

Hello

ST VINCENT'S CASTLEKNOCK COLLEGE FOOD SERVICE

2021-2022

Exciting food steps!

OUR VISION FOR SEPTEMBER

We have once again collaborated with our catering partner, Independents by Sodexo, to prepare for the re-opening of our "Super" food service in August, while drawing on the experiences & learnings that the pandemic provided during 2020-21.

This year, our focus is all about removing restrictions (when it's safe to do so) and making exciting steps towards the return of Sodexo's full "Fresh Food from Scratch" food offer.

We will strive towards re-introducing our amazing salad bars, soup & bread stations, cut fruit boards and condiment trays, with themed & cultural food events set to feature prominently on our menus



PLENTY TO LOOK FORWARD TO

Sodexo's ethos is all about quality of life, and for students, this not only means being responsible in providing a range of healthy and nutritious food, but also to help point the way towards making the best food choices for themselves. This is a life learning skill and Sodexo's "Powering & Performance" range of recipes will provide the platform to do this.

Furthermore, from September we are removing physical cash from the school with the introduction of a new cashless system called Debitrak. This innovation will greatly improve queues and payment management, with each student being provided with a Fob that will facilitate participation in prepaid meals and cashless transactions.

Each user's account can be credited with a termly meal package or "topped-up" online to purchase lunches and snacks daily as required. Student fobs will be distributed during registration with details of how to activate and top up your fob.

PRE-PAID OPTION

Our very popular pre-paid lunch option is still available:

- No more packed lunchboxes
- Guaranteed nutritious, tasty meals
- Planned, cost effective school feeding
- No more daily lunch allowances
- 2 course lunch with milk

PAYMENTS

Two-course lunch plus milk | Semester 1: €483.60 | Semester 2: €551.80

TY Option available to our TY students at a reduced rate | Semester 1: €359.60 | Semester 2: €427.80

A saving of €0.80
per meal per day!!

WHAT YOU NEED TO DO

Register and pay for PRE-PAID OPTION by following the SHOP link on our website:

www.castleknockcollege.ie, we will then update your fob!

For further information on pre-paid lunches email Richard O' Farrell at:

ofarrellrichard@castleknockcollege.ie.



ST VINCENT'S CASTLEKNOCK COLLEGE FOOD SERVICE

KEY

Choose 1 yellow item and 1 orange item with side.

Salad & Protein Bar and Beverage included with all bundled meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
FRESHLY MADE SOUP	Rustic Vegetable & Herb	Potato & Leek Soup with Crispy Bacon	Chicken & Corn	Hearty Minestrone	Creamy Broccoli & Chive	
DESSERT	Homemade Chocolate Brownie with Chocolate Sauce	Pear & Apple Crumble with Custard	Ice Cream Bar!	Lemon Drizzle Cake	Chocolate Cheesecake	
HOT LUNCH	Roast Rib of Irish Beef with Yorkshire Pudding	Chicken Fillet topped with Italian Tomato Sauce & Parmesan	Homemade Lasagne topped with Cheddar & served with Garlic Bread	Burmese Beef & Peanut Curry with Boiled Rice & Naan	Classic Summer BBQ inspired Burger Bar: Cajun Chicken Breast, Ground Beef or Beetroot Burger Patty in Brioche Bun with a selection of toppings including Onion, Lettuce, Tomato & Cheese	
	Creamy Chicken Carbonara topped with Cheese Shavings	Baked Pork & Apple Sausages served with a Roast Gravy		Lemon & Pepper Turkey Escalope		
VEGETARIAN OR VEGAN	Roasted Red Pepper & Tomato Penne Pasta	Roasted Mediterranean Vegetables topped with Parmesan	Baked Vegetable Frittata	Veggie Burmese Curry with Rice & Naan		
LUNCH ON THE SIDE	Roasted Potato, Steamed Broccoli & Buttered Carrots	Champ Potatoes, Greens & Pureed Swede	Creamed Potato & Seasonal Steamed Vegetables	New Potatoes, French Beans & Fresh Carrots		French Fries & all the trimmings
SALAD BAR	Choose from our amazing salad boards – freshly prepared daily & comprising of an ever changing array of healthy, tasty & nutritious simple & composite salads served in our unique Fresh Food from Scratch Style					
BEVERAGE	Chilled Milk					