

THE  
LUNCH  
BOX

# WEEK 1

This Menu will Run from  
30th August - 3rd September  
20th September - 24th September  
18th October - 22nd October

## MAIN COURSE

(V)

## EXTRAS

MON	Lean Beef Casserole topped with Roast Potato topping (C)	OR	Irish Chicken Caesar Wrap with Quinoa salad Pot (W) (E)	OR	Vegetarian Lasagne with Puy Lentils and Seasonal Veg. (C) (W) (M)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
TUE	Irish Chicken, Kale & Broccoli Bake with Parmesan crust (W) (M)	OR	BBQ Pulled Pork on a Brioche Bap with Sesame Carrot Slaw & Crispy Fried Onions (W) (E)	OR	Signature Lunchbox Veggie Curry with Chickpeas and mild Indian spices, Roast Seasonal Veg and Naan Bread (W) (E)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
WED	Irish Chicken Pesto Pasta salad with Rainbow Veg (M) (W) (C)	OR	Old School Homemade Cottage Pie topped generously with mashed Potato (C)	OR	Hummus, Roast Pepper, Goats Cheese, Red Onion & Rocket on a seeded Focaccia roll (W) (E)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
THU	Irish Chicken & Leek Pastry Pie with whole seed sprinkle (W) (M)	OR	Bacon & Cream Cheese Wholemeal Bagel with a side of Rosemary Roast Baby Potatoes (W) (M) (E)	OR	Singapore Noodle Vegetable Bowl with Satay Drizzle (W) (E) (S) (SS) (NUTS)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
FRI	Beef Stroganoff with mushrooms and baby spinach served with Basmati Rice & Crispy Onions (M)	OR	Sticky Crispy Pork with Brown Basmati Rice, Spring Onions & Sesame seeds (W) (M) (SS)	OR	Mexican Veggie Bowl - Corn and Avo Salsa, Rice, Black Beans, Fresh Tomato, Leaves and Tortilla Chips served with a wholemeal flatbread wrap (W)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)

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

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# WEEK 2

This Menu will Run from  
6th September - 10th September  
27th September - 1st October  
25th October - 29th October

## MAIN COURSE

(V)

## EXTRAS

MON	Lean Irish Beef Moussaka with Mediterranean goodness (W) (C) (M)	OR	Grilled Irish Chicken with Tikka Masala and red pepper and coriander in a fresh Baguette (W) (E)	OR	Vegetarian Indian Dahl with Lentils, chopped tomatoes, coconut milk and coriander. served with a Naan Bread	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
TUE	Sweet and Sour Chicken Teriyaki with peppers and carrots (S) (SS)	OR	Old School Homemade Cottage Pie topped generously with mashed Potato (C)	OR	Spinach and Ricotta pastry turnover with Quinoa veggie Pot (W) (E) (M)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
WED	Spaghetti Bolognese with garlic crostini (W) (C) (M)	OR	Grilled Cajun Chicken Baguette with spiced mayo, coriander and avocado (C)	OR	Super Green Energy Bowl Wholegrain pasta, quinoa, Chopped broccoli, petits pois, baby leaves and a pesto dressing (W)(M)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
THU	Classic Homemade Beef Lasagne with a garlic crostini (W) (M)	OR	Lemony and fresh Signature grilled chicken pasta salad with peas and roasted carrots (W) (E)	OR	Signature Lunchbox Veggie Curry with Chickpeas and mild Indian spices, Roast Seasonal Veg and Naan Bread (W)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
FRI	Signature Lunchbox Chicken Curry packed with vegetables and Indian flavours	OR	Slow cooked Beef Brisket flatbread wrap with spinach and tomato with side of rosemary roast potatoes (W) (M) (E)	OR	Spinach and Cheese Quiche with a side of our roast corn house slaw (W)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)

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# WEEK 3

This Menu will Run from  
13th September - 17th September  
4th October - 8th October

## MAIN COURSE

(V)

## EXTRAS

MON	Spaghetti Bolognese with garlic crostini (W) (C) (M)	OR	Grilled Chicken Pesto Baguette with mozzarella on a fresh Baguette (W) (E) (M)	OR	Roast Vegetable flatbread wrap, Quinoa, feta and tomato relish packed in a freshly made flatbread (W) (E) (M)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
TUE	Pork and leek jumbo sausage with Mashed potato, peas and gracy (M) (W)	OR	Slow cooked Tex Mex Chilli Beef with rice and tortilla chips (C)	OR	Spiced Lentil and Sweet Potato Pastry with Quinoa veggie bowl (W) (E) (M)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
WED	Homemade Ham and Cheese Quiche with charred broccoli and parmesan salad (W) (C) (M)	OR	Grilled Chicken Caesar Salad with crispy bacon, parmesan, croutons and creamy dressing (W)(E)(M)	OR	Vegetarian Burrito with avocado and corn salsa cajun rice, coriander, lime and baby leaves (W)(M)(E)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
THU	Pork and vegetable homemade sausage roll with a side of roast corn slaw (W) (M) (E)	OR	Mild Thai Red Chicken Curry with roast vegetables and coriander	OR	Super Green Energy Bowl Wholegrain pasta, quinoa, Chopped broccoli, petits pois, baby leaves and a pesto dressing (W)(M)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)
FRI	Classic Homemade Beef Lasagne with a garlic crostini (W) (M)	OR	Jumbo home cooked ham and cheese baked Potato with a side of roast corn slaw (W) (M) (E)	OR	Signature Lunchbox Veggie Curry with Chickpeas and mild Indian spices, Roast Seasonal Veg and Naan Bread (W)	A piece of fruit - 40c Treat of the day - € 1 (W) (M) (E)

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