheat) (Milk) (Egg) OR Tomato and mixed vegetable Pasta Bake with carrots, onions, peppers and pasta pieces served with garlic bread (Wheat) (Pulses)
TUE	Slow cooked Beef Brisket Hot pot and yorkshire pudding. with carrots, peas, roast potatoes and gravy (Wheat, milk, egg) OR BBQ Chicken Baguette with grated carrot and red onion served with potato wedges (Wheat) (Barley) (Egg) (Milk) (Soya) OR Mildly spiced Vegetarian Indian Curry packed with roast vegetables and served with naan bread (Wheat) (Egg) (Milk)
WED	Cajun style chicken in tomato sauce served in a subroll served with potato wedges (Wheat) (Milk) (Egg) OR Spaghetti Bologniase served with garlic crostini (Wheat) (Trace Egg Pasta) (Celery) (Milk) OR Vegetarian Singapore noodles: Rice noodles, shredded carrot, baby corn, peppers onion and coriander (Wheat)celery molluscs, soya, sesame)
THU	Chicken Fajita mix with peppers and onions served with salad, sour cream and a tortilla wrap (Celery) (Wheat) (Milk) OR Sloppy Joe soft Bap with chilli beef mixture served with carrot and cucumber sticks with waffle fries (Wheat) (Milk) (Egg) OR Cheese and tomato Panini served with Hummus, carrots and cucumber (Wheat) (Soya) (Egg) (Sesame) (Pulses)
FRI	Chicken and vegetable teryaki served with noodles (Wheat) (Egg) (soy) (Sesame) OR Classic Homemade Beef Lasagne with a garlic crostini (Wheat) (Trace Egg Pasta) (Celery) (Milk) OR Tomato and Mozzarella Stone Cut Focaccia Slice served with potato wedges (Wheat) (Milk) (May contain Soya & Mustard)

ADD AN EXTRA ANY DAY

- Sliced Fruit pack €1.5
- Piece of Fruit €0.50
- Chocolate Rice Cakes €1
- Choc Chip Cookie €1