



# TFW FOOD SERVICES

## Dundalk Grammar School

### Weekly Menu | Monday 30th January 2023

Breakfast Special: Porridge with honey 1,7, granola, yogurt and fruit 1,7

Sandwich Special: Spicy chicken, lettuce and sweet chilli wrap 1,9 vegan curried cauliflower burger 1

Soup Special: Homemade vegetable soup 9

Salad Special: Mixed cold meat salad plates , roasted veg cous cous

#### Monday

Morning special...hash browns and egg (3)

Chicken tikka panini (1,3)

Italian topped flatbreads (1,7,9)

Creamy pesto pasta (1,3,7,8 cashew)

Pasta with tomato and basil sauce (1,9)

Cajun chicken pasta bake (1,7)

#### Tuesday

Toasted soda farl with pudding and egg (1,3,7,10)

BBQ pulled pork ciabatta (1,6)

Chicken fajita tortilla boats (1)

Chicken korma served with steamed rice (7)

Shredded chicken with wedges spices and sautéed veggies served with steamed rice (1,7)

#### Wednesday

Morning special...Breakfast muffin (1,3,6,7,10)

BBQ chicken wings

Montreal steak and onions on a toasted ciabatta (1)

Chicken casserole on a bed of creamy mash (1,6,9)

#### Thursday

Morning special...bacon and egg breakfast roll (1,3,7)

Selection of mixed sandwiches (1,3,10)

Potatas bravas (3,9,10)

Thai veggie noodles (1)

Breast of chicken curry served with steamed rice (1,6,7,10)

#### Friday

Morning special...scrambled egg on toast (1,3,7)

Check the board for Friday specials

Cajun chicken panini (1,7)

Pasta of the day

Chunky seasoned chicken served with skinny fries (1,7)

ALLERGENS: 1.Cereals | 2.Crustaceans | 3.Eggs | 4. Fish | 5. Peanuts | 6. Soybeans | 7. Milk & Milk products | 8. Nuts | 9. Egg Yolk | 10. Mustard | 11. Sesame Seeds | 12. Sulphur Dioxide & Sulphites | 13. Lupin | 14. Molluscs

We are an allergy aware business. We produce food in a kitchen where allergies are handled & maintain a policy of separation. However, we cannot guarantee that any item is allergen free.

Some of our meals contain dairy, please let me know if you have any dietary requirements or allergies.

Food Safety Authority Ireland / [fsai.ie](http://fsai.ie) for more information.