

THE
LUNCH
BOX

WEEK 1

This Menu will Run from
29th Aug - 2nd Sep
19th Sep - 23rd Sep
10th Oct - 14th Oct

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

MAIN COURSE

(V)

EXTRAS

MON

Spaghetti Bolognese
(Wheat) (Trace Egg
Pasta) (Celery)

OR

**Breaded Chicken Goujon
Baguette with mayo and
a touch of Iceberg lettuce
with potato wedges**
(Wheat) (Milk) (Egg)

OR

**Signature Lunchbox Thai
Green Veggie Curry with
mild thai spices, Roast
Seasonal Veg** (Celery)
(shellfish)(Wheat)

TUE

**Slow cooked Tex Mex
Chilli Beef with rice**
(Celery) (Pulses)

OR

**Grilled Chicken Tikka Roll
with peppers, coriander,
and mayo. Served with
Potato wedges**
(Wheat) (Egg)

OR

**Mexican Veggie Burrito -
Spicy veg and tomato rice
with kidney Beans in a
tortilla wrap served with
potato wedges** (Wheat)
(Pulses) (Milk)

WED

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

OR

**Ham and Cheese toasted
Ciabata with potato
wedges**(Wheat) (Egg) (Milk)

OR

**Homemade sweet potato
and lentil Pastry roll served
with potato wedges**
(Wheat) (Egg) (Pulses)(Milk)

THU

**Signature Lunchbox
Chicken Curry packed
with vegetables and
Indian flavours served
with Naan bread**
(Wheat) (Pulses)

OR

**BBQ Pulled Pork on a
brioche bap with sesame
grated carrots and served
with potato wedges**
(Wheat) (Mustard) (Sesame)
(Egg)

OR

**Mini vegetable spring rolls
served with chinese spiced
vegetable noodles**
(Wheat) (Soy) (Egg) (Sesame)
(Pulses)

FRI

**Chicken Katsu Curry
with breaded chicken on
basmati rice with curry
sauce**
(Wheat) (Egg)

OR

**Classic Homemade
Beef Lasagne**
(Wheat) (Trace Egg
Pasta) (Celery) (Milk)

OR

**Tomato and Mozzarella
stone cut foccacia slice
with Potato Wedges**
(Wheat) (Milk)

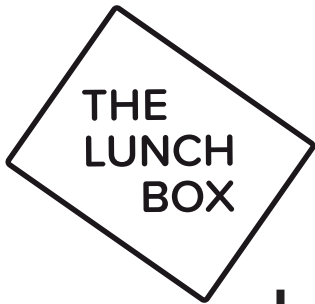
**A piece of fruit - 50c
Treat of the day - € 1**
(Wheat)
(Milk)
(Egg)

**A piece of fruit - 50c
Treat of the day - € 1**
(Wheat)
(Milk)
(Egg)

**A piece of fruit - 50c
Treat of the day - € 1**
(Wheat)
(Milk)
(Egg)

**A piece of fruit - 50c
Treat of the day - € 1**
(Wheat)
(Milk)
(Egg)

**A piece of fruit - 50c
Treat of the day - € 1**
(Wheat)
(Milk)
(Egg)



WEEK 2

This Menu will Run from
5th Sep - 9th Sep
26th Sep - 30th Sep
17th Oct- 21st Oct

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

MAIN COURSE

(V)

