

THE  
LUNCH  
BOX

# WEEK 1

This Menu will Run from  
1st November - 5th November  
22nd November - 26th November  
13th December - 17th December

## MAIN COURSE

(V)

## EXTRAS

MON	<p><b>Winter Beef Casserole with root veg topped with Roast Potato topping</b> (Celery)</p>	OR	<p><b>Grilled Irish Chicken Caesar Wrap with bacon and parmesan and roasty potatoes</b> (Wheat) (Egg)</p>	OR	<p><b>Signature Lunchbox Veggie Curry with Chickpeas and mild Indian spices, Roast Seasonal Veg and Naan Bread</b> (Celery) (Pulses) (Wheat) (Milk)</p>	<p><b>A piece of fruit - 40c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
TUE	<p><b>Breaded Chicken Baguette with mayo and a touch of Iceberg lettuce with roasty potatoes</b> (Wheat) (Milk) (Egg)</p>	OR	<p><b>Slow cooked Tex Mex Chilli Beef with rice and tortilla chips</b> (Celery) (Pulses)</p>	OR	<p><b>Falafel wrap with Hummus shredded lettuce, tomato and shredded carrot with roasty potatoes</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>
WED	<p><b>Chicken and Broccoli Bake with roasty potatoes</b> (Milk) (Wheat) (Celery)</p>	OR	<p><b>Old School Homemade Cottage Pie topped generously with mashed Potato</b> (Celery) (Milk)</p>	OR	<p><b>Homemade sweet potato and lentil Burger on a brioche bun with roasty potatoes</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>Grilled Irish Chicken Bap with sweet dill mayo and a touch of Iceberg with roasty potatoes</b> (Wheat) (Milk)(Seeds)</p>	OR	<p><b>Homemade meatballs in italian tomato sauce with penna pasta</b> (Wheat) (Milk) (Egg)(Celery)</p>	OR	<p><b>Homemade Vegetarian lasagne with puy lentils and seasonal veg</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>
FRI	<p><b>Beef Bourguignon with mushrooms and Autumn veg with Basmati Rice &amp; Crispy Onions</b> (Milk) (Celery)</p>	OR	<p><b>Sticky Crispy Pork with Brown Basmati Rice, Spring Onions &amp; Sesame seeds</b> (Wheat) (Milk) (Sesame) (Pulses) (Soy)</p>	OR	<p><b>Mexican Veggie Bowl - Corn and Avo Salsa, Rice, Black Beans, Tomato, Leaves and Tortilla Chips served with a wholemeal flatbread wrap</b> (Wheat) (Pulses)</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

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# WEEK 2

This Menu will Run from  
8th November - 12th November  
29th November - 3rd December  
20th Decemver - 21st December

## MAIN COURSE

(V)

## EXTRAS

MON	<p><b>Breaded Chicken Goujons with sweet potato wedges</b> (Wheat) (Egg)</p>	OR	<p><b>Old School Homemade Cottage Pie topped generously with mashed Potato</b> (Celery) (Milk)</p>	OR	<p><b>Signature Lunchbox Veggie Curry with Chickpeas and mild Indian spices, Roast Seasonal Veg and Naan Bread</b> (Celery) (Pulses) (Wheat) (Milk)</p>	<p><b>A piece of fruit - 40c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
TUE	<p><b>Sweet and Sour Chicken Teriyaki with peppers and carrots, onions</b> (Soy) (Sesame) (Wheat)</p>	OR	<p><b>BBQ Pulled Pork on a Brioche Bap with Sesame Carrot Slaw &amp; Crispy Fried Onions with roasty potatoes</b> (Wheat) (Egg) (Sesame)</p>	OR	<p><b>Tomato and Mozzarella stone cut foccacia slice with mini Caesar salad</b> (Wheat) (Egg) (Milk)</p>	<p><b>A piece of fruit - 40c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
WED	<p><b>Breaded sweet chilli Chicken wrap with vegetable soup</b> (Wheat) (Celery) (Milk) (Sulphites)</p>	OR	<p><b>Spaghetti Bologniase garlic crostini</b> (Wheat, Celery, Milk)</p>	OR	<p><b>Vegetarian risotto with peas and diced carrots, olive oil and lemon</b> (Wheat)(Milk)</p>	<p><b>A piece of fruit - 40c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
THU	<p><b>Classic Homemade Beef Lasagne with a garlic crostini</b> (Wheat) (Milk)</p>	OR	<p><b>Grilled Cajun chicken baguette with peppers, coriander and avocado</b> (Wheat) (Egg)</p>	OR	<p><b>Falafel wrap with Hummus shredded lettuce, tomato and shredded carrot with roasty potatoes</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>
FRI	<p><b>Signature Lunchbox Chicken Curry packed with vegetables and Indian flavours</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 mini Caesar 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>

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

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# WEEK 3

This Menu will Run from  
15th November - 19th November  
13 December - 17th December

## MAIN COURSE

(V)

## EXTRAS

MON	<p><b>Grilled Chicken Pesto Baguette with mozzarella on a fresh Baguette</b> (Wheat) (Egg) (Milk)</p>	OR	<p><b>Spaghetti Bolognese garlic crostini</b> (Wheat, Celery, Milk)</p>	OR	<p><b>Tomato and Mozzarella stone cut foccacia slice with mini Caesar salad</b> (Wheat) (Egg) (Milk)</p>	<p><b>A piece of fruit - 40c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
TUE	<p><b>Asian Chicken Noodle Pot with crunchy veg and prawn crackers</b> (Wheat)(Sesame)(Soy) (Shellfish)</p>	OR	<p><b>Homemade meatballs in italian tomato sauce with penna pasta</b> (Wheat) (Milk) (Egg)</p>	OR	<p><b>Veggie Chilli with kidney beans and lentils served with basmate rice and tortilla chips</b> (Wheat) (Milk)(Pulses)</p>	<p><b>A piece of fruit - 40c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
WED	<p><b>Grilled Chicken Caesar Salad with crispy bacon, parmesan, croutons and creamy dressing and roasty potatoes</b> (Wheat) (Egg) (Milk)</p>	OR	<p><b>Homebaked Ham and Cheese Quiche with a mini Caesar salad on the side</b> (Wheat) (Milk) (Egg)</p>	OR	<p><b>Vegetarian Burrito with avocado and corn salsa cajun rice, coriander, lime and baby leaves</b> (Wheat)(Pulses)</p>	<p><b>A piece of fruit - 40c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>
THU	<p><b>Milk Thai Red Chicken Curry with peppers and carrots and served with basmati rice</b> (Shellfish)</p>	OR	<p><b>Homemade Pork and veggie pastry sausage roll with sweet potato fries</b> (Wheat) (Milk) (Egg)</p>	OR	<p><b>Creamy mushroom and parmesan pasta with garlic crostini</b> (Wheat)(Milk)</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)</p>	OR	<p><b>Jumbo home cooked ham and cheese baked Potato with a side of roast corn slaw</b> (Wheat) (Milk) (Egg)</p>	OR	<p><b>Signature Lunchbox Veggie Curry with Chickpeas and mild Indian spices, Roast Seasonal Veg and Naan Bread</b> (Wheat)</p>	<p><b>A piece of fruit - 40c</b> <b>Treat of the day - € 1</b> (Wheat) (Milk) (Egg)</p>

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