

Hot Main 1	Hot Chicken Curry with Rice & Red Peppers	Sausages, Mashed Potato, Gravy & Carrots	Rice with Chicken Korma and Red Peppers	Beef Lasagne with Wholemeal Garlic Bread or Side Salad	Hot Chicken Curry with Rice & Red Peppers
Hot Main 2	Beef Bolognese with Fusili Pasta & Red Peppers	Classic Meatballs with Fusili Pasta & Carrots	Tender Chicken Strips with Savoury Potato Cubes & Carrots	Hot Chicken Baguette with Salad	Healthy Wholemeal Pizza Baguette with Chicken, Peppers & Cheese
Vegetarian Samples, Available on Request	Vegetarian Curry with Rice	Vegetarian Pasta Dish with Tomato Sauce	Vegetarian Curry with Rice	Vegetarian Pasta Dish with Tomato Sauce	Vegetarian Pizza Baguette
Vegetarian Samples, Available on Request					
Sandwiches	<u>Glanmore Selection</u>	<u>Glanmore Selection</u>	<u>Glanmore Selection</u>	<u>Glanmore Selection</u>	<u>Glanmore Selection</u>
Salad Bowls	<u>Glanmore Selection</u>	<u>Glanmore Selection</u>	<u>Glanmore Selection</u>	<u>Glanmore Selection</u>	<u>Glanmore Selection</u>

Menu approved by the Heart Foundation of Ireland