

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

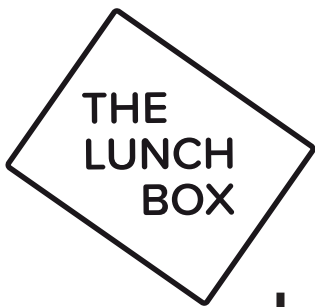
## MAIN COURSE

(V)

## EXTRAS

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

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



# WEEK 3

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

## MAIN COURSE

(V)

## EXTRAS

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

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