



Child's Name .....

Class/Teacher .....

**StartBright St. Ronans**

**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