

Rafters

Sacred Heart School Tullamore Sample Weekly Menu For Students.

MONDAY

Main Meal

Today's Special: Traditional Baked Lasagne with a Tossed Green Salad and a Homemade Slaw. €2.95

Vegetarian Option Of The Day

Oriental vegetable sweet chilli stir fry with steamed rice or noodles 2.95

Chicken Curry Madras With Boiled Rice €2.95

SAVOURY

Homemade vegetable soup GF

served with homemade brown bread/roll 1.50

Cold/Hot Filled Baguette

*With 1 filling 1.50
With 2 fillings 2.00
With 3 fillings 3.00*

Cold/Hot Toasted Wrap

*Brown/White Wrap with 1 filling 1.50
With 2 Fillings 2.00*

Toasted Paninni Or Bagel

Up to 2 fillings 2.00

TUESDAY

Today's Special :Creamed potatoes with steamed carrots, roast gravy and sliced Breast of Roast Chicken €2.95

Chicken curry madras with steamed rice (GF) 2.95

Oriental vegetable stir fry with sweet chilli sauce and steamed rice 2.95

SAVOURY

Traditional vegetable soup (GF) with brown soda bread 1.50

Special Hot Filled Baguette Of The Day

Breaded Chicken Strips with choice of bbq sauce or ketchup and cheddar cheese, served hot and toasted. 2.00

Cold/Hot Toasted Wrap

Brown or white wraps with up to 2 fillings 2.00

Cold/Hot Filled Baguette

*with 1 filling €1.50
with 2 fillings €2.00
with 3 fillings €3.00*

WEDNESDAY

Today's Special : Creamed potato with carrots, roast gravy and 2 irish pork sausages €2.95

Penne Pasta Bolognese

2.95

Savoury

Homemade Soup With Brown Bread/Roll 1.50

Cold/Hot Filled Baguette

*Selection of fillings and sauces
1 filling €1.50
2 Fillings €2.00*

Choice Of Cold/Hot Toasted Wrap

*Selection of fillings and sauces
1 filling €1.50
2 fillings €2.00*

Today's Special: Irish beef stew with creamed potatoes €2.95

Penne Pasta Bolognese 2.95

Vegetarian Curry 2.95

SAVOURY

Soup

Homemade Vegetable Soup With Brown Bread/Roll 1.50

Cold/Hot Filled Baguette

*Selection of fillings and sauces
1 filling €1.50
2 fillings €2.00
3 fillings €3.00*

Cold/Toasted Wrap

*Selection of fillings and sauces
1 filling €1.50
2 fillings €2.00*

Hot Toasted Paninis and Bagels

selection of fillings.up to 2 fillings €2.00

Fillings For Rolls, sandwiches, panini's, wraps etc..

Baked ham, roast chicken, cajun chicken,100% breaded chicken breast strips, tuna, sweetcorn, lettuce, slice tomato, red or white onion, coleslaw, cucumber, beetroot, stuffing, cheddar cheese, mozzarella cheese, mayo, butter, bbq sauce, sweet chilli sauce, cajun sauce, ketchup.

THURSDAY