

**BREAKFAST
MENU**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Porridge & Muesli Bar	Build your own bowl of Muesli or Rolled Oats Porridge with a choice of toppings: Toasted Oats and Bran, Natural Honey, Dried Fruit, toasted Coconut and selection of Seeds						
Cereals	Selection of cereals including Bran flakes, Coco Pops, Weetabix, Rice Crispies and Corn Flakes Served with Full-fat and Low-fat Milk						
Daily Special	Warm Croissants	Boiled Egg	Baked Bean on Toast	Scrambled Eggs	Warm Pastry	Irish Breakfast	Mixed Berry Smoothie
Toast Bar	Wholegrain, Multi-seed and Granary Breads with a selection of local Jams and Preserves						
Beverage Station	Tea, Coffee, Chilled Water, Full-fat and Low-fat and Milk						

If you have a food allergy or intolerance please ask our staff for further information

LUNCH MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Station	Leek & Potato Soup	Vegetable Soup	Cream of Chicken Soup	Tomato & Basil Soup	Broccoli Soup	Packed Lunches	Packed Lunches
Traditional Choice	Home Made Spiced up Sausage Rolls	Spaghetti Bolognese	Roast Loin of Pork	Crusted chicken fillet	Irish Beef & root vegetable Stew		
Global Choice	Beef Meatballs in a rich tomato sauce	Peppered Chicken breast	Arctic Flat bread stack of Ham, Cheese, Onion & Tomato	Beef Lasagne & garlic toast	Deep Fried Cod fillet tartar		
On The Side	Saute Potatoes Roasted Root vegetables	Roast Potato Mixed Vegetables	Mash Potato Stir Fry Vegetables	Baby Boiled Potatoes Garden Peas	Baked Wedges Garden Peas		
Dessert or Fresh Fruit	Strawberry Cheesecake	Warm Toffee Sticky Pudding	Banofie Pie	Warm Apple Crumble	Jelly & Ice Cream		
Beverage Station	Tea, Coffee, Chilled Water, Full-fat and Low-fat and Milk						

If you have a food allergy or intolerance please ask our staff for further information

**EVENING
TIME MENU**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Afternoon Sweet Treat or Fruit	Warm Chocolate Brownie	Homemade Cookies	Flapjacks	Bakewell Tart	Banana Cake	Watermelon & pineapple wedges	No Supper
Supper 1	Fajita Bar Tortillas	Black pudding Pork & Thyme Sausages	BBQ	Penne Pasta Carbonara with smoked bacon	Spicy Chicken Wings	Pizza night: Selection of Toppings on stone baked bread	
Supper 2	Spicy Chicken or beef with cheese, sour cream & jalapenos	Beef in a Black bean Sauce	Burgers Sausages Chicken Breast	Hot Triple Beef in a flour Tortilla Wrap	Grilled Beef Burger with open choice toppings	Anti-Pasti	
On The Side	Potato Wedges Stir Fry Vegetables	Chive mash Fried Rice	Corn on the cob Vegetable Kebabs	Oven Baked Twisty Fries Baked Beans	Saute Potatoes French Fries		
Salad Bar	Selection of Seasonal Salads Daily						
Beverage Station	Tea, Coffee, Chilled Water, Full-fat and Low-fat and Milk						

If you have a food allergy or intolerance please ask our staff for further information