

THE  
LUNCH  
BOX

# WEEK 1

This Menu will Run from  
7th Nov to 11th Nov  
28th Nov to 2nd Dec  
19th Dec & 20th Dec

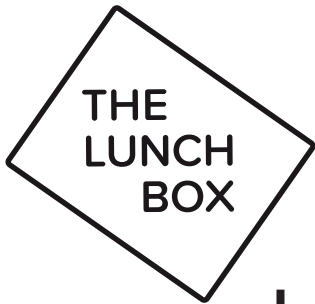
Meal scheme Price per day - €5.50  
Pay as you go price per day - €6.00

## MAIN COURSE

(V)

## EXTRAS

MON	<p><b>Beef Stroganoff served with basmati rice</b> (Wheat) (Trace Egg Pasta) (Celery) (Milk)</p>	OR	<p><b>Ham and Cheese toasted Ciabatta with Garden Vegetable Soup</b> (Wheat) (Milk) (Egg) (Celery)</p>	OR	<p><b>Homemade Vegetarian Lasagne</b> (Celery) (Wheat) (Milk) (Trace Egg in Pasta) (Pulses)</p>	<p><b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
TUE	<p><b>Slow cooked Tex Mex Chilli Beef with rice</b> (Celery) (Pulses)</p>	OR	<p><b>Chicken Goujon Baguette with potato wedges</b> (Wheat) (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 - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
WED	<p><b>Homemade pork and finely chopped mixed veg pastry roll served with potato wedges</b> (Wheat) (Egg) (Milk)</p>	OR	<p><b>Spaghetti Bolognaise</b> (Wheat) (Trace Egg in Pasta) (Milk)</p>	OR	<p><b>Thai Green Veggie Curry with Basmati Rice</b> (Wheat) (Egg) (Pulses) (Milk) (Celery)</p>	<p><b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
THU	<p><b>Homemade Cottage Pie generously topped with mash potato</b> (Wheat) (Pulses) (Celery) (Milk)</p>	OR	<p><b>BBQ Pulled Pork on a brioche bap with grated carrots, coriander with potato wedges</b> (Wheat) (Mustard) (Sesame) (Egg) (Sulphites) (Mustard)</p>	OR	<p><b>Mini vegetable spring rolls served with chinese spiced vegetable noodles</b> (Wheat) (Soy) (Egg) (Sesame) (Pulses)</p>	<p><b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
FRI	<p><b>Chicken Katsu Curry with breaded chicken on basmati rice with curry sauce</b> (Wheat) (Egg) (Celery) (Milk)</p>	OR	<p><b>Spaghetti and Meatballs with Italian Tomato sauce</b> (Wheat) (Trace Egg in Pasta) (Celery) (Milk)</p>	OR	<p><b>Tomato and Mozzarella stone cut foccacia slice with Potato Wedges</b> (Wheat) (Milk)</p>	<p><b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>



# WEEK 2

This Menu will Run from  
14th Nov to 18th Nov  
5th Dec to 9th Dec

**Meal scheme Price per day - €5.50**  
**Pay as you go Price per day - €6.00**

## MAIN COURSE

(V)

