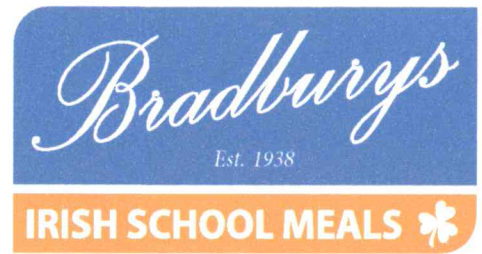


ST. JOSEPH'S, TULLAMORE



Class

Student Name

Teacher Name

A HAM 5* HOME COOKED HAM

- A1 Ham on White Bread *G,S,D*
- A2 Ham on Brown Wholemeal Bread *G,S,D*
- A3 Ham on Soda Bread *G,S,D*

B ROAST CHICKEN

- B1 Chicken on White Soft Roll *G,S,D*
- B2 Chicken on Brown Crispy Roll *G,S,D*

C CHEDDAR CHEESE

- C1 Cheese on White Bread *G,S,D*
- C2 Cheese on Brown Wholemeal Bread *G,S,D*

D CORNED BEEF

- D1 Beef on Brown Bap No Butter *G,S,D*
- D2 Beef on White Bread *G,S,D*

E ROAST TURKEY

- E1 Turkey on White Roll *G,S,D*
- E2 Turkey on Brown Wholemeal Bread *G,S,D*

- F Egg Mayo on Brown Bap *E, G, S, D, M*

G BREAD AND BUTTER

- G1 On White Bread *G,D*
- G2 On Brown Wholemeal Bread *G,D*
- G3 On Soda Yeast Free Bread *G,D*

- H Tuna Mayo on Brown Bap *F,G,E,S,D,M*

Fill in your choice for each day:

	Mon	Tue	Wed	Thu	Fri
YOUR CHOICE:					

ALTERNATIVES

- J Ham, Cheese & Lettuce on Brown Roll *G,S,D,E,M*
- K Turkey, Cheese & Lettuce on Brown Roll *G,S,D,E,M*
- L Chicken, Stuffing Mayo Wrap *G,S,D,M,E*
- M Cheese and *Salad Wrap *G,D,E,M*
*(Salad = *Lettuce and Peppers)*
- N Ham and Cheese Wrap *D,G,E,M*
- O Plain Pasta *G*
- P Taco Chicken Pasta *G,E,M*
- Q Italian Tomato Pasta *G,M*
- R Crackers and Soft Cheese *G,D*
- S Croissant *G,D,E*
- T Soda Scone Buttered - Yeast/Sugar Free *G,D*

Please tick a box for each day:

SNACK 1

- Oat Crunch* *E*
- Plain Scone *G,D*
- High Fibre Fruit Scone *G,D*
- Jacobs's Crackers *G*
- Wheaten Pancake *E,G,D*
- Plain Rice Cake

	Mon	Tue	Wed	Thu	Fri
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FRUIT

- Apple
- Orange
- Banana
- Pear

	Mon	Tue	Wed	Thu	Fri
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SNACK 2

- Raisin Pack
- Carrot Pack
- Cucumber Pack
- Grape Pack
- Spelt & Yogurt Muffin *G,E,D*

	Mon	Tue	Wed	Thu	Fri
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SNACK 3

- Frube *D*
- Petit Filous Yogurt *D*
- Cheddar Cheese Square *D*
- Soft Cheese *D*
- Yoghurt Rice Cake *D*

	Mon	Tue	Wed	Thu	Fri
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please tick if you have an allergy:

- No Butter Gluten Free
- Nut Allergy Other:
- Egg Allergy
- Dairy Allergy

Gluten - G • Eggs - E • Fish - F • Soy - S
Dairy - D • Mustard - M • Sesame Seed - SS
* Gluten Free

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