

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

THE
LUNCH
BOX

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

Homemade Beef Lasagne
(Wheat) (Egg)

OR

Chicken Korma with basmati rice
(Milk) (Celery)

OR

Falafel wrap with crunchy veg, garlic mayo with potato wedges
(Wheat) (Egg) (Pulses) (Milk)

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

TUE

Chicken Goujons with potato wedges
(Pulses) (Milk)

OR

Pork and leek jumbo sausage with mash, peas and onion gravy
(Pulses) (Milk) (Celery)

OR

Plant based Veggie Burger served on a brioche bun with cheese, sweet dill mayo, lettuce, tomato and potato wedges
(Wheat) (Egg)
(Pulses) (Milk) (Soy)

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

WED

Chilli Beef Nachos with grated cheddar cheese
(Wheat) (Milk) (Egg)
(Celery)

OR

Grilled Chicken Caesar wrap with crispy bacon, parmesan and creamy dressing with potato wedges
(Wheat) (Egg) (Milk)

OR

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 with potato wedges
(Wheat, Egg, Milk)

OR

Chicken and Bacon Carbonara with Spaghetti Pasta
(Milk) (Wheat) (Trace egg in Pasta) (Sulphites)

OR

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)

FRI

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

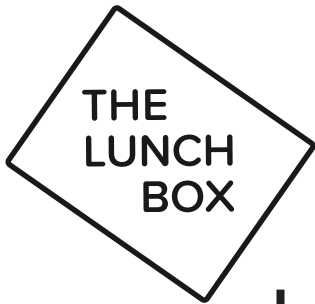
OR

Breaded Irish Chicken Bap with sweet dill mayo and a touch of Iceberg with potato wedges
(Wheat) (Milk) (Egg)

OR

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)



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