

WEEK 2

Cycle 1

**MONDAY AND
TUESDAY**

**WEDNESDAY TO
FRIDAY**

SOUP AND ROLL
€2.00

Homemade Soup of The Day

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HOT OPTION 1
€3.10

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

Cottage Pie with Garden Peas

HOT OPTION 2
€3.10

**Savoury Beef and vegetable
Pie topped with puff pastry**

**Beef Tacos in a crispy taco
shell with mince beef, grated
cheese, diced peppers and
onion**

HOT OPTION 3
€3.10

**Chicken Curry Madras with
Rice**

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VEGETARIAN OPTION
€3.10

**Vegetable Curry Madras with
Rice**

**Traditional Macaroni and
Cheese**

POWER LUNCH
€3.10

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

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broccoli and penne pasta**

Daily Bread Menu

Please choose your bread

Baguette small €1.50 Large

Baguette/Panini €3.10, Wraps €2.50

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