



## The Canteen

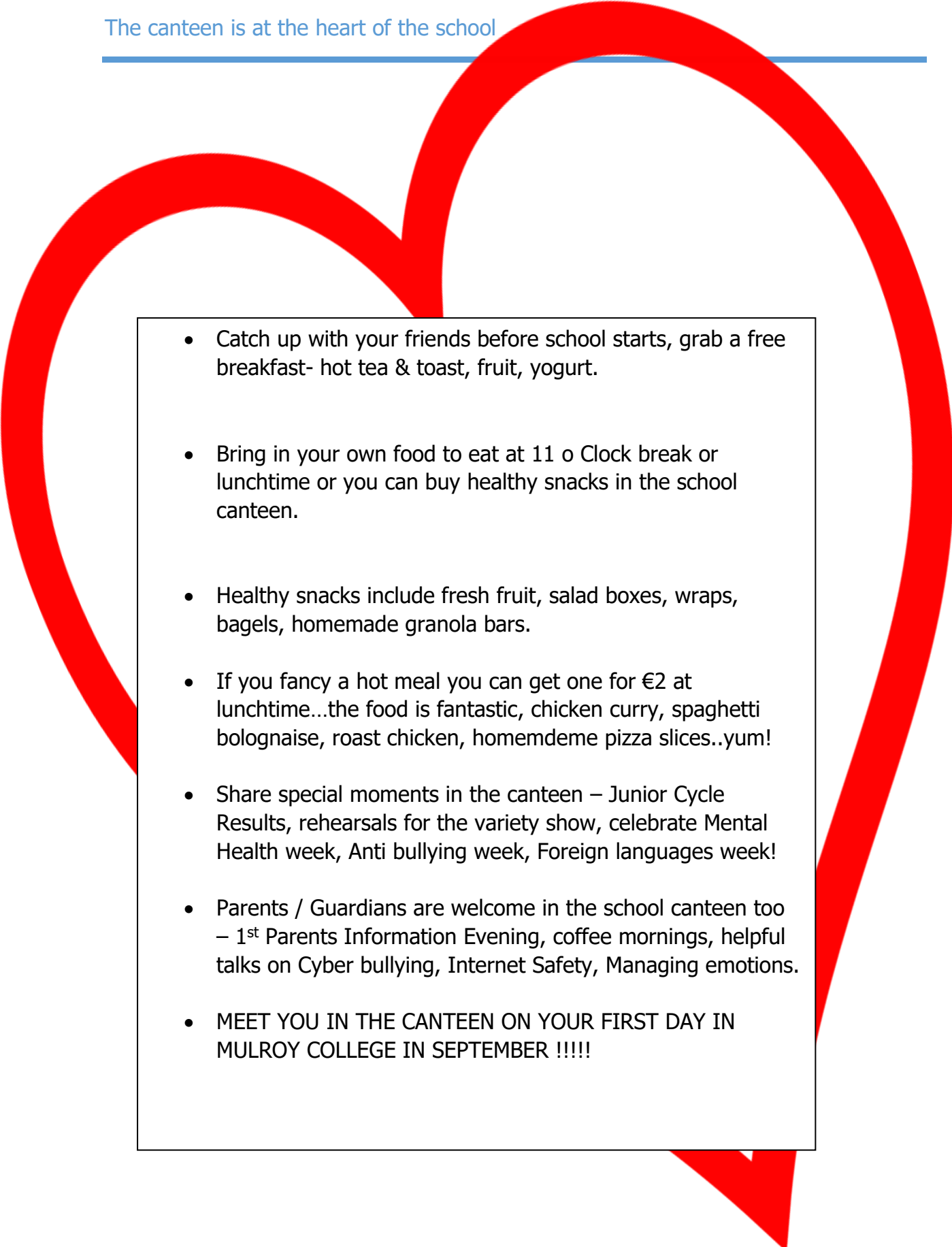
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The canteen is at the heart of the school

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- Catch up with your friends before school starts, grab a free breakfast- hot tea & toast, fruit, yogurt.
  - Bring in your own food to eat at 11 o Clock break or lunchtime or you can buy healthy snacks in the school canteen.
  - Healthy snacks include fresh fruit, salad boxes, wraps, bagels, homemade granola bars.
  - If you fancy a hot meal you can get one for €2 at lunchtime...the food is fantastic, chicken curry, spaghetti bolognaise, roast chicken, homemade pizza slices..yum!
  - Share special moments in the canteen – Junior Cycle Results, rehearsals for the variety show, celebrate Mental Health week, Anti bullying week, Foreign languages week!
  - Parents / Guardians are welcome in the school canteen too – 1<sup>st</sup> Parents Information Evening, coffee mornings, helpful talks on Cyber bullying, Internet Safety, Managing emotions.
  - **MEET YOU IN THE CANTEEN ON YOUR FIRST DAY IN MULROY COLLEGE IN SEPTEMBER !!!!!**