

## Glanmore Foods Sample Canteen Menu 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Country Vegetable	Cream of Vegetable	Chicken & Vegetable	Cream of Vegetable	Country Vegetable
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
<b>Vegetarian Samples, Available on Request</b>					
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*