

Canteen Menu

Item	Price	Pre-order canteen@bearacs.ie
Water Still or flavoured	€1.30	
Juices Apple or orange	€0.85	
Flapjacks	€0.80	
Belvitas/nature valley	€1.00	
Crackers	€0.50	
Crackers with cheese	€1.50	
Roll	€0.80	
Roll filled Fillings: ham and/or cheese	€2.50	Yes
Scones	€1.00	
Buns	€1.20	
Brown bread	€0.50	
Sesame sticks	€1.20	
Fruit Apples or oranges	€0.50	
Chocolate rice cakes (GF)	€1.00	
Soup Week 1: Vegetable Week 2: Potato and leek Week 3: Carrot and orange (3 week rotation for soup)	€3.50	Yes
Soup with brown bread	€4.00	Yes
Wrap Fillings: ham, chicken, cheese	€3.00	Yes
Toasties Fillings: ham, chicken, cheese	€3.00 Gluten free option available for €3.50	Yes
Toasted bagels with cream cheese	€2.50	Yes
Hot lunch Week 1: Shepherd's pie (GF) Week 2: Chicken curry (GF) Week 3: Pasta bacon in a cheese sauce Week 4: Pasta chicken in a tomato sauce Week 5: Pasta bolognese Week 6: Chicken in a creamy mushroom sauce with rice (GF) (6 week rotation for hot lunches)	€4.50 €5.00 with a bottle of water	Yes

GF = gluten free