



Child's Name  
 .....  
 Class/Teacher  
 .....

**Dublin St. Francis Junior  
 NS HOT FOOD NH**

**Any Problems?**  
 Please Visit  
**Carambola.ie**  
 or email  
**info@carambola.ie**  
 or call our help line on  
**1850 812 300**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Food menu</b>					
C. Chicken Curry with Rice 11,15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
M. Pasta Tomato Mozarella 1,7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E. Chicken Dinner with Mash and Veg 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. Beef Stew 7,10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D. Chicken Goujon with Mash and Veg 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A. Beef Bolognese with Pasta 1,10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G. Fish Fingers with Potato Cubes and Beans 1,4,7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
N. Vegetable Curry with Rice 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H. Halal Chicken Curry with Rice 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J. Meatballs with Spiral Pasta 1,9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L. Sausages with Mash and Beans 1,7,9	N/A	N/A	N/A	N/A	<input type="checkbox"/>
F. Spicy Chicken Potato Cubes and veg 1	<input type="checkbox"/>	N/A	N/A	N/A	N/A
I. Lasagna with Potato Cubes 1,3,7	N/A	N/A	N/A	<input type="checkbox"/>	N/A
O. Sweet + Sour Chicken with Rice 6	N/A	<input type="checkbox"/>	N/A	N/A	N/A
P. Taco Beef and Potato Cubes 1	N/A	N/A	<input type="checkbox"/>	N/A	N/A
<b>Choose your Drink</b>					
Ishka Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Choose your Snack A</b>					
Yoghurt Rice Cake 6,7,8,12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
Flahavans Oaty Bar 1,6,8,12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wildlife Yoghurt Tube 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Small Pancake 1,3,7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apple Slices	<input type="checkbox"/>	N/A	<input type="checkbox"/>	N/A	<input type="checkbox"/>
Cheerios Pot 1,8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corn Stick Lightly Salted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoghurt Rice Cake . 6,7,8,12	N/A	N/A	N/A	N/A	<input type="checkbox"/>
Popcorn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Golden Nuggets Cereal Pot 1,5,7,8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Balled Melon	N/A	<input type="checkbox"/>	N/A	<input type="checkbox"/>	N/A
<b>Choose your Snack B</b>					
Crackers 1,3,6,7,8,9,12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plain Rice Cake 6,7,12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese Flavour Corn Stick 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breadsticks 1,12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**ALLERGY INFORMATION**

Please use the information below to select suitable items for your child. Allergen information is correct at time of print 02-09-2021 and is valid for 2 weeks from this date.

Up to date information is available online at [carambola.ie](http://carambola.ie) and on the product label.

1. Gluten 2. Crustaceans 3. Egg 4. Fish 5. Peanuts 6. Soybeans 7. Milk inc Lactose  
 8. Nuts 9. Sulphur Dioxide 10. Celery 11. Mustard 12. Sesame Seeds 13. Lupin 14. Molluscs 15. Not suitable for Halal