



M E N U

Summer/Autumn Menu - Week 1

Breakfast

<u>Weetabix</u> Contains: Barley and Wheat Contains milk if served with cow's milk	<u>Rice Crispies</u> Contains: Barley Contains milk if served with cow's milk	<u>Ready Brek</u> Contains: Oats Contains milk if served with cow's milk
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Snack: A Selection of Fresh Fruit

Dinner	Vegetarian Option	Tea
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Monday		
*Pasta Bolognese Contains: *Gluten and Wheat and <i>celery</i> . Mince rib beef, carrots, onions, peppers, garlic, mushrooms, tinned tomato, fresh herbs, <i>celery</i> .	*Vegetarian Pasta Contains: *Gluten and Wheat and <i>celery</i> . Kidney beans, carrots, onions, peppers, garlic mushrooms, tinned tomato, fresh herbs.	Fresh Fruit or *Plain Scones Contains: *Gluten and Wheat and <u>Dairy</u> *Flour, <u>butter</u> , <u>milk</u> , <u>eggs</u> & mixed fruit
Tuesday		
Mediterranean chicken casserole with boiled potatoes Contains: <i>celery</i> . Chicken, onion, garlic, peppers, carrots, sweet potato, tinned tomatoes, <i>celery</i> .	Mediterranean casserole with boiled potatoes Contains: <i>celery</i> . Chick peas, onion, garlic, peppers, carrots, sweet potato, tinned tomatoes, <i>celery</i> .	*Carrot Bread & <u>Cheese</u> Contains: *Gluten and Wheat and <u>Dairy</u> Bread: Yeast, plain flour, wholemeal flour, olive oil, salt, sugar, carrot
Wednesday		
Sweet & Sour Turkey with Rice Contains: <i>celery</i> Turkey, peppers, onions, carrots, courgette, tinned pineapple, soy sauce, fresh parsley, tomato puree, <i>celery</i> .	Sweet & Sour with Rice Contains: <i>celery</i> Kidney bean, peppers, onions, carrots, courgette, tinned pineapple, soy sauce, fresh parsley, tomato puree, <i>celery</i> .	*Vegetable Soup and Brown Bread Contains: <i>celery</i> , *Gluten and Wheat and <u>Dairy</u> Onion, carrot, turnip, parsnip, <i>celery</i> .
Thursday		
*<u>Macaroni Cheese</u> Contains: *Gluten and Wheat, <u>Dairy</u> and <i>celery</i> . Cheese, butterbean, peppers, <u>crème fraiche</u> , <i>celery</i>	Homemade Potato Wedges & Beans	
Friday		
Chicken Risotto Contains: <i>celery</i> Chicken, mushroom, leeks, cannellini beans, parmesan cheese, <u>crème fraiche</u> , fresh parsley, <i>celery</i>	Vegetarian Risotto Contains: <i>celery</i> Mushroom, leeks, cannellini beans, parmesan cheese, <u>crème fraiche</u> , fresh parsley, <i>celery</i>	*Wholemeal Base Pizza Contains: *Gluten and Wheat and <i>celery</i> . *Flour, yeast, salt, olive oil, water, peppers, onion, garlic, carrot, tomato puree, vegetable stock, cheese & ham, <i>celery</i> .

All meat is of Irish origin



M E N U

Summer/Autumn Menu - Week 2

Breakfast

Weetabix

Contains: Barley and Wheat
Contains milk if served with cow's milk

Rice Crispies

Contains: Barley
Contains milk if served with cow's milk

Ready Brek

Contains: Oats
Contains milk if served with cow's milk

Snack: A Selection of Fresh Fruit

Dinner

Vegetarian Option

Tea

Monday

Chicken Primavera with Pasta

Contains: *Gluten and Wheat, *celery*.

Chicken, courgette, peppers, onion, garlic, tinned tomato, fresh herbs *and Celery*

Vegetarian Primavera with Pasta

Contains: *Gluten and Wheat, *celery*

Chickpeas, courgette, peppers, onion, garlic, tinned tomato, fresh herbs *and Celery*

*** Cheesy Garlic Bread**

Contains: *Gluten and Wheat and Dairy

Yeast, plain flour, wholemeal flour, olive oil, salt, sugar, cheese, garlic, parsley

Tuesday

Fruity Vegetable Curry with Rice

Contains: *celery and turmeric*.

Onion, courgette, butternut squash, mushroom, peppers, cauliflower, pineapple, spices, *celery and turmeric*.

