



## Bulletin 10 for Parents/Guardians

10 – November- 2020

Dear Parents / Guardians;

### **VSWARE APP:**

Please download the new **VSWARE Parent App** from the relevant app store. It is free to download and will allow you to reset passwords, check behaviour and timetables. Thank you!

If your child is displaying ANY Covid 19 symptoms it is very important that they do NOT attend school until you have called your GP for advice. The symptoms are as follows:

### **Common symptoms of COVID-19 include:**

- [a fever \(high temperature - 38 degrees Celsius or above\)](#)
- [a new cough - this can be any kind of cough, not just dry](#)
- [shortness of breath or breathing difficulties](#)
- [loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal](#)

### **New Canteen - starting November 2020**



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**We are delighted to announce the introduction of a new canteen to Ramsgrange Community School – The School Food Company.**

I would like to extend my most sincere thanks and gratitude to Helene, Richard, and their team for their service to the school over the last decade. They have served your children food with the utmost professionalism and kindness.

Please see the menus below that will be available daily for your children. Students will get a new fob (initial fob is free) with which they can avail of the 'free items' once daily e.g. sandwich, roll etc. You will be able to top up the fob online so that students can purchase what they want daily. This will be a cashless service.



## SNACKS & BEVERAGES

Seasonal Fruit	FREE
Fresh Fruit Pot	€ 1.00
Melon Wedge	€ 1.00
Yoghurt	€ 1.00
Muller Corner	€ 1.50
Flahavans Flapjack	€ 1.50
Mini Rice Cakes 4 Pack	€ 1.00
Orange & Yoghurt Mini Rice Cake	€ 2.20
Mixed Berry & Yoghurt Mini Rice Cake	€ 2.20
Irish Oat & Granola Bar Fully Loaded	€ 2.20



Milk	€ 1.00
Water in a Box 330ml	€ 1.00
Global Hydrate 500ml	€ 1.20
Kulana Apple Juice	€ 1.00
Kulana Orange Juice	€ 1.00
Fruella Hydrate	€ 1.50
Innocent Bubbles	€ 2.50



Add Water or Juice to any Main for 80 cent

## TOASTED CIABATTA € 1.50

### Mexican Chicken

Succulent Chicken Strips & Mexican Cheese on a Toasted Ciabatta

### Ham & Emmental

Sliced Ham & Emmental Cheese on a Toasted Ciabatta

### The Calzone (V)

Mozzerella, Sundried Tomato, Baby Spinach on a Toasted Ciabatta

### The Italian Job

Mozzerella, Pepperoni & Pizza Sauce on a Toasted Ciabatta

### Bacon & Sausage

Crispy Bacon & Slice Sausage on a Toasted Ciabatta

## TOASTED WRAPS € 1.50

### Barbecue Chicken

Succulent Chicken Strips in a Tangy BBQ Sauce and Melted Cheese

### Ham & Cheese

Sliced Ham and Melted Cheese

### Sweet Chilli Chicken

Chicken Strips in a Sweet Chilli Sauce and Melted Cheese

### Tuna & Sweetcorn Melt

Tuna & Sweetcorn Mayo with Melted Cheddar Cheese



Add Water or Juice to any Main for 80 cent

## HOT SUB ROLLS € 1.50

Available on Brown or White Sub

### Crispy Shredded Chicken Salad

Crispy Shredded Chicken Strips with Mixed lettuce & Tomato

### Crispy Shredded Chicken

Crispy Shredded Chicken Strips on a Soft Sub Roll

### Southern Fried Chicken

Oven Baked Breaded Chicken Goujon on a Soft Sub Roll

### Southern Fried Chicken Salad

Oven Baked Breaded Chicken Goujon with Mixed lettuce & Tomato

## CHILLED SUB ROLL € 1.50

### Chicken & Stuffing

Succulent Chicken Strips & Sage & Onion Stuffing with Mayo

### Chicken Salad

Succulent Chicken Strips with Mixed lettuce & Tomato

### Bacon, Lettuce & Tomato

Crispy Bacon Strips with Mixed lettuce & Tomato

### Southern Fried Chicken

Southern Fried Chicken Goujon with Mixed Lettuce, Tomato, Mixed pepper & Mayo

Add Water or Juice to any Main for 80 cent

## HOT DISHES 1 € 1.50

MON	Chicken Curry & Rice	Beef Bolognese & Pasta Spirals	Mediterranean Lasagne & Garlic Bread (V)
TUE	Chicken Korma & Rice	Italian Meatballs & Pasta	
WED	Chinese Chicken Curry & Rice	Beef Lasagne & Garlic Bread	Pasta Basilico (V)
THU	Sweet & Sour Chicken & Rice	Beef Bolognese & Pasta Spirals	
FRI	Chicken Curry & Rice	Sweet Chilli Chicken Strips	Chickpea Curry and Rice

## Salad of the Week € 2.00



### Sweet Chilli Chicken Salad

Chicken fillet & Moroccan cous-cous on a bed of crispy salad leaves with sweet chilli sauce



Stay safe & Best wishes,

Rachel O' Connor,

Principal.