

MONDAY AND TUESDAY

SOUP AND ROLL
€2.00

Homemade Soup of The Day ⁹

HOT OPTION 1
€3.70

Mexican Beef Nachos

^{1 3 9}

Prime mince beef served with tortilla crisps and melted cheddar cheese

HOT OPTION 2
€3.70

Chicken Curry Madras with Rice ^{9 10}

HOT OPTION 3
€3.70

Chicken Skewers

Diced marinated chicken with peppers and onion served with boiled rice and choice of sauce. Barbeque, Cajun, Ketchup

VEGETARIAN OPTION
€3.70

Vegan/Vegetarian Lasagne

All of our Meat is of
Irish Origin

WEDNESDAY TO FRIDAY

Homemade Soup of The Day ⁹

Lasagne with garlic bread ^{1 9}

Chicken Curry Madras with Rice ^{9 10}

Bangers and Mash ^{3 7}

Two Irish pork sausages with creamed potato, onion gravy and garden peas

Roasted Vegetables

Biryani ¹

Mediterranean vegetables stir fried with long grain rice

WEEK 2 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