## EXTRAS

MON	<b>Homemade Beef Lasagne</b> (Wheat) (Egg)	OR <b>Chicken Korma with basmati rice</b> (Milk) (Celery)	OR <b>Falafel wrap with crunchy veg, garlic mayo with potato wedges</b> (Wheat) (Egg) (Pulses) (Milk)	<b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)
TUE	<b>Chicken Goujons with potato wedges</b> (Pulses) (Milk)	OR <b>Pork and leek jumbo sausage with mash, peas and onion gravy</b> (Pulses) (Milk) (Celery)	OR <b>Plant based Veggie Burger served on a brioche bun with cheese, sweet dill mayo, lettuce, tomato and potato wedges</b> (Wheat) (Egg) (Pulses) (Milk) (Soy)	<b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)
WED	<b>Chilli Beef Nachos with grated cheddar cheese</b> (Wheat) (Milk) (Egg) (Celery)	OR <b>Grilled Chicken Caesar wrap with crispy bacon, parmesan and creamy dressing with potato wedges</b> (Wheat) (Egg) (Milk)	OR <b>Mini vegetable spring rolls served with chinese spiced vegetable noodles</b> (Wheat) (Soy) (Egg) (Sesame) (Pulses)	<b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)
THU	<b>Homemade Irish Beef Burger on a brioche bun with lettuce, tomato and sweet dill mayo with potato wedges</b> (Wheat, Egg, Milk)	OR <b>Chicken and Bacon Carbonara with Spaghetti Pasta</b> (Milk) (Wheat) (Trace egg in Pasta) (Sulphites)	OR <b>Spinach and Ricotta Pastry Roll served with potato wedges</b> (Wheat) (Egg) (Milk)	<b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)
FRI	<b>Spaghetti Bolognese</b> (Wheat) (Trace Egg in Pasta) (Celery) (Milk)	OR <b>Breaded Irish Chicken Bap with sweet dill mayo and a touch of Iceberg with potato wedges</b> (Wheat) (Milk) (Egg)	OR <b>Tomato and Mozzarella stone cut foccacia slice with potato wedges</b> (Wheat) (Egg) (Milk)	<b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)

THE  
LUNCH  
BOX

# WEEK 3

This Menu will Run from  
21st Nov to 25th Nov  
12th Dec to 16th Dec

Mealscheme Price per day - €5.50  
Pay as you go price per day - €6.00

## MAIN COURSE

(V)

## EXTRAS

MON	<p><b>Slow cooked Tex Mex Chilli Beef with rice</b> (Celery) (Pulses)</p>	OR	<p><b>Breaded Chicken Goujon Baguette with iceberg lettuce and mayo served with potato wedges</b> (Wheat) (Milk)(Egg)</p>	OR	<p><b>Plant based Veggie Burger served on a brioche bun with cheese, sweet dill mayo, lettuce, tomato and potato wedges</b> (Wheat) (Egg) (Pulses) (Milk) (Soy)</p>	<p><b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
TUE	<p><b>Spaghetti Bolognese</b> (Wheat) (Trace Egg in Pasta) (Celery)</p>	OR	<p><b>Grilled Cajun chicken baguette with peppers and coriander with potato wedges</b> (Wheat) (Milk) (Egg)</p>	OR	<p><b>Tomato and Mozzarella stone cut foccacia slice with potato wedges</b> (Wheat) (Egg) (Milk)</p>	<p><b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
WED	<p><b>Chicken Katsu Curry with breaded chicken on basmati rice with curry sauce</b> (Wheat) (Egg) (Celery) (Milk)</p>	OR	<p><b>Slow cooked Beef Brisket flatbread wrap with spinach and tomato with potato wedges</b> (Wheat) (Milk) (Egg) (Sulphites) (Mustard)</p>	OR	<p><b>Homemade Vegetarian Lasagne</b> (Celery) (Wheat) (Milk) (Trace Egg in Pasta) (Pulses)</p>	<p><b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
THU	<p><b>Signature Lunchbox Chicken Curry with and mild Indian spices, Roast Seasonal Veg with rice</b> (Celery)</p>	OR	<p><b>Chicken Pesto and mozzarella baguette with potato wedges</b> (Wheat) (Milk)(Egg)</p>	OR	<p><b>Roast Vetegable teriyaki rice with mini spring rolls</b> (Wheat) (Egg) (Soy) (Sesame) (pulses)</p>	<p><b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
FRI	<p><b>Chicken Tikka Masala Baguette with peppers, coriander and mayo with potato wedges</b> (Wheat) (Egg) (Milk)</p>	OR	<p><b>Classic Homemade Beef Lasagne</b> (Wheat) (Trace Egg in Pasta) (Celery) (Milk)</p>	OR	<p><b>Vegetarian Taco Bowl Nacho chips, with a tomato salsa, sour cream and guacamole</b> (Wheat) (Pulses)</p>	<p><b>A piece of fruit - 50c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>