



The following menus are samples.

***Customers will be emailed their Monthly menus
directly***

***For more information about our menus or about
Little Dinners please contact us or email
info@littledinners.ie***



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

STANDARD



SAMPLE MENU

MON

GREEK HOTPOT & MASH

Ingredients: Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley.

Nutritional Information

	Per 100g
Energy	83KCal
KCal	350Kj
Fat	1.72g
of which saturated	0.65g
Carbohydrates	11.09g
of which sugar	1.16g
Fibre	1.13g
Protein	4.18g
Salt	< 0.01g.

MON

MEXICAN CHICKEN & RICE

Ingredients: Rice, chicken, tomatoes, carrots, corn, tomato puree, water, peppers, onions, potato starch, olive oil, garlic, parsley, chives.

Nutritional Information

	Per 100g
Energy	109KCal
KCal	463 Kj
Fat	1.54g
of which saturated	0.82g
Carbohydrates	17.65g
of which sugar	1.45g
Fibre	1.3g
Protein	6.81g
Salt	< 0.01g

TUE

PASTA NAPOLI

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic.

Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 Kj
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

TUE

BROCCOLI & CORN PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, broccoli, water, carrots, tomato puree, **milk**, maize corn, lentils, spinach, **wheat flour**, **butter (milk)**, olive oil, onions, potato starch, garlic, basil.

Nutritional Information

	Per 100g
Energy	115KCal
KCal	488 Kj
Fat	2.15g
of which saturated	0.88g
Carbohydrates	38.42g
of which sugar	3.57g
Fibre	2.13g
Protein	6.87g
Salt	< 0.01g

Ingredients in bold script contain allergens; **gluten**

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

WED

PORK CASSEROLE & MASH

Ingredients: Potatoes, pork, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

Nutritional Information

	Per 100g
Energy	70 KCal
KCal	296Kj
Fat	0.98g
of which saturated	0.29g
Carbohydrates	10.25g
of which sugar	0.91g
Fibre	1.26g
Protein	5.58g
Salt	0.01g.

WED

BEEF CASSEROLE & MINI ROAST

Ingredients: Potatoes, beef (Irish), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

Nutritional Information

	Per 100g
Energy	124 KCal
KCal	520 Kj
Fat	3.82g
of which saturated	0.93g
Carbohydrates	14.46g
of which sugar	1.51g
Fibre	2.16g
Protein	5.66g
Salt	0.04g

THU

BEEF PASTA BAKE

Ingredients: **Durum wheat pasta**, beef (Irish), chopped tomatoes, tomato puree, carrots, water, spinach, courgettes **milk**, water, onions, spinach, **wheat flour**, **butter (milk)**, potato starch, olive oil, garlic, chives.

Nutritional Information

	Per 100g
Energy	125 KCal
KCal	530 Kj
Fat	2.71g
of which saturated	1.23g
Carbohydrates	34.85g
of which sugar	3.55g
Fibre	1.99g
Protein	9.15g
Salt	< 0.01g

THU

TURKEY NAVARIN & MASH

Ingredients: Potatoes, Turkey, carrots, chopped tomatoes, swede, water, peas, onions, garlic turmeric, , olive oil.



Nutritional Information

	Per 100g
Energy	80KCal
KCal	376Kj
Fat	0.44g
of which saturated	0.26g
Carbohydrates	15.31g
of which sugar	1.18g
Fibre	1.26g
Protein	4.53g
Salt	< 0.01g

COD PROVENCAL & RICE

Ingredients: Rice, **cod**, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Nutritional Information

	Per 100g
Energy	95 KCal
KCal	401 Kj
Fat	1.35g
of which saturated	0.64g
Carbohydrates	17.31g
of which sugar	1.65g
Fibre	1.31g
Protein	4.4g
Salt	< 0.01g

FRI

CREAMY FISH PIE

Ingredients: Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream (milk)**, potato starch, dill, garlic

Nutritional Information

	Per 100g
Energy	78KCal
KCal	331 Kj
Fat	2g
of which saturated	0.86g
Carbohydrates	11.28g
of which sugar	1.75g
Fibre	1.24g
Protein	4.47g
Salt	< 0.01g

Ingredients in bold script contain allergens; **fish**

Ingredients in bold script contain allergens; **fish and lactose**

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow





LITTLE DINNERS

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STANDARD



SAMPLE MENU

MON

TURKEY CURRY & RICE

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coconut milk, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy KCal	108KCal
KJ	453Kj
Fat	1.58g
of which saturated	0.74g
Carbohydrates of which sugar	11.29g
Fibre	1.01g
Protein	1.30g
Salt	7.332g
	0.01g

TUE

PASTA BOLOGNAISE

Ingredients: **Durum wheat pasta**, beef (Irish), tomatoes, tomato puree, mixed peppers, carrots, spinach, onions, courgettes, water, potato starch, olive oil, oregano, garlic.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy KCal	124KCal
KJ	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates of which sugar	36.7g
Fibre	3.34g
Protein	2.15g
Salt	9.6 g
	< 0.01g

WED

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, beef (Irish), tomatoes, water, swede, carrot, mixed peppers, onions, potato starch, olive oil, garlic, paprika, parsley, chives.

