

Canteen Menu

| Item | Price | Pre-order canteen@bearacs.ie |
|---|--|---|
| Water Still or flavoured | €1.30 | |
| Juices Apple or orange | €0.90 | |
| Flapjacks | €0.80 | |
| Belvitas/nature valley | €1.00 | |
| Krispie bars | €0.70 | |
| Krispie squares | €1.20 | |
| Dr Coys (GF) bars | €1.70 | |
| 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 bolognaise 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