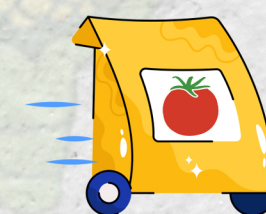
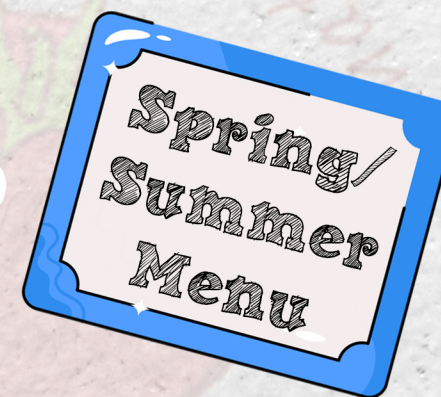


fresh^{to}day



MONDAY

Traditional Bangers with Creamy Mash, Garden Vegetables and Gravy (1, 2W, 4)

Cheese Ciabatta with Tangy Tomato Sauce and Crispy Potato Waffles (2W, 4)

Golden Chicken Tenders with Potato Waffles (2W)

Creamy Macaroni and Cheese (2W, 4)

Fluffy Steamed Plain Rice

Nonna's Gnocchi with Chicken and Creamy Mushroom Sauce (2W, 4, 12)

Hearty Penne Pasta Bolognese Infused with Lentils (2W)

Succulent Roast Beef with Creamy Mashed Potatoes, Rich Gravy, and Seasonal Vegetables (2W, 4)

Tender Roast Chicken with Seasonal Vegetables & Baby Potatoes

Simple and Classic plain Pasta (2W)

Mamma's Meatball Submarine and Potato Waffles (2W, 4)

Vegan Friendly Sausages with Baby Potatoes and Mixed Seasonal Veg (1, 2W, 2B, 6)

Plant-Based Southern Style Bites in Pasta and Rich Tomato Sauce (2W, 6)

Vegetable-Infused Chicken Curry with Rice (4)

TUESDAY

Battered Pollock Fish Bites with Seasonal Veg and Creamy Mash (2W, 4, 11, 12)

Cheese Ciabatta with Tangy Tomato Sauce and Crispy Potato Waffles (2W, 4)

Fluffy Steamed Plain Rice

Crispy Chicken Goujon Baguette (2W)

Homemade Beef Lasagne with Side of Potato Slices (2W, 4)

Italian Homely Penne Pasta in Rich Tomato Sauce (2W)

Classic Margherita Pizza with Savoury Ham and Potato Waffles (2W, 4)

Zesty Meatballs with Pasta and Rich Tomato Sauce (2W)

Plant-Based Goujons with Potato Criss Cuts (2W, 6)

Rich Cheese-Topped Potato Gratin (4)

Classic Roast Ham with Baby Potatoes and Seasonal Vegetables

Roast Turkey Delight with Creamy Mash, Rich Gravy and Garden Vegetables (2W, 4)

Simple and Classic Plain Pasta (2W)

Vegetable-Infused Chicken Curry with Rice (4)

WEDNESDAY

Veg Mixed Bean Chilli with Sweet Peppers and Fluffy Rice

Cheese Ciabatta with Tangy Tomato Sauce and Crispy Potato Waffles (2W, 4)

Chicken and Chorizo Pasta Bake with a Rich Creamy Sauce (2W, 4)

Golden Chicken Tenders with Potato Waffles (2W)

Chicken in Creamy Yogurt and Sweet Pepper Tikka Sauce with Waffles (2W, 4)

Classic Sausage Baguette (1, 2W)

Classic Shepherd's Pie with Garden Vegetables (4)

Creamy Macaroni and Cheese (2W, 4)

Fluffy Steamed Plain Rice

Italian Homely Penne Pasta in Rich Tomato Sauce (2W, 4)

Savoury Meatballs with Creamy Mashed Potatoes, Seasonal Vegetables, and Rich Gravy (2W, 4)

Tender Roast Chicken with Seasonal Vegetables and Baby Potatoes

Simple and Classic Plain Pasta (2W)

Vegetable-Infused Chicken Curry with Rice (4)

THURSDAY

Traditional Bangers with Creamy Mash, Garden Vegetables and Gravy (1, 2W, 4)

Battered Pollock Fish Bites with Seasonal Veg and Creamy Mash (2W, 4, 11, 12)

Cheese Ciabatta with Tangy Tomato Sauce and Crispy Potato Waffles (2W, 4)

Baked Chicken and Broccoli Pasta Delight (2W, 4)

Fluffy Steamed Plain Rice

Nonna's Gnocchi with Chicken and Creamy Mushroom Sauce (2W, 4, 12)

Crispy Chicken Goujon Baguette (2W)

Plant-Based Goujons with Potato Criss Cuts (2W, 6)

Rich Cheese-Topped Potato Gratin (4)

Roast Turkey Delight with Creamy Mash, Rich Gravy and Garden Vegetables (2W, 4)

Simple and Classic Plain Pasta (2W)

Mamma's Meatball Submarine and Potato Waffles (2W, 4)

Vegan friendly Sausages with Baby Potatoes and Mixed Seasonal Veg (1, 2W, 2B, 6)

Vegetable-Infused Chicken Curry with Rice (4)

FRIDAY

Juicy BBQ Chicken Ciabatta paired with Golden Potato Waffles (2W)

Cheese Ciabatta with Tangy Tomato Sauce and Crispy Potato Waffles (2W, 4)

Golden Chicken Tenders with Potato waffles (2W)

Chicken in Creamy Yogurt and Sweet Pepper Tikka Sauce with Waffles (2W, 4)

Classic Sausage Baguette (1, 2W)

Creamy Macaroni and Cheese (2W, 4)

Fluffy Steamed Plain Rice

Hearty Penne Pasta Bolognese Infused with Lentils (2W)

Classic Margherita Pizza with Savoury Ham and Potato Waffles (2W, 4)

Savoury Meatballs with Creamy Mashed Potatoes, Seasonal Vegetables and Rich Gravy (2W, 4)

Tender Roast Chicken with Seasonal Vegetables and Baby Potatoes

Simple and Classic Plain Pasta (2W)

Plant-Based Southern Style Bites in Pasta and Rich Tomato Sauce (2W, 6)

Vegetable-Infused Chicken Curry with Rice (4)

Allergen Key

(1) — Sulphates	(20) — Gluten (Oats)	(7) — Mustard	(12) — Eggs
(2W) — Gluten (Wheat)	(3) — Tree Nuts	(8) — Peanuts	(13) — Crustsceans
(2B) — Gluten (Barley)	(4) — Milk	(9) — Molluscs	(14) — Celery
(2R) — Gluten (Rye)	(5) — Seseme	(10) — Lupin	
(2D) — Gluten (Durum)	(6) — Soya	(11) Fish	



Vegetarian



Vegan



Halal Friendly



NATIONAL QMARK
FINALIST 2019
TOP 6% OF AUDITS NATIONALLY



Guaranteed Irish
All together better



FOOD SAFETY
ISO 22000:2005
NSAI Certified



REPAK
Business funding recycling



hi
Healthy Ireland