***Banana Bread**

Contains: *Gluten and Wheat and eggs

Yeast, plain flour, wholemeal flour, olive oil, salt, sugar, banana

Wednesday

***Chicken & Broccoli Pasta**

Contains: *Gluten and Wheat, *celery* and Dairy

Chicken, onion, broccoli, parmesan, cheese, olive oil, *celery*

***Broccoli Pasta**

Contains: *Gluten and Wheat, *celery* and Dairy

Onion, broccoli, parmesan, cheese, olive oil, *celery*

Tomato Soup & *Brown Bread

Contains: *celery*.

Soup: Onion, carrot, *celery*, tomato

Brown Bread: *Wholemeal flour, butter, milk, eggs

Thursday

***Beef Tagine**

Contains: *celery*

Beef, onion, *celery*, chickpeas, tinned tomatoes, sweet potato, spices, herbs.

Vegetarian Tagine

Contains: *celery*

Kidney beans, onion, *celery*, chickpeas, tinned tomatoes, sweet potato, spices, herbs.

***Two seed Bread with vegetable sticks and cheese**

Contains: *Gluten and Wheat and Dairy Bread: Yeast, plain flour, wholemeal flour, olive oil, salt, sugar, sunflower seeds / pumpkin seeds / poppy seeds

Friday

*** Roast Vegetable, Chicken & Pesto Pasta**

Contains: Dairy, *celery*

Chicken, aubergine, courgette, carrot, peppers, basil, garlic, parmesan, *celery*

***Roast Vegetable, & Pesto Pasta**

Contains: Dairy, *celery*

Aubergine, courgette, carrot, peppers, basil, garlic, parmesan, *celery*

***Wholemeal Base Pizza**

Contains: *Gluten and Wheat and *celery*.

*Flour, yeast, salt, olive oil, water, peppers, onion, garlic, carrot, tomato puree, vegetable stock, cheese & ham, *celery*.

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M E N U

Summer/Autumn Menu - Week 3

Breakfast

Weetabix

Contains: Barley and Wheat
Contains milk if served with cow's milk

Rice Crispies

Contains: Barley
Contains milk if served with cow's milk

Ready Brek

Contains: Oats
Contains milk if served with cow's milk

Snack: A Selection of Fresh Fruit

Dinner

Vegetarian Option

Tea

Monday

***Turkey Carbonara with pasta**

Contains: *Gluten and Wheat, Dairy, celery.

Turkey, bacon, mushroom, leeks, butter beans, garlic, crème fraiche, celery

Carbonara with pasta

Contains: *Gluten and Wheat, Dairy, celery

Chickpeas, mushroom, leeks, butter beans, garlic, crème fraiche, celery

Summer Brack

Contains: **Eggs**, *Gluten and Wheat.

Plain flour, dried fruit, orange & lemon juice, **eggs**, buttermilk, sugar, margarine, baking powder, salt.

Tuesday

Chilli Con Carne

Contains: celery.

Minced Beef, onion, carrot, celery, peppers, mushroom, garlic, herbs, spices, tinned tomato, kidney beans

Vegetarian Chilli

Contains: celery

Onion, carrot, celery, peppers, mushroom, garlic, herbs, spices, tinned tomato, kidney beans

Brown bread scones and cheese

Contains: *Gluten and Wheat, Dairy

Wholemeal flour, butter, milk, **eggs**

Wednesday

Spinach & Tomato *Pasta

Contains: *Gluten and Wheat, celery

Baby spinach, tomato, onion, carrot, garlic, mushroom, chickpeas, celery

Leek & Potato Soup & *Brown Bread

Contains: *Gluten and Wheat, Dairy, and celery.

Potatoes and leeks, crème fraiche, celery.

Thursday

Spicy Chicken with Potato

Contains: celery

Chicken, courgette, onion, garlic, celery, carrot, tinned tomato, fresh herbs, paprika

Spicy Potato

Contains: celery

Courgette, onion, garlic, celery, carrot, tinned tomato, fresh herbs, paprika

Fresh Fruit or *Plain Scones

Contains: *Gluten and Wheat and Dairy

*Flour, butter, milk, **eggs** & mixed fruit

Friday

Beef Stroganoff & Rice

Contains: celery and Dairy

Beef, onion, mushroom, butterbean, courgette, crème fraiche, nutmeg, fresh parsley, celery

Stroganoff & Rice

Contains: celery and Dairy

Onion, mushroom, butterbean, courgette, crème fraiche, nutmeg, fresh parsley, celery

***Wholemeal Base Pizza**

Contains: *Gluten and Wheat and celery.

*Flour, yeast, salt, olive oil, water, peppers, onion, garlic, carrot, celery, tomato puree, vegetable stock, cheese & ham

All meat is of Irish origin