



# rafterscafe School Food

## WEEK 3 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**

**Pasta Carbonara with  
Chicken and Bacon  
in a Cream Sauce**

**Beef Enchiladas, Spicy beef  
Layered with Wraps, Salsa and  
Cheese**

**Chicken Curry Madras with  
Rice**

**Vegetable Curry Madras with  
Rice**

**Chicken breast with steamed  
broccoli and penne pasta**

## WEDNESDAY TO FRIDAY

**Homemade Soup of The Day**

**Cottage Pie with Garden Peas**

**Chicken Kebab with Roasted  
Vegetables and Salad in Pitta  
Pockets**

**Chicken Curry Madras with Rice**

**Vegetable Lasagne with salad**

**Chicken breast with steamed  
broccoli and penne pasta**

### 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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