Nutritional Information

	Per 100g
Energy KCal	114KCal
KJ	479 KJ
Fat	3.38g
of which saturated	0.86g
Carbohydrates of which sugar	13.49g
Fibre	1.31g
Protein	1.74g
Salt	5.16g
	< 0.01g

THU

CHICKEN BREYANI SAUCE & RICE

Ingredients: Rice, chicken, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients on bold script contain allergens; **mustard**

NEW DISH

Nutritional Information

	Per 100g
Energy KCal	99KCal
KJ	418Kj
Fat	1.4g
of which saturated	0.81g
Carbohydrates of which sugar	15.57g
Fibre	1.26g
Protein	1.37g
Salt	6.52g
	<0.01g

FRI

TUNA PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, tomato puree, **tuna**, carrots, **milk**, water, maize corn, onions, spinach, **wheat flour**, **butter (milk)**, potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; **gluten, fish and milk (lactose)**

Nutritional Information

	Per 100g
Energy KCal	115KCal
KJ	487 KJ
Fat	2.27g
of which saturated	0.85g
Carbohydrates of which sugar	35.45g
Fibre	3.59g
Protein	2.06g
Salt	78.37g
	< 0.01g

MON

TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy KCal	120KCal
KJ	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates of which sugar	17.3g
Fibre	0.55g
Protein	1.12g
Salt	6.5g
	< 0.01g

TUE

COTTAGE PIE

Ingredients: Potatoes, beef (Irish), water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.

Nutritional Information

	Per 100g
Energy KCal	79KCal
KJ	330 KJ
Fat	1.85g
of which saturated	0.68g
Carbohydrates of which sugar	9.18g
Fibre	1.344g
Protein	1.2g
Salt	5.06g
	0.1g

WED

PASTA WITH CHICKEN & CORN

Ingredients: **Durum wheat pasta**, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy KCal	122KCal
KJ	516 KJ
Fat	1.56g
of which saturated	0.43g
Carbohydrates of which sugar	36.87g
Fibre	2.73g
Protein	1.99g
Salt	11.71g
	< 0.01g

THU

PORK WITH MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, pork, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy KCal	80 KCal
KJ	377 KJ
Fat	1.54g
of which saturated	0.39g
Carbohydrates of which sugar	11.12g
Fibre	1.87g
Protein	1.33g
Salt	6.02g
	< 0.01g

FRI

CREAMY FISH PIE

Ingredients: Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream (milk)**, potato starch, dill, garlic

Ingredients in bold script contain allergens; **fish and lactose**

Nutritional Information

	Per 100g
Energy KCal	78KCal
KJ	331 KJ
Fat	2g
of which saturated	0.86g
Carbohydrates of which sugar	11.28g
Fibre	1.75g
Protein	1.24g
Salt	4.47g
	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow





LITTLE DINNERS

HSE/ FSAI Approval no

IE 4018 EC

NO BEEF / PORK



SAMPLE MENU

MON

GREEK HOTPOT & MASH

Ingredients: Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley.

TUE

PASTA NAPOLI

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic.

Ingredients in bold script contain allergens; **gluten**

WED

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, Turkey, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

THU

TURKEY PASTA BAKE

Ingredients: **Durum wheat pasta**, turkey, chopped tomatoes, tomato puree, carrots, water, spinach, courgettes, **milk**, water, onions, spinach, **wheat flour, butter (milk)**, potato starch, olive oil, garlic, chives.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

FRI

COD PROVENCAL & RICE

Ingredients: Rice, **cod**, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Ingredients in bold script contain allergens; **fish**

Nutritional Information

	Per 100g
Energy	72KCal
KCal	321Kj
Fat	0.73g
of which saturated	0.19g
Carbohydrates	10.87g
of which sugar	1.16g
Fibre	1.12g
Protein	6.29g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 Kj
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	66 KCal
KCal	277Kj
Fat	0.35g
of which saturated	0.12g
Carbohydrates	10.25g
of which sugar	0.91g
Fibre	1.26g
Protein	6.02g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	116 KCal
KCal	487 Kj
Fat	1.88g
of which saturated	0.85g
Carbohydrates	34.91g
of which sugar	3.59g
Fibre	2g
Protein	10.13g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	95 KCal
KCal	401 Kj
Fat	1.35g
of which saturated	0.64g
Carbohydrates	17.31g
of which sugar	1.65g
Fibre	1.31g
Protein	4.4g
Salt	< 0.01g

MON

MEXICAN CHICKEN & RICE

Ingredients: Rice, chicken, tomatoes, carrots, maize corn, tomato puree, water, peppers, onions, potato starch, olive oil, garlic, parsley, chives.

TUE

BROCCOLI & CORN PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, broccoli, water, carrots, tomato puree, **milk**, corn, lentils, spinach, **wheat flour, butter (milk)**, olive oil, onions, potato starch, garlic, basil.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

WED

TURKEY CASSEROLE & MINI ROAST

Ingredients: Potatoes, turkey, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

THU

TURKEY NAVARIN & MASH

Ingredients: Potatoes, Turkey, carrots, chopped tomatoes, swede, water, peas, onions, garlic, turmeric, olive oil.



FRI

CREAMY FISH PIE

Ingredients: Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream (milk)**, potato starch, dill, garlic

Ingredients in bold script contain allergens; **fish and Milk (lactose)**

Nutritional Information

	Per 100g
Energy	109KCal
KCal	463 Kj
Fat	1.54g
of which saturated	0.82g
Carbohydrates	17.65g
of which sugar	1.45g
Fibre	1.3g
Protein	6.81g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	115KCal
KCal	488 Kj
Fat	2.15g
of which saturated	0.88g
Carbohydrates	38.42g
of which sugar	3.57g
Fibre	2.13g
Protein	6.87g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	114 KCal
KCal	479 Kj
Fat	2.76g
of which saturated	0.44g
Carbohydrates	14.46g
of which sugar	1.51g
Fibre	2.16g
Protein	7.21g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	80KCal
KCal	376Kj
Fat	0.44g
of which saturated	0.26g
Carbohydrates	15.31g
of which sugar	1.18g
Fibre	1.26g
Protein	4.53g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	78KCal
KCal	331 Kj
Fat	2g
of which saturated	0.86g
Carbohydrates	11.28g
of which sugar	1.75g
Fibre	1.24g
Protein	4.47g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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LITTLE DINNERS

