



# rafterscafe

## School Food

### WEEK 4

Cycle 1

**SOUP AND ROLL**  
€2.00

**HOT OPTION 1**  
€3.00

**HOT OPTION 2**  
€3.00

**HOT OPTION 3**  
€3.00

**VEGETARIAN OPTION**  
€3.00

**POWER LUNCH**  
€3.00

### MONDAY AND TUESDAY

**Homemade Soup of the Day<sup>1</sup>,**

**Sweet Chili Chicken Stir  
Fry with Noodles, Peppers  
and Onions <sup>1, 2, 4, 9, 13</sup>**

**Chicken Pasta Bake <sup>1, 2, 7,</sup>**

**Chicken Curry Madras with  
Rice <sup>9,</sup>**

**Vegetable Fajita Wrap <sup>1, 2, 7, 9</sup>**

**Chicken breast with steamed  
broccoli and penne pasta <sup>2</sup>**

### WEDNESDAY TO FRIDAY

**Homemade Soup of the Day <sup>1</sup>**

**Mexican Beef Nachos <sup>1, 2, 9</sup>**

**Spice Box (Breaded Chicken  
Strips with Oven Baked Wedges,  
Peppers, Onion and a blend of  
Spices <sup>1, 2, 9</sup>**

**Chicken Curry Madras with Rice <sup>9</sup>**

**Vegetable Lasagne with salad <sup>1, 2, 7</sup>**

**Chicken breast with steamed  
broccoli and penne pasta <sup>2</sup>**

#### Daily Bread Menu

Please choose your bread

Baguette\Paninis €3.00, Sandwiches €1.50

#### 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**

Sauces available at the counter as follows: Ketchup, Mayonnaise, Cajun Sauce, Sweet Chilli, BBQ

#### FRUIT STOP

Selection of individual fresh fruit and fruit pots to go

#### BEVERAGES

Selection of still and flavoured waters(low sugar), apple and orange juice, tea and hot chocolate, smoothies and milkshakes

#### DAILY MENU

also available in addition to the weekly menu cycle

#### SALAD BAR

Range of pre made salad pots to go and daily salad options from our salad menu

#### GRAB AND GO

Range of sandwiches, baguettes and paninis to choose from

VEGETARIAN AND POWER LUNCH ONLY AVAILABLE BY PREORDERING

Unit 37  
Laois Shopping Centre  
James Fintan Lawlor A venue  
Portlaoise, Co. Laois, Ireland

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