

# fresh<sup>to</sup>day

## New Spring / Summer Menu!

EXPANDED HOT MEALS MENU, LONGER DAYS, LIGHTER LUNCHES  
SOMETHING FOR ALL TASTES!



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NATIONAL QMARK  
FINALIST 2019  
TOP 6% OF AUDITS NATIONALLY



Guaranteed Irish  
All together better



FOOD SAFETY  
ISO 22000:2005  
NSAI Certified

REPAK  
Business funding recycling



## WHAT'S NEW?

13 x Choices  
Available everyday!

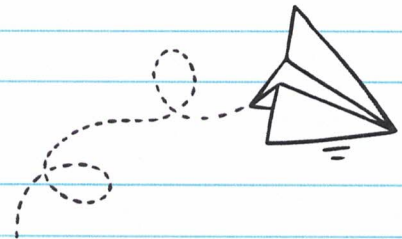
### Lighter Bites

- ☆ chicken curry wrap
- ☆ meatball sub
- ☆ pepperoni & mozzarella ciabatta
- ☆ bbq chicken ciabatta
- ☆ vegetable pizza & potato cubes
- ☆ chicken goujons & potato cubes
- ☆ spice bag
- ☆ half chicken goujon baguette
- ☆ half sausage baguette

### Did you know?

75% of the global food supply comes from 12 plants & 5 animals.

### New Additions:



- **BBQ Chicken Ciabatta**
- **Meatball Sub**
- **Pepperoni & Mozzarella Ciabatta**
- **Spice Bag**
- **Vegan Southern Bites with Pasta & Tomato Sauce**
- **Bean Chilli with Rice**
- **Vegetable Cacciatore with Sweet Potato**
- **Chicken Curry Wrap**

Shhh...we like to hide the  
vegetables they will never know!

# New Weekly Menu!

Available to order from  
Thursday 30th March



## Monday

1. Roast Beef, Mash, Gravy & Veg
2. Roast Chicken, Baby Potatos & Veg
3. Chicken & Mushroom Carbonara
4. Plain Pasta
5. Chicken Curry with Rice
6. Tomato Ragu & Rice
7. Vegan Goujons & Potato Cubes
8. Chicken Curry Wrap
9. Meatball Sub
10. BBQ Chicken Ciabatta
11. Pepperoni & Mozzarella Ciabatta
12. Vegetable Pizza & Potato Cubes
13. Chicken Goujons & Potato Cubes

## Tuesday

1. Roast Ham Baby Potato & Veg
2. Roast Turkey, Mash, Gravy & Veg
3. Chicken & Broccoli Pasta Bake
4. Plain Pasta
5. Chicken Curry with Rice
6. Bean Chilli with Rice
7. Vegan Bites, Pasta & Tomato Sauce
8. Chicken Curry Wrap
9. Meatball Sub
10. Pepperoni & Mozzarella Ciabatta
11. BBQ Chicken Ciabatta
12. Vegetable Pizza & Potato Cubes
13. Spice Bag

## Wednesday

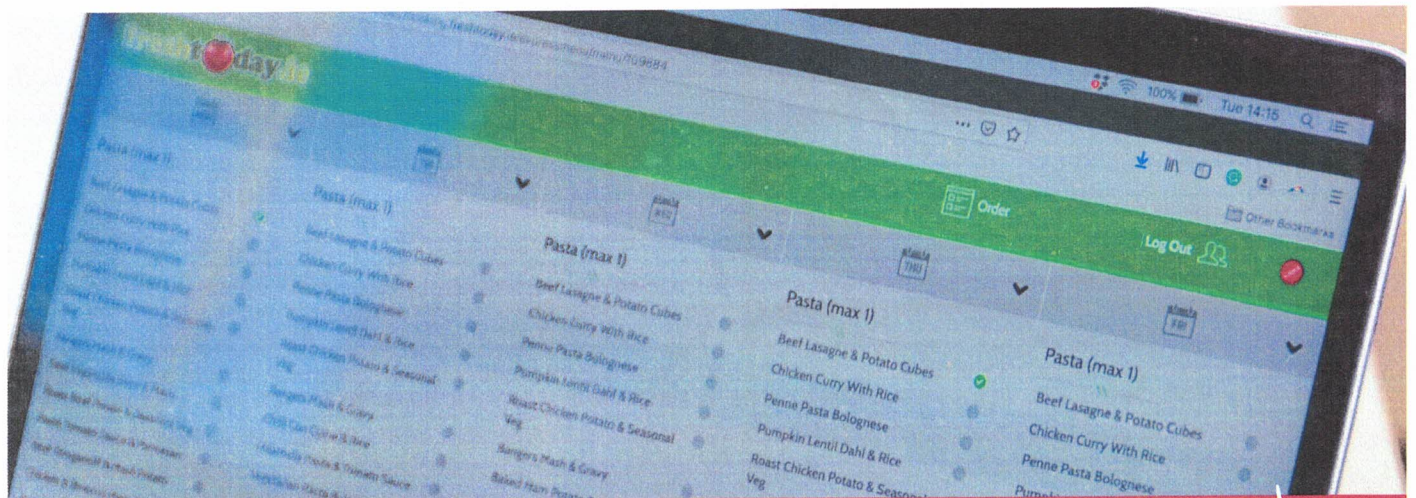
1. Roast Chicken, Baby Potatos & Veg
2. Shepherd's Pie
3. Chicken & Chorizo Pasta Bake
4. Plain Pasta
5. Chicken Curry with Rice
6. Vegetable Cacciatore & Sweet Potato
7. Vegan Goujons & Potato Cubes
8. Chicken Curry Wrap
9. Meatball Sub
10. BBQ Chicken Ciabatta
11. Pepperoni & Mozzarella Ciabatta
12. Vegetable Pizza & Potato Cubes
13. Chicken Goujons & Potato Cubes

## Thursday

1. Roast Ham, Baby Potatos & Veg
2. Sausage, Mash, Gravy & Veg
3. Meatballs Pasta & Tomato Sauce
4. Plain Pasta
5. Chicken Curry with Rice
6. Tomato Ragu & Rice
7. Vegan Bites, Pasta & Tomato Sauce
8. Meatball Sub
9. Chicken Curry Wrap
10. BBQ Chicken Ciabatta
11. Pepperoni & Mozzarella Ciabatta
12. Vegetable Pizza & Potato Cubes
13. Spice Bag

## Friday

1. Roast Chicken, Baby Potatos & Veg
2. Meatballs, Mash, Veg & Gravy
3. Penne Pasta Bolognese
4. Plain Pasta
5. Chicken Curry with Rice
6. Vegetable Fried Rice
7. Vegan Goujons & Potato Cubes
8. Chicken Curry Wrap
9. Pepperoni & Mozzarella Ciabatta
10. Vegetable Pizza & Potato Cubes
11. Chicken Goujons & Potato Cubes
12. Half Chicken Goujon Baguette
13. Half Sausage Baguette



Order Online

New Menu Available to order from

**THURSDAY 30<sup>TH</sup> OF MARCH 2023**

**Login to the ordering portal using your  
username & password**

**Call: 087 118 4394 or Email: [info@freshtoday.ie](mailto:info@freshtoday.ie)**

*Please ensure to select any allergens that apply to your child*

**LUNCH WILL BE DELIVERED  
FROM MONDAY 17<sup>TH</sup> OF APRIL**

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