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NO BEEF /PORK



SAMPLE MENU

MON

TURKEY CURRY & RICE

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coconut milk, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	108KCal
KCal	453Kj
Fat	1.58g
of which saturated	0.74g
Carbohydrates	11.29g
of which sugar	1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.01g

MON

TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	120KCal
KCal	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.3g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	< 0.01g

TUE

PASTA BOLOGNAISE

Ingredients: **Durum wheat pasta**, turkey, tomatoes, tomato puree, mixed peppers, carrots, spinach, onions, courgettes, water, potato starch, olive oil, oregano, garlic.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	117KCal
KCal	491 KJ
Fat	1.56g
of which saturated	0.03g
Carbohydrates	36.68g
of which sugar	3.34g
Fibre	2.15g
Protein	10.9g
Salt	< 0.01g

TUE

COTTAGE PIE

Ingredients: Potatoes, turkey, water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.

Nutritional Information

	Per 100g
Energy	70KCal
KCal	350 KJ
Fat	1.79g
of which saturated	0.19g
Carbohydrates	9.6g
of which sugar	1.46g
Fibre	1.25g
Protein	6.65g
Salt	<0.01g

WED

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, olive oil, turkey, peppers, onions, potato starch, olive oil, garlic, paprika, parsley, chives.

Nutritional Information

	Per 100g
Energy	104 KCal
KCal	520 KJ
Fat	2.34g
of which saturated	0.39g
Carbohydrates	13.49g
of which sugar	1.31g
Fibre	1.74g
Protein	6.69g
Salt	< 0.01g

WED

PASTA WITH CHICKEN & CORN

Ingredients: **Durum wheat pasta**, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	122KCal
KCal	516 KJ
Fat	1.56g
of which saturated	0.43g
Carbohydrates	36.87g
of which sugar	2.73g
Fibre	1.99g
Protein	11.71g
Salt	< 0.01g

THU

CHICKEN BREYANI SAUCE & RICE

NEW DISH

Ingredients: Rice, chicken, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients on bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	99KCal
KCal	418Kj
Fat	1.4g
of which saturated	0.81g
Carbohydrates	15.57g
of which sugar	1.26g
Fibre	1.37g
Protein	6.52g
Salt	<0.01g

THU

TURKEY, MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, turkey, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	76 KCal
KCal	377 KJ
Fat	0.86g
of which saturated	0.2g
Carbohydrates	11.12g
of which sugar	1.87g
Fibre	1.33g
Protein	6.5g
Salt	< 0.01g

FRI

TUNA PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, tomato puree, **tuna**, carrots, **milk**, water, maize corn, onions, spinach, **wheat flour**, **butter (milk)**, potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; **gluten, fish and milk (lactose)**

Nutritional Information

	Per 100g
Energy	115KCal
KCal	487 KJ
Fat	2.27g
of which saturated	0.85g
Carbohydrates	35.45g
of which sugar	3.59g
Fibre	2.06g
Protein	78.37g
Salt	< 0.01g

FRI

CREAMY FISH PIE

Ingredients: Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream (milk)**, potato starch, dill, garlic

Ingredients in bold script contain allergens; **fish and Milk (lactose)**

All beef used is of Irish origin

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LITTLE DINNERS

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VEGETARIAN



SAMPLE MENU

MON

GREEK VEGETABLE HOTPOT & MASH

Ingredients: Potatoes, tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley.

TUE

PASTA NAPOLI

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic.

Ingredients in bold script contain allergens; **gluten**

WED

SWEET POTATO & VEG CASSEROLE & MASH

Ingredients: Potatoes, water, sweet potatoes, peas, beans, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic.

THU

VEG PASTA BAKE

Ingredients: **Durum wheat pasta (milk)**, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour, butter**, potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

FRI

VEGETABLE PROVENCAL & RICE

Ingredients: Rice, tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic.

Nutritional Information

Energy	Per 100g
KCal	55KCal
KJ	232 KJ
Fat	0.6g
of which saturated	0.13g
Carbohydrates	11.72g
of which sugar	1.36g
Fibre	1.26g
Protein	1.35g
Salt	<0.01g

Nutritional Information

Energy	Per 100g
KCal	93 KCal
KJ	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
KCal	49 KCal
KJ	208 KJ
Fat	0.16g
of which saturated	0.04g
Carbohydrates	10.83g
of which sugar	0.91g
Fibre	1.73g
Protein	1.62g
Salt	< 0.06g

Nutritional Information

Energy	Per 100g
KCal	100KCal
KJ	423 KJ
Fat	2g
of which saturated	0.89g
Carbohydrates	34.16g
of which sugar	0.8g
Fibre	2.15g
Protein	6.46g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
KCal	87 KCal
KJ	370 KJ
Fat	1.14g
of which saturated	0.66g
Carbohydrates	19.15g
of which sugar	2.17g
Fibre	1.59g
Protein	2.75g
Salt	< 0.01g

MON

MEXICAN BEAN & RICE

Ingredients: Rice, tomatoes, carrots, corn, peppers, kidney beans, cannellini beans, water, tomato puree, onions, olive oil, parsley, chives, potato starch, garlic.

TUE

BROCCOLI & CORN PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, broccoli, water, carrots, tomato puree, **milk**, maize corn, lentils, spinach, **wheat flour, butter (milk)**, olive oil, onions, potato starch, garlic, basil.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

WED

VEGETABLE CASSEROLE & MINI ROAST

Ingredients: Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic, sunflower oil, dextrose.

