

fresh^oday

Cold Lunch Menu

Bread Choices



WHITE SLICED



HALF & HALF LOW CAL



WRAP



BROWN SLICED



GLUTEN & WHEAT FREE



WHOLEMEAL ROLL



SODA YEAST FREE



HEALTHY GRAIN

Spread Choices



BUTTER



LITTLE BUTTER
(ONLY ONE SIDE BUTTERED)



MAYONNAISE



Filling Choices



HAM



CHEESE



ROAST CHICKEN



SUGAR FREE
STRAWBERRY JAM



TURKEY



SMOKED SALMON &
CREAM CHEESE



EGG MAYO



CHICKEN & STUFFING
MAYO



CHICKEN TIKKA



TUNA & SWEETCORN
MAYO

Salad Choices Max of 2



CUCUMBER



LETTUCE



ONION



SWEET CORN



Alternative Options



CHICKEN PESTO PASTA



CHICKEN SWEETCORN PASTA



MEDITERRANEAN TOMATO



CROISSANT



FRUIT POT



SCONE & JAM



CHEESE & CRACKERS



PLAIN PASTA

Wholegrain Wraps



CHEESE WRAP



CHICKEN & MAYO WRAP



CHICKEN & STUFFING WRAP



TUNA & SWEETCORN WRAP



HAM & CHEESE WRAP



PLAIN WRAP



HAM WRAP



CHICKEN TIKKA WRAP

Fruit Dairy & Vegetable



APPLE/ORANGE OR BANANA



RAISINS



VEGETABLE POT



GLENISK PREMIUM YOGURT



CHEESE STICK



CHEESE TRIANGLE

Snack



LOW GI ROLL



YOGURT RICE CAKE



CRUNCHY BITES



SHREDDIES



WHEAT RINGS



OAT SLICE



LOW SALT PRETZELS



RYVITA



MINI FLAPJACK



WHOLEGRAIN PANCAKE



POPCORN

fresh today

Breakfast Club

Any 2 Fruit, Dairy, Vegetable or Snack Items only €0.60

Fruit Dairy & Vegetable



Wholegrain



Breakfast is a key meal each day and should provide children with lots of energy. It is important that food for lunch contains vitamins, minerals, fibre and is easy to recognise, handle and eat.

For queries please call us on: 01 969 6803