

This Week's Lunch Menu

Our in-house catering team, led by chef Mark Ryan, freshly prepare all food on site and the inclusion of an appropriately healthy meal at midday is an important part of what we offer our pupils. Our "healthy eating" policy encourages pupils to make sensible choices at mealtimes.

In addition Prep pupils are offered fresh fruit and milk at morning break – they may also bring from home a small, healthy sandwich to eat at this time. Pupils staying for after school care have a hot meal at 5.15pm.

Monday

Roast Turkey Crown,
Sage Onion & Cranberry Stuffing au Jus 1a, 4, 12

Indian Spiced Vegetable & Chickpea Biryani 4

Braised Chicken Olives, Chasseur Style 1a, 4, 12

Penne Pasta 1a

Broccoli

Cold Meats with a Selection of Ten Different Salads

Home Baked Bramley Apple & Golden Raisin Strudle,
Warm Custard 1a, 4, 5

Selection of Fresh Fruit

Tuesday

Beef & Egg Noodle Stir Fry Kung Po Style
with Asian Greens 1a, 4, 8, 10, 11

Stuffed Crispy Twice Baked Potato Au Gratin 1a, 4

Pan Seared Thai Salmon & Coriander Fish Cake 6, 7, 8

Boiled Rice

Steamed Broccoli Florets

Cold Meats with a Selection of Ten Different Salads

Selection of Fresh Fruit

Wednesday

Mildly Spiced Grilled Cajun Chicken Breast,
Coriander & Lime Mayonnaise 5

Shallow Fried Falafel Patty
with Tomato, Parsley & Smoked Garlic Salsa

Classic Fish Pie
with Crispy Potato & Parmesan Topping
1a, 4, 5, 6, 12

Herb Diced Potato

Buttered Sweetcorn

Cold Meats with a Selection of Ten Different Salads

Rich Gingerbread Cake, Butterscotch Sauce 1a, 4, 5

Selection of Fresh Fruit

Thursday

Braised Beef Steak, Kidney & Autumn Vegetable Pie
1a, 4, 5, 6, 12

Butternut Squash & Baby Spinach Risotto 4

Rustic Style Garlic Salami Pizza 1a

Creamy Champ Potato 4

Honey & Soy Glazed Carrots 8

Cold Meats with a Selection of Ten Different Salads

Homemade Cranberry & Orange Flapjack 1b, 4

Selection of Fresh Fruit

Friday

Grilled Pork Sausages
with Rich Onion Gravy 1a, 4, 6, 12

Oriental Style Vegetable & Noodle Chow Mein
with Soy Sauce 1a, 4, 8, 11

Crispy Duck Pancake
with Hoisin and Asian Greens 1a, 8, 11

Mashed Potato 4

Baked Beans

Cold Meats with a Selection of Ten Different Salads

Rich Dark Chocolate & Orange Brownies 1a, 4, 8

Selection of Fresh Fruit

Nutrition Information

Salad bar with at least 10 choices (4 of which are proteins) available every day. Fresh fruit platter is available every day at lunchtime. All beef served is of Irish origin and fully traceable.

Dishes listed above contain allergens as detailed.

1. cereal: a-wheat, b-oats
2. nuts
3. peanuts
4. milk
5. eggs
6. fish
7. shellfish / crustaceans
8. soy beans
9. mollusks
10. mustard
11. sesame seeds
12. sulphur dioxide
1. lupin
2. celery

We maintain a nut-free environment at all times. Parents should bring to the School's attention any other allergies that their children may suffer from, so that relevant options can be considered by our catering department.