THU

VEGETABLE NAVARIN

Ingredients: Potatoes, carrots, chopped tomatoes, swedes, peas, onions, broad beans, french beans, potato starch, olive oil, turmeric, garlic.

FRI

CREAMY VEGETABLE PIE

Ingredients: Potatoes, carrots, maize corn, **milk**, peas, water, broad beans, **cream (milk)**, onions, potato starch, parsley, garlic.

Ingredients in bold script contain allergens; **Milk (lactose)**

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

Nutritional Information

Energy	Per 100g
KCal	100 KCal
KJ	425 KJ
Fat	1.25g
of which saturated	0.59g
Carbohydrates	20.5g
of which sugar	2.52g
Fibre	1.76g
Protein	2.98g
Salt	0.01g

Nutritional Information

Energy	Per 100g
KCal	115KCal
KJ	488 KJ
Fat	2.15g
of which saturated	0.88g
Carbohydrates	38.42g
of which sugar	3.57g
Fibre	2.13g
Protein	6.87g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
KCal	111KCal
KJ	466 KJ
Fat	0.51g
of which saturated	0.15g
Carbohydrates	20.148g
of which sugar	2.03g
Fibre	1.67g
Protein	4.03g
Salt	< 0.06g

Nutritional Information

Energy	Per 100g
KCal	50 KCal
KJ	318 KJ
Fat	0.2g
of which saturated	0.04g
Carbohydrates	10.94g
of which sugar	1.22g
Fibre	1.77g
Protein	1.81g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
KCal	75KCal
KJ	316 KJ
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.32g
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	< 0.01g





VEGETARIAN



SAMPLE MENU

MON

BUTTERNUT SQUASH & BEAN CURRY & RICE

Ingredients: Rice, butternut squash, coconut milk, diced potato, peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree, coconut milk, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika.

Ingredients in bold script contain allergens; **mustard**

TUE

VEG PASTA BOLOGNAISE

Ingredients: **Durum wheat pasta**, tomatoes, tomato puree, mixed peppers carrots, spinach, onions, courgettes, water, potato starch, olive oil, oregano, garlic.

Ingredients in bold script contain allergens; **gluten**

WED

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, tomatoes, water, swede, peas, split red lentils, carrot, mixed peppers, onions, potato starch, olive oil, garlic puree, paprika, parsley, chives.

THU

VEGETABLE BREYANI SAUCE & RICE

Ingredients: Rice, chopped tomatoes, carrot, red split lentils, water, peas, spinach, red peppers, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; **Mustard**

FRI

VEGETABLE PASTA BAKE

Durum wheat pasta, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour, butter (milk)**, potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

Nutritional Information

	Per 100g
Energy	92KCal
KCal	504Kj
Fat	3.6g
of which saturated	1.6g
Carbohydrates	13.99g
of which sugar	1.5g
Fibre	1.2g
Protein	2.07g
Salt	0.01g

Nutritional Information

	Per 100g
Energy	93 KCal
KJ	394 KJ
Fat	1.09g
of which saturated	0.17g
Carbohydrates	35.21g
of which sugar	3.96g
Fibre	2.28g
Protein	6.26g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	92KCal
KCal	389 KJ
Fat	2.24g
of which saturated	0.37g
Carbohydrates	17.31g
of which sugar	1.71g
Fibre	2.36g
Protein	3.13g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	79 KCal
KCal	335 KJ
Fat	0.83g
of which saturated	0.61g
Carbohydrates	18.84g
of which sugar	1.19g
Fibre	1.38g
Protein	3.45g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	100KCal
KCal	423 KJ
Fat	2g
of which saturated	0.89g
Carbohydrates	34.16g
of which sugar	0.8g
Fibre	2.15g
Protein	6.46g
Salt	< 0.01g

MON

VEGETABLE KORMA & RICE

Ingredients: Rice, coconut milk, butternutsquash, peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; **mustard**

TUE

COTTAGE VEGETABLE PIE

Ingredients: Potatoes, carrots, swedes, peas, lentils, water, onions, potato starch, tomato puree, olive oil, oregano, garlic.

WED

MEDITERRANEAN STYLE VEG PASTA

Ingredients: **Durum wheat pasta**, tomatoes, carrots, peppers, maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; **gluten**

THU

MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, carrots, water, swedes, sweet potato, lentils, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; **mustard**

FRI

CREAMY VEGETABLE PIE

Ingredients: Potatoes, carrots, maize corn, **milk**, peas, water, broad beans, **cream (milk)**, onions, potato starch, parsley, garlic.

Ingredients in bold script contain allergens; **Milk (lactose)**

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

Nutritional Information

	Per 100g
Energy	118 KCal
KCal	559 KJ
Fat	2.63g
of which saturated	1.45g
Carbohydrates	22.59g
of which sugar	0.66g
Fibre	1.94g
Protein	2.36g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	65KCal
KCal	273Kj
Fat	1.28g
of which saturated	0.32g
Carbohydrates	15.24g
of which sugar	1.94g
Fibre	2.04g
Protein	4.05g
Salt	< 0.01g.

Nutritional Information

	Per 100g
Energy	100KCal
KCal	426 KJ
Fat	1.36g
of which saturated	0.19g
Carbohydrates	37.74g
of which sugar	3.11g
Fibre	2.28g
Protein	6.53g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	61 KCal
KCal	256 KJ
Fat	0.26 g
of which saturated	0.11g
Carbohydrates	15.31g
of which sugar	2.2g
Fibre	1.87g
Protein	2.67g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	75KCal
KCal	316 KJ
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.32g
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	< 0.01g





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

**INFANT STANDARD
CHOPPED/ PUREED**



**SAMPLE
MENU**

GREEK HOTPOT & POTATO

MON Ingredients: Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

Nutritional Information	
	Per 100g
Energy	68 KCal
KCal	284 KJ
Fat	2.08g
of which saturated	0.8g
Carbohydrates	6.19g
of which sugar	1.7g
Fibre	1.19g
Protein	4.7g
Salt	<0.01g

NAPOLI SAUCE & POTATO

TUE Ingredients: Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion, olive oil.

