



rafterscafe School Food

WEEK 1

Cycle 2

MONDAY AND TUESDAY

WEDNESDAY TO FRIDAY

SOUP AND ROLL
€2.00

Homemade Soup of the Day (celery)

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HOT OPTION 1
€3.00

Roast Cajun chicken fillet
served with oven baked wedges
and a side of stir fried
vegetables (gluten soya)

Baked Lasagne With A Side
Of Garlic Bread (gluten ,celery, mustard)

HOT OPTION 2
€3.00

2 Irish Pork Sausages,
mash and gravy with
seasonal vegetables (gluten
milk)

Mexican Beef Pitta (gluten celery)

Savoury mince beef with spices,
topped with cheese Served in a
soft pitta bread with a side of oven
baked wedges

HOT OPTION 3
€3.00

Chicken Curry Madras with
Rice (milk)

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Rice (milk)

VEGETARIAN OPTION
€3.00

Macaroni and Cheese (gluten milk
mustard)

Macaroni and Cheese (gluten celery
mustard)

POWER LUNCH
€3.00

Chicken Breast with steamed
Broccoli and Penne Pasta (gluten)

Chicken Breast with steamed
Broccoli and Penne Pasta (gluten)

VEGETARIAN AND POWER LUNCH ONLY AVAILABLE BY PREORDERING
ALL OUR BEEF IS OF IRISH ORIGIN

Daily Bread Menu

Please choose your bread

Baguette\Paninis €3.00, 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

