

St Ciaran's College Ballygawley

Week Beginning Oct 7, Oct 21, Nov 4, Nov 18, Dec 2, Dec 16, Dec 30, Jan 13, Jan 27, 10 Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Chicken	Baked Gammon	Braised Steak	Stuffed Sausage & Bacon	Chicken Curry
Pasta Bolognese	Pepperoni Pizza	Chicken Chunks	Chicken Goujon	Scotch Egg
Steak Burger	Cheese & Bacon Wedges	Steak Burger	Hot Dog	Steak Burger
Southern Fried Goujons	BBQ Pork Wrap	Lasagne	Chicken Crumble	Hot Dog
Selection of Paninis & Toasties				

FLAVOURS OF THE WORLD













& Linguine



Beef Burrito Box & Tortilla Chips



Fragrant Thai Red Chicken Curry with Basmati Rice



Chicken Korma with Basmati Rice & Mini Naan



Peri-Peri Chicken with Portuguese Charred Veg & Spicy Rice

GRAB & GO

Our Grab and Go selection features hot and cold options, including fresh sandwiches, baguettes, rolls, wraps and burritos

We also have fresh salad & pasta boxes and a selection of desserts from muffins and biscuits to hot sweet treats.

soup & spuds

Why not try a bowl of our freshly made soup, with a tasty roll on the side.

We also have baked potatoes available with a variety of delicious fillings.

So much choice with Let's Eat from EA Catering

If you require any additional information on allergens or special diets please contact your school.



St Ciaran's College Ballygawley

Week Beginning Oct 14, Oct 28, Nov 11, Nov 25, Dec 9, Dec 23, Jan 6, Jan 20, 3 Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Chicken	Baked Gammon	Pork Chop	Braised Steak	Chicken Curry
Pasta Bolognese	Pepperoni Pizza	Chicken Chunks	Chicken Goujon Wrap	Hot Dog
Hot Dog	Cheese & Bacon Wedges	Chicken Crumble	Hot Dog	Steak Burger
Chicken Burger	Steak Burger	Steak Burger	BBQ Pork Burrito	Fish Fingers
Selection of Paninis & toasties	Selection of Paninis & Toasties	Selection of Paninis & Wraps	Selection of Paninis & Wraps	Selection of Paninis & Toasties

FLAVOURS OF THE WORLD













Stalian Pesto Pasta with Chicken



Sriracha Flatbread

Tuesday



General Tso's Chicken with

Noodles or Rice

Thursday Indian

Chicken Bhuna with Basmati Rice & Mini Naan Friday Peri-Peri

Peri-Peri Chicken Deli Roll, Garlic & Herb Mayo



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