Nutritional Information	
	Per 100g
Energy	39 KCal
KCal	165 KJ
Fat	0.82g
of which saturated	0.28g
Carbohydrates	8.84g
of which sugar	2.07g
Fibre	1.63g
Protein	2.41g
Salt	< 0.01g

CHICKEN CASSEROLE & MASH

WED Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	63KCal
KCal	266KJ
Fat	0.95g
of which saturated	0.35g
Carbohydrates	7.79g
of which sugar	2.32g
Fibre	1.67g
Protein	5.76g
Salt	< 0.01g.

BEEF, VEGETABLES, TOMATO & POTATO

THU Ingredients: Carrots, potatoes, beef (Irish), butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information	
	Per 100g
Energy	70KCal
KCal	295KJ
Fat	1.97g
of which saturated	0.73g
Carbohydrates	7.38g
of which sugar	1.88g
Fibre	1.48g
Protein	4.64g
Salt	< 0.01g.

CHICKEN PROVENCAL & MASH

FRI Ingredients: Potatoes, chicken, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	58KCal
KCal	246KJ
Fat	1.02g
of which saturated	0.38g
Carbohydrates	6.8g
of which sugar	1.69g
Fibre	1.23g
Protein	5.51g
Salt	< 0.01g.

MEXICAN CHICKEN & POTATO

MON

Ingredients: Potatoes, carrots, chicken, butternut squash, peas, water, tomato, onions, olive oil.

Nutritional Information	
	Per 100g
Energy	62 KCal
KCal	263 KJ
Fat	1.11g
of which saturated	0.42g
Carbohydrates	7.31g
of which sugar	2.14g
Fibre	1.64g
Protein	5.96g
Salt	< 0.01g

BROCCOLI, MIXED VEG & POTATO

TUE

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	31KCal
KCal	132KJ
Fat	0.44g
of which saturated	0.13g
Carbohydrates	7.25g
of which sugar	1.11g
Fibre	0.78g
Protein	1.15g
Salt	< 0.01g

BEEF CASSEROLE & MASH

WED

Ingredients: Potatoes, carrots, beef (Irish) water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	69 KCal
KCal	283 KJ
Fat	1.49g
of which saturated	0.65g
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.68g
Protein	5.06g
Salt	< 0.01g

TURKEY NAVARIN & MASH

THU

Ingredients: Potatoes, carrots, Turkey, chopped tomatoes, swede, water, peas, onions, olive oil.

Nutritional Information	
	Per 100g
Energy	60 KCal
KCal	253 KJ
Fat	1.96g
of which saturated	0.93g
Carbohydrates	7g
of which sugar	1.94g
Fibre	1.45g
Protein	4.56g
Salt	< 0.01g

CHICKEN PIE

FRI

Ingredients: Potatoes, carrots, chicken swede, peas, water, tomato puree, onion, olive oil.

Nutritional Information	
	Per 100g
Energy	55KCal
KCal	231 KJ
Fat	0.55g
of which saturated	0.33g
Carbohydrates	6.39g
of which sugar	1.89g
Fibre	1.36g
Protein	6g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

**INFANT STANDARD
CHOPPED/ PUREED**



**SAMPLE
MENU**

MON

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, carrots, turkey, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information

	Per 100g
Energy	58 KCal
KCal	240 KJ
Fat	0.47g
<i>of which saturated</i>	0.18g
Carbohydrates	7.39g
<i>of which sugar</i>	1.82g
Fibre	1.68g
Protein	6.57g
Salt	< 0.01g

MON

TURKEY CASSEROLE & MASH

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information

	Per 100g
Energy	62 KCal
KCal	260 KJ
Fat	1.04g
<i>of which saturated</i>	0.30g
Carbohydrates	7.07g
<i>of which sugar</i>	1.91g
Fibre	1.40g
Protein	6.59g
Salt	< 0.01g

TUE

BOLOGNAISE SAUCE & POTATO

Ingredients: Potato carrots, beef (Irish) water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information

	Per 100g
Energy	67 KCal
KCal	281 KJ
Fat	1.91g
<i>of which saturated</i>	0.75g
Carbohydrates	6.85g
<i>of which sugar</i>	2.08g
Fibre	1.21g
Protein	4.43g
Salt	< 0.01g

TUE

COTTAGE PIE

Ingredients: Potatoes, beef (Irish), carrots, water, peas, onions, swede, water, potato starch, tomato puree, olive oil.

Nutritional Information

	Per 100g
Energy	67KCal
KCal	280 KJ
Fat	1.87g
<i>of which saturated</i>	0.66g
Carbohydrates	6.71g
<i>of which sugar</i>	2.00g
Fibre	1.49g
Protein	4.60g
Salt	0.4g

WED

HUNGARIAN GOULASH & POTATO

Ingredients: Potatoes, carrots, beef (Irish), water, swedes, peppers, , onions, olive oil, tomato puree.

Nutritional Information

	Per 100g
Energy	67 KCal
KCal	281 KJ
Fat	2.06g
<i>of which saturated</i>	0.76g
Carbohydrates	6.22g
<i>of which sugar</i>	1.67g
Fibre	1.15g
Protein	4.54g
Salt	< 0.01g

WED

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information

	Per 100g
Energy	59KCal
KCal	249KJ
Fat	0.46g
<i>of which saturated</i>	0.28g
Carbohydrates	7.83g
<i>of which sugar</i>	2.33g
Fibre	1.68g
Protein	5.79g
Salt	< 0.01g.

