

Canteen Menu - September 2022

Morning Break

Tea / Herbal Tea €1.50

Selection of Coffees €2.50

Hot Chocolate €2.50

Allergen Information - 7

Milk – .80c (approx)

Allergen Information - 7

Bottled Water €1

Homemade Scone with Butter & Jam €2.00

(Self Raising Flour, Eggs, Butter, Milk, Sugar)

Allergen Information - 1 3 7

Selection of Cereal Bars – €1 / €1.20

Fresh Fruit .60c

Selection of Yogurts - €1

Yogurt Drinks - €2

Lunch Break Menu

Homemade Vegetable Soup €2.00

(Puree of Fresh Vegetables, Vegetable Stock, Roux)

Allergen Information – 1 6 9

(served with Multi-seed Roll /Plain Roll & Butter) €2.50

Allergen Information – 1 3 11

Homemade Chicken Curry with Boiled Rice €5.00

(Chicken, Curry Powder, Onions, Tomato Puree, Pineapple, Chutney, Chicken Stock, Rice)

Allergen Information – 1 4 8 9

Lasagne with Side Salad €5.00

(Minced Beef, Onions, Mushrooms, Garlic, Tomato Puree, Worcestershire Sauce, Pasta, Cheese Sauce & Seasoning – Mixed Salad Leaves, vegetables)

Allergen Information – 1 7

Homemade Potato Wedges €2.50

(Fresh Potato, seasoning & Oil)

Allergen Information – 6

Pasta with Chicken, Bacon & Tomato Sauce €3.50

(Fresh Chicken, Penne Pasta, Passata Sauce, Fresh Vegetables)

Allergen Information – 1 8

Hot Chicken Wrap with Salad €3.50

(Mixed Lettuce, Tomato, Onions, Fresh Chicken & Mayonnaise)

Allergen Information – 1 3 4 6

Pasta with Vegetables & Tomato Sauce €3.00

(Penne Pasta, Passata Sauce, Fresh Vegetables)

Allergen Information – 1 8

Selection of Homemade Sandwiches €2.50

Fillings

(Salad, Chicken, Ham, Cheese, Tuna & Sweetcorn)

Allergen Information – 1 3 7 11

Caesar Salad €2.50

(Mixed Lettuce, Tomato, Onions, Croutons, Mayonnaise, Parmesan Cheese)

Allergen Information – 1 3 7

Caesar Salad with Chicken & Bacon €3.50

(Mixed Lettuce, Fresh Chicken, Bacon, Tomato, Onions, Croutons, Mayonnaise, Parmesan Cheese)

Allergen Information – 1 3 7

Pasta Salad €2.50

(Penne Pasta, Fresh Vegetables, Onions, Peppers, Low Fat Mayonnaise)

Allergen Information – 1 3 7

Food Options will be colour coded to indicate special dietary requests,

All Food is prepared on site on a daily basis

No items of food are fried or deep fat fried.

All our chicken products are Halal

Any Student with special dietary requirements please speak with staff and we will accommodate your needs.

Allergen Codes

- 1. Cereals containing gluten**
- 2. Crustaceans**
- 3. Eggs and products thereof**
- 4. Fish and products thereof**
- 5. Peanuts**
- 6. Soybeans and products thereof**
- 7. Milk and/or lactose**
- 8. Nuts**
- 9. Celery**
- 10. Mustard**
- 11. Sesame seed**
- 12. Sulphur dioxide and sulphites**
- 13. Lupin and products thereof**
- 14. Molluscs and products thereof**

Food Allergies and Intolerances

Please speak to our staff about your requirements before ordering.

Full detailed information regarding the Allergen Codes on our Menus will be displayed on the Chart in the School Canteens.