



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

**StartBright Deansrath**

**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                          |
|---------------------|---------------------------------|---------------------------------------|---------------------------------|---------------------------------------|---------------------------------|
| Bread               | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   |
|                     | Brown Grain Bread 1,6,12        | Brown Grain Bread 1,6,12              | Brown Grain Bread 1,6,12        | Brown Grain Bread 1,6,12              | Brown Grain Bread 1,6,12        |
|                     | Half and Half Bread 1,6,12      | Half and Half Bread 1,6,12            | Half and Half Bread 1,6,12      | Roll Sub 1,3,6,7,12                   | Roll Sub 1,3,6,7,12             |
|                     | Roll Sub 1,3,6,7,12             | Roll Sub 1,3,6,7,12                   | Roll Sub 1,3,6,7,12             | Soda Bread 1,7                        | Soda Bread 1,7                  |
|                     | Soda Bread 1,7                  | Soda Bread 1,7                        | Soda Bread 1,7                  | Wheat + Gluten Free 3                 | Wheat + Gluten Free 3           |
|                     | Wheat + Gluten Free 3           | Wheat + Gluten Free 3                 | Wheat + Gluten Free 3           | Floury Bap 1,6,12                     | Floury Bap 1,6,12               |
|                     | Floury Bap 1,6,12               | Floury Bap 1,6,12                     | Floury Bap 1,6,12               | White Bread 1,6,12                    | White Bread 1,6,12              |
| Fillings            | No Spread                       | No Spread                             | No Spread                       | No Spread                             | No Spread                       |
|                     | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   |
|                     | No Fill                         | No Fill                               | No Fill                         | No Fill                               | No Fill                         |
|                     | Sliced Turkey                   | Sliced Turkey                         | Premium Ham 1,6,15              | Sliced Turkey                         | Sliced Turkey                   |
|                     | Chicken 15                      | Chicken 15                            | Chicken 15                      | Chicken 15                            | Chicken 15                      |
|                     | Cheese 7                        | Cheese 7                              | Cheese 7                        | Cheese 7                              | Cheese 7                        |
|                     | Egg Mayo 3,11                   | Egg Mayo 3,11                         | Egg Mayo 3,11                   | Egg Mayo 3,11                         | Egg Mayo 3,11                   |
|                     | Halal Chicken                   | Halal Chicken                         | Halal Chicken                   | Halal Chicken                         | Halal Chicken                   |
|                     | Chicken Mayo 3,11               | Chicken Mayo 3,11                     | Chicken Mayo 3,11               | Chicken Mayo 3,11                     | Chicken Mayo 3,11               |
|                     | Fruit Spread.                   | Fruit Spread.                         | Fruit Spread.                   | Fruit Spread.                         | Fruit Spread.                   |
| Cheese + Ham 1,7,15 | Cheese + Ham 1,7,15             | Cheese + Ham 1,7,15                   | Cheese + Ham 1,7,15             | Cheese + Ham 1,7,15                   |                                 |
| OR                  | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   |
|                     | Chicken Tikka Wrap 1,3,11       | Chicken Tikka Wrap 1,3,11             | Chicken Tikka Wrap 1,3,11       | Chicken Tikka Wrap 1,3,11             | Chicken Tikka Wrap 1,3,11       |
|                     | Tomato Pasta 1                  | Tomato Pasta 1                        | Tomato Pasta 1                  | Tomato Pasta 1                        | Tomato Pasta 1                  |
|                     | Plain Pasta 1,11                | Plain Pasta 1,11                      | Plain Pasta 1,11                | Plain Pasta 1,11                      | Plain Pasta 1,11                |
|                     | Chicken + Stuffing Wrap 1,3,11  | Pancake with Cheese 1,3,7             | Chicken + Stuffing Wrap 1,3,11  | Pancake with Cheese 1,3,7             | Chicken + Stuffing Wrap 1,3,11  |