THU

CHICKEN BREYANI

Ingredients: Potatoes, chicken, carrot, peas, chopped tomatoes, water, onions, olive oil.

Nutritional Information

	Per 100g
Energy	65KCal
KCal	272KJ
Fat	2.18g
<i>of which saturated</i>	1.02g
Carbohydrates	7.46g
<i>of which sugar</i>	2.01g
Fibre	1.52g
Protein	4.96g
Salt	< 0.01g.

THU

TURKEY, MIXED VEG WITH APRICOT & POTATO

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, olive oil.

Nutritional Information

	Per 100g
Energy	66 KCal
KCal	277 KJ
Fat	1.05g
<i>of which saturated</i>	0.28g
Carbohydrates	8.2g
<i>of which sugar</i>	2.42g
Fibre	1.58g
Protein	6.67g
Salt	< 0.01g

FRI

MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information

	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.93g
<i>of which saturated</i>	0.22g
Carbohydrates	8.78g
<i>of which sugar</i>	2.38g
Fibre	1.81g
Protein	1.39g
Salt	< 0.01g

FRI

CHICKEN PIE

Ingredients: Potatoes, carrots, chicken swede, peas, water, tomato puree, onion, olive oil.

Nutritional Information

	Per 100g
Energy	55KCal
KCal	231 KJ
Fat	0.55g
<i>of which saturated</i>	0.33g
Carbohydrates	6.39g
<i>of which sugar</i>	1.89g
Fibre	1.36g
Protein	6g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow





LITTLE DINNERS



**NO BEEF/PORK
CHOPPED/ PUREED**



SAMPLE MENU

MON

GREEK HOTPOT & POTATO

Ingredients: Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

Nutritional Information

	Per 100g
Energy	57 KCal
KCal	234 KJ
Fat	1.01g
of which saturated	0.31g
Carbohydrates	6.19g
of which sugar	1.7g
Fibre	1.19g
Protein	6.28g
Salt	<0.01g

MON

MEXICAN CHICKEN & POTATO

Ingredients: Potatoes, carrots, chicken, butternut squash, peas, water, tomato, onions, olive oil.

Nutritional Information

	Per 100g
Energy	62 KCal
KCal	263 KJ
Fat	1.11g
of which saturated	0.42g
Carbohydrates	7.31g
of which sugar	2.14g
Fibre	1.64g
Protein	5.96g
Salt	< 0.01g

TUE

NAPOLI SAUCE & POTATO

Ingredients: Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion, olive oil.

Nutritional Information

	Per 100g
Energy	39 KCal
KCal	165 KJ
Fat	0.82g
of which saturated	0.28g
Carbohydrates	8.84g
of which sugar	2.07g
Fibre	1.63g
Protein	2.41g
Salt	< 0.01g

TUE

BROCCOLI, MIXED VEG & POTATO

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

Nutritional Information

	Per 100g
Energy	31 KCal
KCal	132 KJ
Fat	0.44g
of which saturated	0.13g
Carbohydrates	7.25g
of which sugar	1.11g
Fibre	0.78g
Protein	1.15g
Salt	< 0.01g

WED

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato, carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information

	Per 100g
Energy	63 KCal
KCal	266 KJ
Fat	0.95g
of which saturated	0.35g
Carbohydrates	7.79g
of which sugar	2.32g
Fibre	1.67g
Protein	5.76g
Salt	< 0.01g

WED

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, carrots, turkey, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information

	Per 100g
Energy	72 KCal
KCal	306 KJ
Fat	0.7g
of which saturated	0.34g
Carbohydrates	11.27g
of which sugar	1.48g
Fibre	1.53g
Protein	5.81g
Salt	< 0.01g

THU

TURKEY, VEGETABLES, TOMATO & POTATO

Ingredients: Carrots, potatoes, turkey, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information

	Per 100g
Energy	60 KCal
KCal	252 KJ
Fat	0.98g
of which saturated	0.27g
Carbohydrates	7.38g
of which sugar	1.88g
Fibre	1.48g
Protein	6.1g
Salt	< 0.01g

THU

TURKEY NAVARIN & MASH

Ingredients: Potatoes, carrots, Turkey, chopped tomatoes, swede, water, peas, onions, olive oil.

Nutritional Information

	Per 100g
Energy	60 KCal
KCal	253 KJ
Fat	1.96g
of which saturated	0.93g
Carbohydrates	7g
of which sugar	1.94g
Fibre	1.45g
Protein	4.56g
Salt	< 0.01g

FRI

CHICKEN PROVENCAL & MASH

Ingredients: Potatoes, chicken, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.

Nutritional Information

	Per 100g
Energy	58 KCal
KCal	246 KJ
Fat	1.02g
of which saturated	0.38g
Carbohydrates	6.8g
of which sugar	1.69g
Fibre	1.23g
Protein	5.51g
Salt	< 0.01g

FRI

CHICKEN PIE

Ingredients: Potatoes, carrots, chicken, swede, peas, water, tomato puree, onion, olive oil.

