

Bradburys

Est. 1938

IRISH SCHOOL MEALS



Menu

***Good
Honest
Food***



Bradburys Irish School Meals, Leinster Street, Athy, Co. Kildare.
Tel: 059 8631845 • Email: john@bradburys.ie • Web: www.bradburys.ie
www.irishschoolmeals.ie

Breads

- Soft white roll
- White sliced
- Brown sliced
- Multigrain
- Tortilla wrap

Fillings

- Roast Ham, Ham & Stuffing, Ham salad.
- Irish cheddar (with or without ballymaloe relish)
- Processed cheese (available on request)
- Roast Turkey crown, Turkey & stuffing, Turkey salad
- Roast Chicken, Roast Chicken and stuffing
- Chicken salad
- Cajun chicken
- Barbeque Chicken
- Chicken tikka.
- Tuna & sweet corn, Taco tuna,
- B.L.T. (Bacon, lettuce and tomato)
- Chicken & Ham roll
- Egg mayonnaise
- Peanut butter
- Corned beef, Corned beef and tomato
- Streaky Bacon
- Fruit jam
- Vegetarian options available.
- Other fillings on an on going basis and variations of above.

Fruit/Vegetables

- Apple
- Orange
- Banana
- Pear †
- Plums †
- Grapes* (bagged)
- Seasonal Fruit †
- Carrot sticks*(bagged)
- Dried fruit pack

† Fruit is selected in season for best quality & value.



Shown here: 5 Item Lunch Bag

Other Irish School Meal Options:

- Breakfast Club Bag
- Study Club Bag
- Sports Day Bag
- Light Snack Bag

Custom designed to suit school requirements

Savoury Products

- Sausage roll*
- Quiche slice*
- Pizza slice*
- Tortilla Wrap*: Chicken Caesar, Taco Chicken, Sweet Chilli Chicken.
- Salad Box*: Taco Tuna Pasta, Taco Chicken Pasta, Tomato Sweetcorn Pasta, other salads available.

The food is excellent, with better variety, just excellent healthy food with the odd treat, plenty of options and their system gives the children a better choice.

- Principal

Snacks/Occasional Treats

- Plain Muffin*
- Fruit Muffin*
- Chocolate Muffin*
- Ginger Bread Men*
- Seasonal Treats*: Christmas, Easter, Halloween.
- Multi-Grain Flapjack* (Healthy Option)

Snack/Additional Products

- Kellogg's cereal bars
- Cheese mini in variety
- Fruit yogurts/Petit filous
- Mini Cheesy scones*
- Mini fruit scones*
- Mini sausage rolls*
- Cheese and onion sticks*
- Pop corn (available on request)
- Dried fruit packs

Beverages/Drinks

- Squeez fresh pure orange juice
- Squeez fresh pure apple juice
- Kerry fresh fun size water
- Capri-sonne, various flavours
- Strawberry milk
- Chocolate milk
- Banana milk
- Fresh milk



Shown here: 5 Item Lunch Bag

This menu is for information purposes only, the schools requirements will be discussed fully before setting out a satisfactory menu and will be open to revision, as required, throughout its operation.

*** exclusive to and manufactured by Bradburys Irish School Meals.**



SINÉAD BRADBURY

Nutrition & Health Consulting



We have found a huge improvement in the children's concentration levels since using Bradbury Lunches. Children are more content in class and behavioural problems have dramatically declined.

- Principal

Children's eating habits have a profound impact on their growth, mental development and behaviour. Not having a sufficient intake of protein, carbohydrates and good fat can lead to imbalances in the body, immune dysfunction and weight problems.

Providing school going children with a well balanced diet is paramount to their future. Over the past six years we have invested heavily on providing a product for school lunches that is comprised of the finest ingredients to care for nutrient demands and tastes of school going children aged from 4 to 13 years.

Whether the food is produced in the bakery in Athy, or sourced locally from high quality Irish food suppliers the aim has always been to provide a product that we are proud to call Bradbury's.

Our 75 years of expertise in the bakery and hospitality industry ensures we can offer the highest level of Nutrition to our students. Sinead Bradbury, Nutritionist, works closely with the family business to ensure our focus is not only on providing a top class product but also on ensuring we are not sacrificing on nutrient content at the expense of taste.

If you have any Nutrition questions in relation to any of our products, please refer questions to Sinead and she would be more than happy to answer them.

A Healthy Child is a Happy Child

SINÉAD BRADBURY Nutritional Therapist BBS, NT Dip, mIANT

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Sinead Bradbury is a Nutritional Therapist with a successful nationwide practice at the Nutrition & Health Clinic in Galway. Sinead has worked with some of Ireland's top athletes, business people and conducts numerous Nutrition & Health workshops in colleges and schools around the country. Her advice and recommendations have featured on RTE, Radio and print media.

Sinead has an extensive background and life-long interest in optimising health and preventative medicine. She continues to study and research methods that enable the body to optimise energy and enhance productivity. A mother with two growing boys she is aware of the challenges facing busy Irish families in providing quality affordable nutrition.