|                     | Pasta Salad with Ham 1,3,6,7,15 | Tuna Sweetcorn Wrap 1,3,4,11          | Pasta Salad with Ham 1,3,6,7,15 | Tuna Sweetcorn Wrap 1,3,4,11          | Pasta Salad with Ham 1,3,6,7,15 |
|                     | Pancake with Cheese 1,3,7       | Chicken Mayo Mixed Leaves Wrap 1,3,11 | Pancake with Cheese 1,3,7       | Chicken Mayo Mixed Leaves Wrap 1,3,11 | Pancake with Cheese 1,3,7       |
|                     | Tuna Sweetcorn Wrap 1,3,4,11    | Veggie Pasta Salad 1,3,7,11           | Tuna Sweetcorn Wrap 1,3,4,11    | Veggie Pasta Salad 1,3,7,11           | Tuna Sweetcorn Wrap 1,3,4,11    |
| Drinks              | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   |
|                     | Ishka Water                     | Orange Aqua Juice                     | Ishka Water                     | Orange Aqua Juice                     | Ishka Water                     |
|                     | Apple Aqua Juice                | Ishka Water                           | Apple Aqua Juice                | Ishka Water                           | Apple Aqua Juice                |
| Fruit+              | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   |
|                     | Apple                           | Apple                                 | Apple                           | Apple                                 | Apple                           |
|                     | Orange                          | Orange                                | Orange                          | Orange                                | Orange                          |
|                     | Banana                          | Breadsticks 1,12                      | Banana                          | Banana                                | Banana                          |
|                     | Breadsticks 1,12                | Wildlife Yoghurt Tube 7               | Breadsticks 1,12                | Breadsticks 1,12                      | Breadsticks 1,12                |
|                     | Carrot Batons                   | Sweet Corn Pot                        | Carrot Batons                   | Sweet Corn Pot                        | Carrot Batons                   |
| Snack A             | Cheese Flavour Corn Stick 7     | Corn Stick Lightly Salted             | Cheese Flavour Corn Stick 7     | Corn Stick Lightly Salted             | Cheese Flavour Corn Stick 7     |
|                     | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   |
|                     | Wildlife Yoghurt Tube 7         | Wildlife Yoghurt Tube 7               | Wildlife Yoghurt Tube 7         | Wildlife Yoghurt Tube 7               | Wildlife Yoghurt Tube 7         |
|                     | Small Pancake 1,3,7             | Small Pancake 1,3,7                   | Small Pancake 1,3,7             | Small Pancake 1,3,7                   | Small Pancake 1,3,7             |
| Snack B             | Apple Slices                    | Corn Stick Lightly Salted             | Apple Slices                    | Corn Stick Lightly Salted             | Apple Slices                    |
|                     | Corn Stick Lightly Salted       | Balled Melon                          | Corn Stick Lightly Salted       | Balled Melon                          | Corn Stick Lightly Salted       |
|                     | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   | Circle 1 only                         | Circle 1 only                   |
|                     | Apple                           | Apple                                 | Apple                           | Apple                                 | Apple                           |
| Snack B             | Orange                          | Orange                                | Orange                          | Orange                                | Orange                          |
|                     | Plain Rice Cake 6,7,12          | Plain Rice Cake 6,7,12                | Plain Rice Cake 6,7,12          | Plain Rice Cake 6,7,12                | Plain Rice Cake 6,7,12          |
|                     | Cheese Flavour Corn Stick 7     | Cheese Flavour Corn Stick 7           | Cheese Flavour Corn Stick 7     | Cheese Flavour Corn Stick 7           | Cheese Flavour Corn Stick 7     |
|                     | Breadsticks 1,12                | Breadsticks 1,12                      | Breadsticks 1,12                | Breadsticks 1,12                      | Breadsticks 1,12                |

**ALLERGY INFORMATION**

Please use the information below to select suitable items for your child. Allergen information is correct at time of print 12-05-2021 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