

THE
LUNCH
BOX

WEEK 1

This Menu will Run from
6th - 7th January
24th - 28th January
14th - 18th February

MAIN COURSE

(V)

EXTRAS

MON	<p>Spaghetti Bolognese garlic crostini (Wheat, Celery, Milk)</p>	OR	<p>Breaded Chicken Baguette with mayo and a touch of Iceberg lettuce with roasty potatoes (Wheat) (Milk) (Egg)</p>	OR	<p>Vegetarian sausage roll with broccoli cherry tomato & feta salad with Potato wedges too!(Soy, Wheat, Pulses)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
TUE	<p>Slow cooked Tex Mex Chilli Beef with rice and tortilla chips (Celery) (Pulses)</p>	OR	<p>Grilled Irish Chicken Caesar Wrap with lettuce, bacon and parmesan served with potato wedges(Wheat) (Egg) (Milk)(Egg)</p>	OR	<p>Mexican Veggie Burrito - Spicy veg and tomato rice with kidney Beans in a tortilla wrap served with potato wedges (Wheat) (Pulses) (Milk)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
WED	<p>Ham and Cheese Quiche with Pesto Pasta Salad (Milk) (Wheat) (Egg)</p>	OR	<p>Grilled Chicken Tikka Roll with peppers, coriander, and mayo. Served with Potato wedges (Wheat) (Egg)</p>	OR	<p>Falafel wrap with shredded crunchy veg, garlic mayo with potato wedges (Wheat) (Egg) (Pulses)(Milk)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
THU	<p>Signature Lunchbox Chicken Curry packed with vegetables and Indian flavours served with Naan bread (Wheat) (Pulses)</p>	OR	<p>Slow cooked Beef Brisket flatbread wrap with spinach and tomato with side of rosemary roast potatoes (Wheat) (Milk) (Egg)</p>	OR	<p>Spinach and Cheese Quiche with a pesto pasta salad (Wheat) (Milk) (Egg)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
FRI	<p>Classic Homemade Beef Lasagne with a garlic crostini (Wheat) (Milk) (Egg)</p>	OR	<p>Breaded sweet chilli Chicken wrap with Potato wedges (Wheat) (Egg) (Sulphites)</p>	OR	<p>Tomato and Mozzarella stone cut foccacia slice with Potato Wedges (Wheat) (Milk)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>

ALLERGENS (W)=Wheat (M)= Milk (E)= Egg (S)= Soy (SS)= Sesame Seeds (C)= Celery

THE
LUNCH
BOX

WEEK 2

This Menu will Run from
10th - 14th Jan
31st Jan - 4th Feb

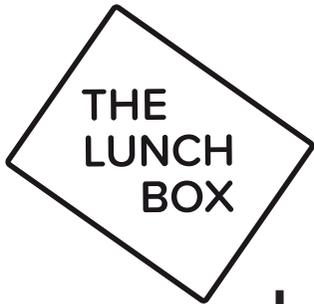
MAIN COURSE

(V)

EXTRAS

MON	<p>Breaded Chicken Goujons with potato wedges (Wheat) (Egg)</p>	OR	<p>Homemade meatballs in italian tomato sauce with penna pasta served with garlic bread (Wheat) (trace Egg in pasta)</p>	OR	<p>Falafel wrap with shredded crunchy veg, garlic mayo and served potato wedges (Wheat) (Egg) (Pulses)(Milk)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
TUE	<p>Sticky Crispy Pork with Brown Basmati Rice, Spring Onions & Sesame seeds (Wheat) (Sesame) (Pulses) (Soy)</p>	OR	<p>Breaded Irish Chicken Bap with sweet dill mayo and a touch of Iceberg with potato wedges (Wheat) (Milk)(Seeds)</p>	OR	<p>Vegetarian sausage roll with broccoli cherry tomato & feta salad with Potato wedges too!(Soy, Wheat, Pulses)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
WED	<p>Thai Red Chicken Curry with peppers and carrots and served with basmati rice (Shellfish)</p>	OR	<p>Grilled Chicken Pesto Baguette with mozzarella on a fresh Baguette with potato wedges (Wheat) (Egg) (Milk)</p>	OR	<p>Spinach and Cheese Quiche with a pesto pasta salad (Wheat) (Milk) (Egg)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
THU	<p>Homemade Irish Beef Burger on a brioche bun with lettuce, tomato and sweet dill mayo - served with potato wedges (Wheat, Egg, Milk)</p>	OR	<p>Grilled Cajun chicken wrap with peppers and coriander and served with potato wedges (Wheat) (Milk)(Egg)</p>	OR	<p>Tomato and Mozzarella stone cut foccacia slice with pesto pasta salad (Wheat) (Milk)(Egg)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
FRI	<p>Spaghetti Bolognese garlic crostini (Wheat, Egg, Celery, Milk)</p>	OR	<p>Breaded Chicken Goujons Baguette with iceberg lettuce and mayo served with potato wedges (Wheat) (Milk)(Egg)</p>	OR	<p>Mexican Veggie Burrito - Spicy veg and tomato rice with kidney Beans in a tortilla wrap served with potato wedges (Wheat) (Pulses) (Milk)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>

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WEEK 3

This Menu will Run from
17th - 21st Jan
7th - 11th Feb

MAIN COURSE

(V)

EXTRAS

MON	<p>Slow cooked Tex Mex Chilli Beef with rice and tortilla chips (Celery) (Pulses)</p>	<p>Grilled Irish Chicken with Tikka Masala and red pepper and coriander in a fresh Baguette with potato wedges (Wheat) (Egg)</p>	<p>Vegetarian sausage roll with broccoli cherry tomato & feta salad with Potato wedges too!(Soy, Wheat, Pulses)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
TUE	<p>Spaghetti Bolognese garlic crostini (Wheat, Celery, Milk)</p>	<p>Breaded sweet chilli Chicken wrap with Potato wedges (Wheat) (Egg)(Sulphites)</p>	<p>Tomato and Mozzarella stone cut foccacia slice with mini Caesar salad (Wheat) (Egg) (Milk)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
WED	<p>Sweet and Sour Chicken Teriyaki with peppers and carrots, onions (Soy) (Sesame) (Wheat)</p>	<p>Grilled Chicken Caesar wrap with crispy bacon, parmesan and creamy dressing with potato wedges (Wheat) (Egg) (Milk)</p>	<p>Mexican Veggie Burrito - Spicy veg and tomato rice with kidney Beans in a tortilla wrap served with potato wedges (Wheat) (Pulses) (Milk)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
THU	<p>Classic Homemade Beef Lasagne with a garlic crostini (Wheat) (Milk)</p>	<p>Breaded Chicken Goujons Baguette with iceberg lettuce and mayo served with potato wedges (Wheat) (Milk)(Egg)</p>	<p>Falafel wrap with shredded crunchy veg, garlic mayo and served potato wedges (Wheat) (Egg) (Pulses)(Mil</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>
FRI	<p>Signature Lunchbox Chicken Curry packed with vegetables and Indian flavours served with Naan bread (Wheat) (Pulses)</p>	<p>Slow cooked Beef Brisket wrap with crunchy veg and garlic mayo served with potato wedges (Wheat) (Mustard) (Egg)</p>	<p>Spinach and Cheese Quiche with a pesto pasta salad (Wheat) (Milk) (Egg)</p>	<p>A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)</p>

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