

## MONDAY AND TUESDAY

SOUP AND ROLL  
€2.00

### Homemade Soup of The Day <sup>9</sup>

HOT OPTION 1  
€3.70

### Sweet Chili Chicken Noodles <sup>1 3 9</sup>

Breaded chicken strips with diced peppers and onions tossed in a sweet chili sauce

HOT OPTION 2  
€3.70

### Chicken Curry Madras with Rice <sup>9 10</sup>

HOT OPTION 3  
€3.70

### Prime Irish Beef Burgers in Pepper Sauce <sup>1 7 12</sup>

with seasonal vegetables and creamy mash

VEGETARIAN OPTION  
€3.70

### Chickpea , Sweet Potato and Coconut stew with Rice

All of our Meat is of Irish Origin

## WEDNESDAY TO FRIDAY

### Homemade Soup of The Day <sup>9</sup>

### Chicken Curry Madras with Rice <sup>9 10</sup>

### Sweet and Sour Chicken with rice

### Bangers and mash <sup>1 7 12</sup>

served with Seasonal vegetables and an onion gravy

### Vegan/Vegetarian Lasagne <sup>1 9</sup>

## WEEK 4 Cycle 2

### Daily Bread Menu

Please choose your bread Baguette small €1.70 Large Baguette/Panini €3.50, Wraps €2.50 Sandwiches €2.00

### Please choose your filling

1. Oven baked breaded chicken strips
2. Oven baked breaded chicken strips with lettuce
3. Oven baked breaded chicken strips with Lettuce and cheese
4. Oven baked breaded chicken strips with Cheese
5. Ham and cheese
6. Ham
7. Roast chicken breast
8. Salad\Chicken or Ham Salad



### Allergens

1. Gluten
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts
6. Soya
7. Milk
8. Nuts
9. Celery
10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide
13. Lupin
14. Molluscs