

**MENU CYCLE
WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Selection of cereals including Bran flakes, All Bran, Weetabix and Cornflakes served with Full fat and Low fat milk. Whole fresh fruit & cut fruit Porridge with a choice of toppings – toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds						
	Boiled Egg	Croissant Pastries	Scrambled Egg	Baked Beans	Yogurt Bar	Baked Pork Sausages	Grilled Bacon Rashers
Lunch	Hearty Vegetable soup	Tomato & Basil Soup	Roasted Vegetable Soup	Potato & Chive Soup	Carrot & Cumin Soup	Creamy Mushroom Soup	Potato & leek Soup
	Grilled Bacon Chop, Parsley Sauce	Cumberland Sausages with Onion Gravy	Poached Salmon, with Lemon & Dill	Roast Chicken & Herb Stuffing with Gravy	Braised Steak in Pepper Sauce	Beef Lasagne with Garlic bread	Sunday Roast Loin of Irish Pork with Apple
	Cottage Pie topped with Spring Onion Mash	Beef Root Vegetable Casserole	Piri Piri Chicken Fillet	Burger Lyonnaise, Caramelised onion	Crumbed Fresh Cod Filet, Tartar sauce	Creamy Chicken & Mushroom Vol au Vant	Thyme Baked Chicken Supreme
	Home-baked Yeast Loaf & Brown Bread Daily varied selection of Fresh Vegetables, Potato, Starch or appropriate side order Self-serve Salad Bar with a varied selection of Composite, Simple, Protein, Carb & Green Salads						
	Deirdre's Rocky Road	Bread & Butter Pudding with Custard	Cut Fruit, Probiotic Yoghurt & Berry Coulis	Apple & Cinnamon Crumble with Custard	Rice Krispie Chocolate Squares	Ice Cream Sundae Bar	Chocolate Fudge Pudding & Chocolate Sauce
	Curry Bar with Basmati Rice & Naan	Spaghetti Bolognese, Garlic Bread	Cajun Chicken Hot Wrap, Sour Cream & Salsa	Chilli con Carne, Rice & Tortilla bites	Mixed Grill with Home-fries	Self-load Home-made Ground Beef Burger Bar	Authentic Chicken Korma & Poppadum
Snack	Hot Dog	Cocktail Sausages & roll	Filled Ham Roll	Chicken Tikka Roll	Danish Pastry Treat	Roast Chicken Roll	Cocktail Sausages & Chips

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

**MENU CYCLE
WEEK 2**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Selection of cereals including Bran flakes, All Bran, Weetabix and Cornflakes served with Full fat and Low fat milk. Whole fresh fruit & cut fruit Porridge with a choice of toppings – toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds						
	Boiled Egg	Croissant Pastries	Scrambled Egg	Baked Beans	Yogurt Bar	Baked Pork Sausages	Grilled Bacon Rashers
Lunch	Cream of Leek Soup	Mushroom Soup	Tomato Soup	Creamy Vegetable Soup	Carrot & Coriander Soup	Chicken & Veg Soup	Cauliflower & Broccoli Soup
	Pan-fried Irish Fillet of Chicken "Kiev"	Ground Irish Beef Burger "with all the trimmings"	Honey Roast Gammon, Parsley Sauce	Thai Chicken with Chilli, Coconut & Lemongrass	Baked fresh Hake with Herb Crumb	Grilled Chicken Breast with Pepper & Mushroom	Sunday Roast Turkey, Lemon & Sage Stuffing
	Traditional Irish Beef Stew	Coated Chicken Tower	Baked Salmon & Pesto Crust	Red Thai Beef Curry	Apple Braised Pork Chop	Beef Bourignon	Herb Roast Chicken Supreme
	Home-baked Yeast Loaf & Brown Bread Daily varied selection of Fresh Vegetables, Potato, Starch or appropriate side order Self-serve Salad Bar with a varied selection of Composite, Simple, Protein, Carb & Green Salads						
	Chocolate & Pear Sponge	Bannoffi Pie	Chocolate Brownie & Ice Cream	Apple Pie & Custard	Death by chocolate "Surprise"	Home-made Bakewell Tart & Custard	Jelly & Ice Cream
	Chicken & Egg Rice Stir Fry	Meatballs, Spaghetti & Garlic bread	BBQ Pulled Pork with Corn on the Cob	Butterfly Chicken Burger, Baked Wedges	Bacon & Wild Mushroom Pasta	Lasagne al Forno & Jacket Potato	"Bang Bang" Beef Curry & Jasmine Rice
Snack	Filled Ham Roll	Fruit & Yoghurt & Granola Pot	American Hot Dog	Cocktail Sausages & roll	Danish pastry Treat	Artisan Pizza Slice	Sausages & Chips

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**MENU CYCLE
WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Selection of cereals including Bran flakes, All Bran, Weetabix and Cornflakes served with Full fat and Low fat milk. Whole fresh fruit & cut fruit						
	Porridge with a choice of toppings – toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds						
	Boiled Egg	Croissant Pastries	Scrambled Egg	Baked Beans	Yogurt Bar	Baked Pork Sausages	Grilled Bacon Rashers
Lunch	Butternut Squash & Pepper Soup	Cream of Spiced Parsnip Soup	Sweet Potato & Red Pepper Soup	Homemade Broccoli soup	Tomato & Basil Soup	Market Vegetable Soup	Cream of Mushroom Soup
	Char Grilled Bacon Chops	Honey & Mustard Irish Pork Joint,	Chicken Supreme "Pascale"	Self-load Ground Beef Burger Bar	Breaded Cod, Tartar sauce & lemon	Baked Gammon with Pineapple & Mustard	Sunday Roast Beef, Yorkshire Pudding & "Roasties"
	Chicken & Leek Pastry Pie,	Grilled "Arrabbiata" Chicken Breast	Shepherd's pie with Roots & Mash	Self-load Chicken Fillet Burger Bar	Beef Stroganoff & Rice	Garlic & Lemon Chicken Supreme	Rosemary Baked Chicken Supreme
	Home-baked Yeast Loaf & Brown Bread						
	Daily varied selection of Fresh Vegetables, Potato, Starch or appropriate side order						
	Self-serve Salad Bar with a varied selection of Composite, Simple, Protein, Carb & Green Salads						
	Rocky Road "Al Freddo"	Cut Fruit, Probiotic Yoghurt & Toppings	Baked Rice Pudding, Berry Coulis	Blackberry & Apple crumble with Custard	Raspberry Jelly & Ice Cream	Pineapple Upside-down Cake & Custard	CCR Strawberry Cheesecake
Teas	Tandoori Chicken & Baked Wedges	Beef Lasagne, Salad & Slaw	Pesto Chicken & Peppers Farfalle Pasta, Garlic Bread	Moroccan Lamb Tagine with Cous Cous	Mexican Tortilla Chicken "Enchiladas"	Stone-baked Pizza Slice, Spicy Baked Wedges	Hot Chicken Ceasar's Salad, Baby Roast Potato
Snack	Orange pepper chicken wrap	Homemade scone, Jam & Butter	Ham & cheese filled Roll	Homemade Sausage Rolls	Triple Chocolate Cookie & Drinking Choc.	Pastry Treat	Cocktail Sausages & Chips

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