Nutritional Information

	Per 100g
Energy	55 KCal
KCal	231 KJ
Fat	0.55g
of which saturated	0.33g
Carbohydrates	6.39g
of which sugar	1.89g
Fibre	1.36g
Protein	6g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow





NO BEEF/PORK
CHOPPED/ PUREED



SAMPLE
MENU

MON

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, carrots, turkey, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	58 KCal
KCal	240 KJ
Fat	0.47g
of which saturated	0.18g
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.68g
Protein	6.57g
Salt	< 0.01

MON

TURKEY CASSEROLE & MASH

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	62 KCal
KCal	260 KJ
Fat	1.04g
of which saturated	0.30g
Carbohydrates	7.07g
of which sugar	1.91g
Fibre	1.40g
Protein	6.59g
Salt	< 0.01g

TUE

BOLOGNAISE SAUCE & POTATO

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	57 KCal
KCal	240 KJ
Fat	0.93g
of which saturated	0.30g
Carbohydrates	6.85g
of which sugar	2.08g
Fibre	1.21g
Protein	5.88g
Salt	< 0.01g

TUE

TURKEY COTTAGE PIE

Ingredients: Potatoes, turkey, carrots, water, peas, onions, swede, water, potato starch, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	52KCal
KCal	219 KJ
Fat	0.98g
of which saturated	0.23g
Carbohydrates	6.71g
of which sugar	2.0g
Fibre	1.49g
Protein	5.96g
Salt	< 0.01g

WED

HUNGARIAN GOULASH & POTATO

Ingredients: Potatoes, carrots, turkey, water, swedes, peppers, , onions, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	57 KCal
KCal	239 KJ
Fat	0.98g
of which saturated	0.27g
Carbohydrates	6.30g
of which sugar	1.79g
Fibre	1.16g
Protein	6.1g
Salt	< 0.01g

WED

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	59KCal
KCal	249KJ
Fat	0.46g
of which saturated	0.28g
Carbohydrates	7.83g
of which sugar	2.33g
Fibre	1.68g
Protein	5.79g
Salt	< 0.01g.

THU

CHICKEN BREYANI

Ingredients: Potatoes, chicken, carrot, peas, chopped tomatoes, water, onions, olive oil.

Nutritional Information	
	Per 100g
Energy	65KCal
KCal	272KJ
Fat	2.18g
of which saturated	1.02g
Carbohydrates	7.46g
of which sugar	2.01g
Fibre	1.52g
Protein	4.96g
Salt	< 0.01g.

THU

TURKEY, MIXED VEG WITH APRICOT & POTATO

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, olive oil.

Nutritional Information	
	Per 100g
Energy	66 KCal
KCal	277 KJ
Fat	1.05g
of which saturated	0.28g
Carbohydrates	8.2g
of which sugar	2.42g
Fibre	1.58g
Protein	6.67g
Salt	< 0.01g

FRI

MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information	
	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.93g
of which saturated	0.22g
Carbohydrates	8.78g
of which sugar	2.38g
Fibre	1.81g
Protein	1.39g
Salt	< 0.01g

FRI

CHICKEN PIE

Ingredients: Potatoes, carrots, chicken, swede, peas, water, tomato puree, onion, olive oil.

Nutritional Information	
	Per 100g
Energy	55KCal
KCal	231 KJ
Fat	0.55g
of which saturated	0.33g
Carbohydrates	6.39g
of which sugar	1.89g
Fibre	1.36g
Protein	6g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow





HSE/ FSAI
Approval no
IE
4018
EC

INFANT VEGETARIAN
CHOPPED/ PUREED



SAMPLE
MENU

MON

GREEK HOTPOT & POTATO

Ingredients: Potatoes, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

Nutritional Information	
	Per 100g
Energy	39 KCal
KCal	167 KJ
Fat	0.89g
of which saturated	0.26g
Carbohydrates	7.31g
of which sugar	2g
Fibre	1.41g
Protein	1.09g
Salt	<0.01g

TUE

NAPOLI SAUCE & POTATO

Ingredients: Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion, olive oil.

Nutritional Information	
	Per 100g
Energy	39 KCal
KCal	165 KJ
Fat	0.82g
of which saturated	0.28g
Carbohydrates	8.84g
of which sugar	2.07g
Fibre	1.63g
Protein	2.41g
Salt	< 0.01g

WED

SWEET POTATO & VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, sweet potato, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	48KCal
KCal	202KJ
Fat	0.75g
of which saturated	0.17g
Carbohydrates	9g
of which sugar	2.68g
Fibre	1.93g
Protein	1.68g
Salt	< 0.01g

THU

VEGETABLES, TOMATO & POTATO

Ingredients: Potato, carrots, water, butternut squash, peas, tomatoes, onions, olive oil.

Nutritional Information	
	Per 100g
Energy	45 KCal
KCal	189 KJ
Fat	0.8g
of which saturated	0.2g
Carbohydrates	8.86g
of which sugar	2.19g
Fibre	1.74g
Protein	1.3g
Salt	< 0.01g

FRI

VEGETABLE PROVENCAL & MASH

Ingredients: Potatoes, carrots, water, tomatoes, peppers, spinach, lentils, onions, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	48 KCal
KCal	205 KJ
Fat	0.88g
of which saturated	0.32g
Carbohydrates	12.91g
of which sugar	2.01g
Fibre	1.83g
Protein	3.81g
Salt	< 0.01g

MON

MEXICAN VEG & POTATO

Ingredients: Potatoes, carrots, butternut squash, peas, water, tomato, onions, olive oil.

