

MONDAY AND TUESDAY

SOUP AND ROLL
€2.00

Homemade Soup of The Day ⁹

HOT OPTION 1
€3.70

Rafters Spice Box ^{1 3 9}

Breaded chicken strips, with peppers, onions, oven baked wedges tossed in spices

HOT OPTION 2
€3.70

Chicken Curry Madras with Rice ^{9 10}

HOT OPTION 3
€3.70

Pasta Bolognese ^{1 9}

Prime Mince Beef in a tomato sauce served with pasta

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 ⁹

Chicken Curry Madras with Rice ^{9 10}

Beef Stew with Creamy Mash

Prime Beef in a rich sauce with Creamy Mashed Potato

Chicken and Pasta Bake ^{1 7 9}

Chicken in a Cream Sauce Baked with Pasta

Vegan/Vegetarian Lasagne

WEEK 3 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