

Castlebar Lunch Menu – Autumn/Winter 2020 - Week Two



Weekly menu

Monday

Tuesday

Wednesday

Thursday

Friday

Macaroni Cheese

**Chicken Style Tikka
Masala with Rice**

**Chicken Sausages
with Mash and Gravy**

**Lamb Keema with
Rice**

**Italian Style Meatballs
in Tomato Sauce with
Pasta**

**Bean and Vegetable
Chilli with Rice**

**Butternut Squash and
Spinach Curry with
Rice**

**Vegetarian Sausages
with Mash and Gravy**

**Sweet and Sour
Vegetables with Rice**

**Cheese and Tomato
Pizza with Chips**

Seasonal Vegetables

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Salad Selection

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**Fresh Fruit Platter or
Yoghurt or Cheese
and Crackers**

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Yoghurt or Cheese
and Crackers**

Vanilla Ice Cream

**Fresh Fruit Platter or
Yoghurt or Cheese
and Crackers**

Lemon Muffin

Available daily

Selection of Salads, Jacket Potatoes and Drinking Water.