

<b>Week 1 Menu</b>							
<b>lunch menu</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Extra Summer healthy smoothies</b>	<b>Extras</b>
<b>Main Meal</b>	<b>Swedish Meatball with pasta served with garlic bread</b>	<b>Homemade mini slider burger served with skin on oven baked chips</b>		<b>Breaded Chicken goujons served with rosemary roasted baby potato</b>	<b>Selection of homemade pizza Served with skin on oven baked chips</b>	<b>Mixed berry smoothie €2.50</b>	<b>Mixed fruit salad bowl €2 Or a piece of fruit €0.60</b>
<b>Vegan or Vegetarian option</b>	<b>Roasted Vegetable chilli burrito served with side salad</b>	<b>Plant-base mini burger served with skin on oven baked fries</b>		<b>Mixed Roast vegetable pasta salad with pesto dressing</b>	<b>Vegetarian pizza with cheese and tomato Served with skin on oven baked chips</b>	<b>Mango and pineapple smoothie €2.50</b>	<b>A small treat of a day - €1</b>

**Allergy Warning:** menu items may contains wheat, eggs, milk, celery, soy, and sesame.  
Ask our staff for more information.

**Pre order 1 day in advance and pay at canteen €5.60 /per meal (payment methods: cash or card)**

<b>Week 2 Menu</b>							
<b>Lunch menu</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Extra Summer healthy smoothies</b>	<b>Extras</b>
<b>Main Meal</b>	Chicken pesto baguette served with homemade baked potato	Spaghetti Bolognesi with Parmesan cheese served with homemade garlic bread		Homemade beef lasagna served with side salad	Chicken Burgers, mayo with Lettuce, Cheese & brioche bun served with home baked baby potato	Mixed berry smoothie €2.50	Mixed fruit salad bowl €2 Or a piece of fruit €0.60
<b>Vegan or Vegetarian option</b>	Roasted vegetable pasta bake breadcrumb topping served with garlic crostini	Fresh tomato, mazerella basil pesto toasted panini		Indian Vegetarian Dahl served with basmati rice	Vegetarian Burger with vegetarian Cheese, Mayo served with home baked baby potato	Mango and pineapple smoothie €2.50	A small treat of a day - €1

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Week 3 MENU							
Lunch menu	Monday	Tuesday	Wednesday	Thursday	Friday	Extra Summer healthy smoothies	Extras
Main Meal	Tex mex chilli beef served with basmati rice	Homemade cottage pie served with side greens		Chicken and bacon carbonara with penne pasta	Hot dog with camelised onion, served with potato cubes	Mixed berry smoothie €2.50	Mixed fruit salad bowl €2 Or a piece of fruit €0.60
Vegan or vegetarian option	Vegetarian rice taco bowl served with tortilla chips, tomato salsa, and sour cream	Traditional Chinese Roasted vegetable, and tofu chow mien		Homemade roasted vegetable quiche with homemade baked potato	Mageritta pizza served with potato cubes	Mango and pineapple smoothie €2.50	A small treat of a day - €1

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<b>WEEK4 MENU</b>							
<b>Lunch menu</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Extra Summer healthy smoothies</b>	<b>Extras</b>
<b>Main meal</b>	<b>Homemade Italian meatball pasta with Arabiata sauce</b>	<b>Lightly Seasoned Chicken Fajitas with Peppers &amp; Tortilla Wraps</b>		<b>Spiced Beef empanada with vegetable served with side salad</b>	<b>Chicken curry served with basmatic rice</b>	<b>Mixed berry smoothie €2.50</b>	<b>Mixed fruit salad bowl €2 Or a piece of fruit €0.60</b>
<b>Vegan or vegetarian option</b>	<b>Roasted butternut squash, mixed green with pesto dressing mixed with penne pasta</b>	<b>Veggie sausage roll served with potato wedge</b>		<b>Mexican style mixed vegetable empanada with served with side salad</b>	<b>Grilled Vegetable curry served with basmati rice</b>	<b>Mango and pineapple smoothie €2.50</b>	<b>A small treat of a day - €1.20</b>

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