



Mercy Secondary School Kilbeggan

STUDENT LUNCH MENU 2019/2020

All orders placed on Monday morning for the week will be at a discounted rate of €10.00

SANDWICHES (all served with Mayo or Butter) €3.00

Choose 1

- Baguette
- Wrap
- Wholegrain wrap
- Bap
- White Bread
- Wholemeal Bread
- Gluten Free/vegan Bread – White
- Gluten Free/vegan Bread – Multi-seed

Choose 1

- Breaded chicken
- Plain chicken
- Roast Beef
- Roast ham
- Freshly sliced, hard boiled egg

Choose 2

- Cheese
- Coleslaw
- Sage and onion stuffing
- Tomato
- Lettuce
- Red onion

SALADS (with or without chicken) €3.00

Chopped salad

mixed leaf salad, roast red peppers, red onion, mixed seeds, honey & mustard dressing and fresh lime juice.

Caesar salad

baby gem lettuce, smoked bacon, parmesan, croutons and homemade Caesar dressing.



SOUP

- Soup of the day €2.00
- Soup of the day with 2 slices of homemade brown bread/bread roll and butter €3.00

HOT LUNCH €3.00

Bolognaise

- penne pasta with bolognaise sauce

Carbonara

- Penne pasta and smoked bacon in a cream sauce

Meatballs

- Pork and beef meatballs in a rich tomato sauce with penne pasta

Bangers and mash

- Sausages, creamy mashed potato and gravy

Beef sliders

- 2 mini beef burgers with lettuce and mayo on a mini brioche bun

Fish Bap

- Fish fingers, mayo and lettuce on a floury bap

Vegan burger

- falafel and spinach burger with lettuce and mayo on a Kaiser bun

Available sauces: Mayonnaise, Tomato, Sweet chilli sauce, Taco sauce, Tikka, Cajun, Garlic Mayo, Burger sauce

DAILY SPECIALS (Sample) €3.00

Monday: Thai red chicken curry with boiled rice

Tuesday: Homemade beef lasagne

Wednesday: Chicken and mushroom vol au vent

Thursday: Beef stroganoff with boiled rice

Extras

- Sausage rolls €1.00
- Still water, sports cap 500ml €1.00
- Canowater (environmentally friendly), still or sparkling 330ml €1.00
- Apple/Orange Juice 200ml €0.80c
- Vit Hits, mandarin, apple, citrus, berry €2.00
- Tayto crisps, salt and vinegar or cheese and onion €1.00
- Tayto popcorn €1.00
- Broderick's Irish handmade slices €1.50
- rocky road, rocky road (gluten free), chocolate brownie, granola bar
- Large Cookies, double choc, white choc chip, milk choc chip €1.50