



CONTRACT CATERING SERVICES

# LUNCH MENU

Nov 2024 - Apr 2025



Week 1	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	<b>FREE FROM</b> Main Allergens Wednesday 'Traditional Day'	Thursday Lebanon	Friday 'Favourites'
Dates	04 Nov 2024 • 18 Nov • 02 Dec • 16 Dec • 30 Dec • 13 Jan 2025 • 27 Jan • 10 Feb • 24 Feb • 10 Mar • 24 Mar • 07 Apr				
Option 1	Baked Ricotta & Spinach Cannelloni with Tomato Sauce	Beef, Pepper & Onion Pizza with Spicy Diced Potatoes	Chicken Sausage with Mash Potatoes & Onion Gravy	Chicken Shawarma with Lebanese Rice or Lebanese Flatbread	Cod Fish Fingers with Chips
Option 2	Vegan Sausage Roll with Potato Wedges	BBQ Vegetable Strips Wrap with Spicy Diced Potatoes	Vegetable Hotpot	Falafel in Sumaq & Za'atar Sauce with Lebanese Rice	Lentil & Vegetable Dahl with Rice
On the side	Sliced Carrots and Peas	Sweetcorn & Green Beans	Cauliflower and Sliced Carrots	Mix Vegetables	Garden Peas and Baked Beans
Salads	Mixed Green Salad	Crunchy Coleslaw	Chef's House Salad	Fattoush Salad	Macedoine of Vegetable Salad
Dessert	Fruity Yoghurt Bar with Toppings	Cheddar Cheese with Breadstick	Seasonal Fresh Fruit Salad	Banana & Date Yoghurt	Apple & Sultana Yoghurt with Rice Krispies
DAILY OPTIONS: DAILY SALAD & SEASONAL FRESH FRUIT PLATTER  FRESH BREAD & YOGHURTS					

Week 2	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	<b>FREE FROM</b> Main Allergens Wednesday 'Traditional Day'	Thursday Ireland	Friday 'Favourites'
Dates	11 Nov 2024 • 25 Nov • 09 Dec • 23 Dec • 06 Jan 2025 • 20 Jan • 03 Feb • 17 Feb • 3 Mar • 17 Mar • 31 Mar • 14 Apr				
Option 1	Piri Piri Vegan Meatballs in Tomato Sauce with Rice	Italian Beef Meatballs Marinara Subroll with Cajun Diced Potatoes	Roast Chicken with Roast Potatoes & Gravy	Irish Beef Stew with Champ/Colcannon Mash Potatoes	Battered Pollock Fillet or Bubble Salmon Fillet with Chips
Option 2	Chickpea & Mixed Vegetable Balti with Rice	Vegetable Nuggets with Katsu Curry Sauce and Rice	Jacket Potato with Leek, Onion & Beans	Veggie Sausage with Champ/Colcannon Mash Potatoes & Gravy	Quorn Frankfurter Hotdog with Chips and Homemade Tomato Sauce
On the side	Green Vegetable Medley	Broccoli & Sweetcorn	Green Beans & Cauliflower	Green Cabbage & Sliced Carrots	Garden Peas and Baked Beans
Salads	Carrots & Cucumber Ribbons	Tomato & Pasta Salad	Chef's House Salad	Potato Salad	Crunchy Coleslaw
Dessert	Fruity Yoghurt Bar with Toppings	Cheddar Cheese with Breadstick	Seasonal Fresh Fruit Salad	Raspberry & Mango Fruit Fool	Apple & Banana Yoghurt Crunch
DAILY OPTIONS: DAILY SALAD & SEASONAL FRESH FRUIT PLATTER  FRESH BREAD & YOGHURTS					

Please Note that some dishes maybe subject to local changes to suit individual school needs

**NEW AWARD**



Pro Veg recognises that OUR healthy menus are environmentally friendly for humans, animals and the Planet.



All our Vegan & Vegetarian recipes are packed full of nutrition including PROTEIN & FIBRE to keep children healthy & happy.



**IMPORTANT INFORMATION:**

Every effort is made to minimise risk of cross-contamination. However, it should be noted that our food is prepared in a kitchen where known allergens may be present and therefore the risk of cross-contamination remains a risk. Please ask staff for further details regarding specific dietary requirements and/or allergens.

*Congratulations!*



Contract Services CPU team were WINNERS at the Staff Awards Ceremony for "Excellent Support Services"

Fantastic FOOD IN SCHOOLS