



rafterscafe School Food

WEEK 1

Cycle 2

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 (celery)

Roast Cajun chicken fillet
served with oven baked wedges
and a side of stir fried
vegetables (gluten soya)

2 Irish Pork Sausages,
mash and gravy with
seasonal vegetables (gluten
milk)

Chicken Curry Madras with
Rice (milk)

Macaroni and Cheese (gluten milk
mustard)

Chicken Breast with steamed
Broccoli and Penne Pasta (gluten)

WEDNESDAY TO FRIDAY

Homemade Soup of the Day (celery)

Baked Lasagne With A Side
Of Garlic Bread (gluten ,celery, mustard)

Mexican Beef Pitta (gluten celery)

Savoury mince beef with spices,
topped with cheese Served in a
soft pitta bread with a side of oven
baked wedges

Chicken Curry Madras with
Rice (milk)

Macaroni and Cheese (gluten celery
mustard)

Chicken Breast with steamed
Broccoli and Penne Pasta (gluten)

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
ALL OUR BEEF IS OF IRISH ORIGIN

Unit 37
Laois Shopping Centre
James Fintan Lawlor A venue Phone: 00 353 (0)57 8666675

