



rafterscafe School Food

WEEK 4

Cycle 1

SOUP AND ROLL
€2.00

HOT OPTION 1
€3.00

HOT OPTION 2
€3.00

HOT OPTION 3
€3.00

VEGETARIAN OPTION
€3.00

POWER LUNCH
€3.00

MONDAY AND TUESDAY

Homemade Soup of the Day¹,

**Sweet Chili Chicken Stir
Fry with Noodles, Peppers
and Onions ^{1, 2, 4, 9, 13}**

Chicken Pasta Bake ^{1, 2, 7,}

**Chicken Curry Madras with
Rice ^{9,}**

Vegetable Fajita Wrap ^{1, 2, 7, 9}

**Chicken breast with steamed
broccoli and penne pasta ²**

WEDNESDAY TO FRIDAY

Homemade Soup of the Day ¹

Mexican Beef Nachos ^{1, 2, 9}

**Spice Box (Breaded Chicken
Strips with Oven Baked Wedges,
Peppers, Onion and a blend of
Spices ^{1, 2, 9}**

Chicken Curry Madras with Rice ⁹

Vegetable Lasagne with salad ^{1, 2, 7}

**Chicken breast with steamed
broccoli and penne pasta ²**

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

VEGETARIAN AND POWER LUNCH ONLY AVAILABLE BY PREORDERING

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