EXTRAS

MON	Breaded Chicken Goujons with potato wedges (Wheat) (Egg)	Delicious homemade beef stew with carrots and peas served with rice (Pulses) (Milk)(Celery)	Spinach and Cheese Quiche with potato wedges (Wheat) (Milk) (Egg)	A piece of fruit - 50c Treat of the day - € 1 (Wheat) (Milk) (Egg)
TUE	Chicken Tikka Masala with basmati rice and naan bread (Pulses) (Dairy)	Homemade pork and finely chopped mixed veg pastry roll served with potato wedges (Wheat) (Egg) (Milk)	Sweet Potato and lentil Veggie Burger sweet dill mayo, lettuce, tomato and potato wedges (Wheat) (Egg) (Pulses)(Milk)	A piece of fruit - 50c Treat of the day - € 1 (Wheat) (Milk) (Egg)
WED	Homemade meatballs in italian tomato sauce with penna pasta (Wheat) (Milk) (Egg) (Celery)	Cajun chicken toasted baguette with peppers and coriander in mayo server with potato wedges (Wheat) (Milk) (Egg)	Mini vegetable spring rolls served with chinese spiced vegetable noodles (Wheat) (Soy) (Egg) (Sesame) (Pulses)	A piece of fruit - 50c Treat of the day - € 1 (Wheat) (Milk) (Egg)
THU	Homemade Irish Beef Burger on a brioche bun with lettuce, tomato and sweet dill mayo - served with potato wedges (Wheat, Egg, Milk)	Grilled Chicken Caesar wrap with crispy bacon, parmesan and creamy dressing with potato wedges (Wheat) (Egg) (Milk)	Mild Indian Madras veggie curry with basmati rice (Celery)	A piece of fruit - 50c Treat of the day - € 1 (Wheat) (Milk) (Egg)
FRI	Spaghetti Bolognese (Wheat) (Trace Egg Pasta) (Celery) (Milk)	Breaded Irish Chicken Bap with sweet dill mayo and a touch of Iceberg with potato wedges (Wheat) (Milk) (Egg)	Tomato and Mozzarella stone cut foccacia slice with potato wedges (Wheat) (Egg) (Milk)	A piece of fruit - 40c Treat of the day - € 1 (Wheat) (Milk) (Egg)



WEEK 3

This Menu will Run from
12th Sep- 16th Sep
3rd Oct - 7th Oct
24th Oct - 29th Oct

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

MAIN COURSE

(V)

EXTRAS

MON

Slow cooked Tex Mex Chilli Beef with rice
(Celery) (Pulses)

Breaded Chicken Goujon Baguette with iceberg lettuce and mayo served with potato wedges
(Wheat) (Milk)(Egg)

Sweet Potato and lentil Veggie Burger
sweet dill mayo, lettuce, tomato and potato wedges
(Wheat) (Egg) (Pulses)(Milk)

A piece of fruit - 50c
Treat of the day - € 1
(Wheat)
(Milk)
(Egg)

TUE

Spaghetti Bolognese
(Wheat) (Trace Egg Pasta) (Celery)

Breaded sweet chilli Chicken wrap with potato wedges
(Wheat) (Egg)(Sulphites)

Tomato and Mozzarella stone cut foccacia slice with potato wedges
(Wheat) (Egg) (Milk)

A piece of fruit - 50c
Treat of the day - € 1
(Wheat)
(Milk)
(Egg)

WED

Chicken Katsu Curry with breaded chicken on basmati rice with curry sauce
(Wheat) (Egg)

Homemade pork and finely chopped mixed veg pastry roll served with potato wedges
(Wheat) (Egg) (Milk)

Mexican Veggie Burrito - Spicy veg and tomato rice with kidney Beans in a tortilla wrap served with potato wedges
(Wheat) (Pulses) (Milk)

A piece of fruit - 50c
Treat of the day - € 1
(Wheat)
(Milk)
(Egg)

THU

Signature Lunchbox Chicken Curry with and mild Indian spices, Roast Seasonal Veg
(Celery)

Chicken Pesto and mozzarella baguette served with potato wedges
(Wheat) (Milk)(Egg)

Roast Vegtable teryaki rice with mini spring rolls
(Wheat) (Egg) (Soy) (Sesame) (pulses)

A piece of fruit - 50c
Treat of the day - € 1
(Wheat)
(Milk)
(Egg)

FRI

Pepperoni, tomato and mozzarella stone cut Foccacia slice with potato wedges
(Wheat)(Milk)

Classic Homemade Beef Lasagne
(Wheat) (Trace Egg Pasta) (Celery) (Milk)

Spinach and Ricotta Pastry Roll served with potato wedges
(Wheat) (Egg) (Milk)

A piece of fruit - 50c
Treat of the day - € 1
(Wheat)
(Milk)
(Egg)