



CATERING  
TOTAL SERVICE SOLUTIONS

## SKIBBEREEN COMMUNITY SCHOOL

### Breakfast Club - Pre Class - Available From 8a.m. to 9a.m.

	€
• Oatmeal Porridge	1.00
• Oatmeal Porridge with Mixed Berries & Chia Seeds	1.50
• Yoghurt	1.00
• Fruit Salad with Natural Yoghurt, Honey & Poppy Seeds	1.50
• Homemade Spelt & Buttermilk Pancake with Nutella	1.50
• Homemade Spelt & Buttermilk Pancakes with Berry Compote	1.50
• Selection of cereals with fresh fruit	1.00
• Toast – per Slice of GI/Wholemeal Bread	0.50
• Toast – per Slice of GI/Wholemeal Bread & Low Fat Cheese	1.00
• Scrambled Eggs on GI/Wholemeal Toast (1 Slice)	1.50
• Beans on GI/Wholemeal Toast (1 Slice)	1.50
• Poached Egg & Lean Bacon on Toast	2.00
• Lean Grilled Bacon on a Wholemeal Bagel	2.50
• Plain croissants	1.00
• Chocolate croissants	1.00
• Home-made scones with butter & jam	1.00
• Fruity Tray bakes	1.00
• Selection of Whole Fruits	0.50
• Fruit Salad Pots	1.50
• Granola with natural yoghurt	1.50
• Homemade Smoothies	1.00

### Mid-Morning Break & Lunch Break

• Lean Grilled Bacon on a Wholemeal Bagel	2.50
• Freshly Prepared Breast of Chicken on Wholemeal Baguette	2.50
• BLT seeded Bagel	2.50
• Cajun Chicken in a Wholemeal Wrap	2.50
• Ham, Cheese & Tomato on seeded Bagel	2.50
• Low Fat Cream Cheese on seeded Bagel with Bacon	2.50
• Freshly Prepared Pitta Bread Pizza Slice & Homemade Ragu	1.50
• Freshly Prepared Noodle Pots with Homemade Flavourings	1.50
• Homemade Fruit Smoothies	1.00
• Homemade Hummus with Vegetable Batons	1.50
• Natural Yoghurt & Berry Compoté with Chia Seeds	1.50
• Freshly Prepared Pasta Pots with Salsa or Pesto	1.50
• Chicken Tikka Panini	1.50



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### Salad Bar Mid-Morning Break & Lunch Break ~ Salad Bowls made to order:

- Mixed Salad leaves
- Crunchy Veg Salad in dressing
- Coleslaw
- Potato Salad
- Selection of Cheeses
- Beetroot, Carrot, Tomato or Cucumber
- Onion, Peppers, Spring Onions or Sweet corn
- Egg Mayo
- Spicy/Roasted Veg Couscous
- Pasta
- Bulgar Wheat Salad
- Humus/Crudities
- Ham/Chicken/Tuna/Egg
- Indian spiced rice
- Vegetarian rice

€0.50 cent per portion

### Sandwich Bar - Mid-Morning Break & Lunch Break

Selection of Sandwiches/Wraps/Panini's/Baguettes/Baps

made to order:

€1.50-3.50

*All Sandwiches, Baguettes, Wraps, Bagels, Flatbreads etc. are prepared with Wholemeal Multigrain or Malted Wheat Bread.*

Selection of homemade scones and home baking

50c-€1.00

***Gluten free options also available.***



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### Soup Station - Mid-Morning Break & Lunch Break

- Homemade Soup of the Day €1.00
- Homemade Soup of the Day with Wholemeal Roll/Brown Bread €1.50

### Lunch

Freshly prepared daily lunch specials €3.50 to 4.00

#### **SEE MENU BOARD FOR DAILY SPECIALS.**

*Choices include Chicken/Beef Curry & Rice, Sweet & Sour Chicken with Rice, Chilli Con Carne with Rice, Beef or Chicken Stir Fry with Noodles, Beef or Vegetable Lasagne with Salad Leaves, Shepherds or Cottage Pie*  
~ This selection is constantly being expanded ~

### "Lite" Bite Options – Lunch Break

- Small Lunch/Half Portion €2.00
- Mash & gravy €1.50
- Baby potatoes, fresh veg & gravy €2.00
- Noodles with chicken €1.50
- Tomato & Basil pasta €2.00
- Pasta Carbonara €2.00
- Pasta Pots – with Chicken €2.00
- Breaded chicken rolls €2.50
- Chicken Tikka paninis €1.50
- Bagels with Bacon and a light cream cheese €2.50
- Wedges or spiced cubes €1.00

### Drinks

- Tea & Herbal Teas €1.00
- 500ml Still Water €1.00
- 500ml Flavoured Water €1.50
- Milk – per cup €1.00
- Pure Fruit Juices €1.00
- VIT Hit €2.00

## PRE ORDER TO BEAT THE RUSH

Students may pre-order for Lunch break. Place order at the Canteen before 10.30 a.m.

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PLEASE INFORM THE CANTEEN MANAGER OF  
ANY SPECIAL DIETARY REQUIREMENTS or ALLERGIES