

Eat healthy with Carambola

- * **Vegetable Curry and Brown Rice**
- * **Shredded Beef with Mash, Veg and Gravy**
- * **Roast Chicken Breast with Mash, Veg and Gravy**
- * **Vegan Bites with Medley Mixed Veg**
- * **Chicken Curry with Long Grain Rice**

LOW IN FAT, SATURATED FAT
AND SUGAR, SOURCE OF FIBRE
AND LOADED WITH VEG!

Make sure to include
at least 3 of these
nutritious meal options
in your weekly selection



More healthy
meal options for a
wholesome lunch!



- * **Potato Chunks Curry and Rice**
- * **Meatballs in Tomato Sauce and Penne Pasta**
- * **Irish Pork Sausages, Cubes and Beans**
- * **Veggie Lasagna and Garlic Bread**
- * **Gluten Free Macaroni in Tomato Sauce**
- * **Beef Bolognese and Penne Pasta**

LOW IN FAT, SATURATED FAT,
SUGAR AND SALT!

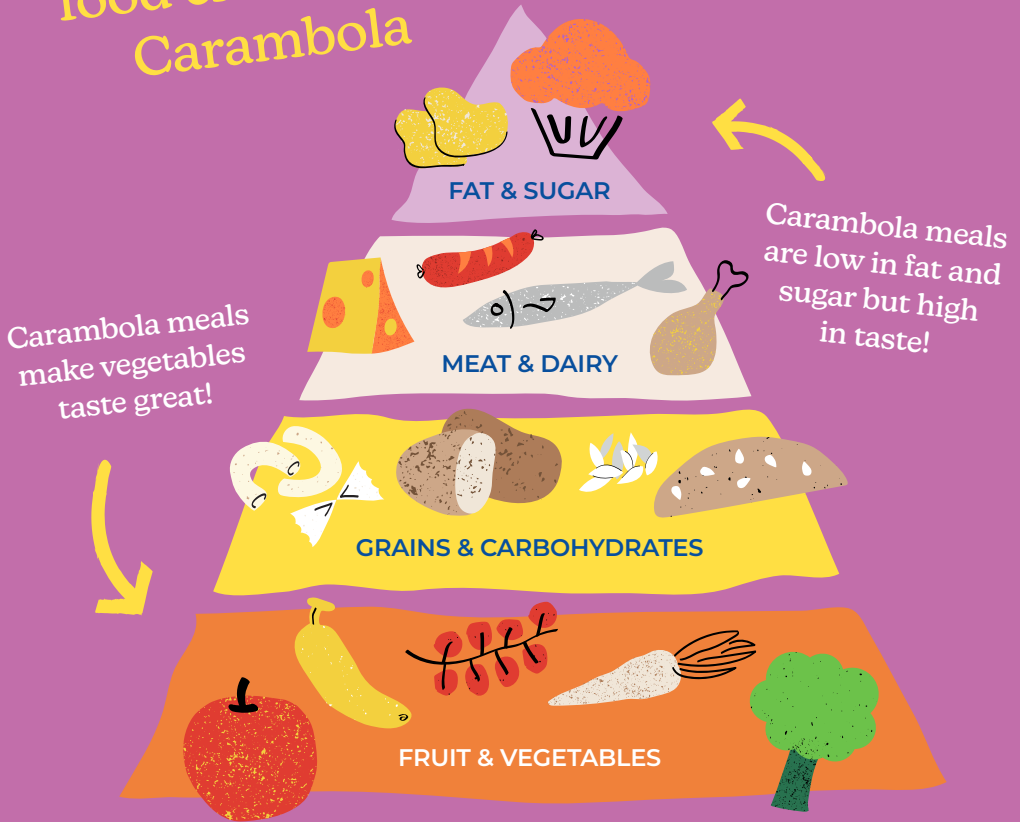
- * **Pepperoni Pizza Roll**
- * **Double Ham Grated Mozzarella Roll**
- * **Irish Sausages in a Rustic Roll**
- * **Pizza Roll Chicken & Cheese**
- * **Hot Chicken Roll**

LOW IN SUGAR

Friday treat!
(but still low in sugar)



Make a healthy food choice with Carambola



☆☆☆☆
CARAMBOLA

Nutritional Balance in Every Bite

Every Carambola meal is crafted to meet the Healthy Ireland Nutrition Standards, ensuring balanced, nutritious options that fuel students for success. Visit our website or contact us to learn more!

www.carambola.ie