Nutritional Information	
	Per 100g
Energy	44 KCal
KCal	186 KJ
Fat	0.85g
of which saturated	0.2g
Carbohydrates	8.3g
of which sugar	2.39g
Fibre	2g
Protein	1.55g
Salt	< 0.01g

TUE

BROCCOLI, MIXED VEG & POTATO

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	31KCal
KCal	132KJ
Fat	0.44g
of which saturated	0.13g
Carbohydrates	7.25g
of which sugar	1.11g
Fibre	0.78g
Protein	1.15g
Salt	< 0.01g

WED

VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, peas, swede, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	57KCal
KCal	263KJ
Fat	0.86g
of which saturated	0.15g
Carbohydrates	9.81g
of which sugar	2.52g
Fibre	2.99g
Protein	3.16g
Salt	< 0.01g

THU

VEG NAVARIN & MASH

Ingredients: Potatoes, carrots, chopped tomatoes, swede, water, peas, onions, olive oil

Nutritional Information	
	Per 100g
Energy	38KCal
KCal	161KJ
Fat	0.26g
of which saturated	0.13g
Carbohydrates	8.15g
of which sugar	2.26g
Fibre	1.69g
Protein	1.31g
Salt	< 0.01g

FRI

VEGETABLE PIE

Ingredients: Potatoes, carrots, butternut squash, swede, peas, water, tomato puree, onion, olive oil.

Nutritional Information	
	Per 100g
Energy	43 KCal
KCal	182 KJ
Fat	0.84g
of which saturated	0.19g
Carbohydrates	8.39g
of which sugar	2.15g
Fibre	1.7g
Protein	1.25g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow





LITTLE DINNERS

HSE/ FSAI
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4018
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**INFANT VEGETARIAN
CHOPPED/ PUREED**



SAMPLE MENU

MON

VEGETABLE CASSEROLE

Ingredients: Potatoes, carrots, water, peas, swede, French beans, broad beans, onion, olive oil, tomato puree.

Nutritional Information

	Per 100g
Energy	57KCal
KCal	263KJ
Fat	0.86g
of which saturated	0.15g
Carbohydrates	9.81g
of which sugar	2.52g
Fibre	2.99g
Protein	3.16g
Salt	< 0.01g

MON

VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, courgette, tomato, sweet potato, peas, onions, tomato puree, olive oil.

Nutritional Information

	Per 100g
Energy	49KCal
KCal	206KJ
Fat	0.83g
of which saturated	0.21g
Carbohydrates	9.36g
of which sugar	2.40g
Fibre	1.75g
Protein	1.48g
Salt	< 0.01g

TUE

VEGETABLE BOLOGNAISE & POTATO

Ingredients: Carrots, potatoes, butternut squash courgette, water, tomato, onion, olive oil

Nutritional Information

	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.83g
of which saturated	0.26g
Carbohydrates	11.27g
of which sugar	2.07g
Fibre	1.74g
Protein	2.4g
Salt	< 0.01g

TUE

VEGETABLE COTTAGE PIE

Ingredients: Potatoes, carrots, swedes, peas, butternut squash, lentils, water, onions, potato starch, tomato puree, olive oil.

Nutritional Information

	Per 100g
Energy	43KCal
KCal	180KJ
Fat	0.83g
of which saturated	0.18g
Carbohydrates	7.73g
of which sugar	2.31g
Fibre	1.72g
Protein	1.52g
Salt	< 0.01g

WED

HUNGARIAN VEG GOULASH & POTATO

Ingredients: Potatoes, carrots, water, swedes, peppers, onions, olive oil, tomato puree.

Nutritional Information

	Per 100g
Energy	39 KCal
KCal	163 KJ
Fat	0.86g
of which saturated	0.21g
Carbohydrates	7.34g
of which sugar	1.97g
Fibre	1.36g
Protein	0.09g
Salt	< 0.01g

WED

VEG CASSEROLE & MASH

Ingredients: Potatoes, sweet potato, water, peas, swedes, French Beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information

	Per 100g
Energy	42KCal
KCal	182KJ
Fat	0.19g
of which saturated	0.09g
Carbohydrates	9.06g
of which sugar	2.7g
Fibre	1.95g
Protein	1.69g
Salt	< 0.01g

THU

VEG BREYANI & POTATO

Ingredients: Potatoes, carrots, peas, chopped tomatoes, water, onions, olive oil.

Nutritional Information

	Per 100g
Energy	45 KCal
KCal	190 KJ
Fat	0.22g
of which saturated	0.08g
Carbohydrates	10.17g
of which sugar	2.01g
Fibre	1.74g
Protein	1.49g
Salt	< 0.01g

THU

MIXED VEG WITH APRICOT & POTATO

Ingredients: Potatoes, carrots, butternut squash, water, peas, onions, apricots, olive oil.

Nutritional Information

	Per 100g
Energy	50 KCal
KCal	211 KJ
Fat	0.93g
of which saturated	0.22g
Carbohydrates	9.71g
of which sugar	2.86g
Fibre	1.88g
Protein	1.46g
Salt	< 0.01g

FRI

MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information

	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.93g
of which saturated	0.22g
Carbohydrates	8.78g
of which sugar	2.38g
Fibre	1.81g
Protein	1.39g
Salt	< 0.01g

FRI

VEGETABLE PIE

Ingredients: Potatoes, carrots, butternut squash, swede, peas, water, tomato puree, onion, olive oil.

Nutritional Information

	Per 100g
Energy	43 KCal
KCal	182 KJ
Fat	0.84g
of which saturated	0.19g
Carbohydrates	8.39g
of which sugar	2.15g
Fibre	1.7g
Protein	1.25g
Salt	< 0.01g

All beef used is of Irish origin

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Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow





LITTLE DINNERS

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AFTER SCHOOL 1

MON

CHICKEN GOUJONS, WAFFLES & MIXED VEG

Ingredients: Waffles (potatoes 81%, dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil, peas, corn, swede.

Nutritional Information

	Per 100g
Energy	138 KCal
KCal	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.05g

SWEET & SOUR CHICKEN WITH RICE

MON

Ingredients: Rice, Chicken, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concentrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, xanthan gum, paprika concentrate, salammoniac) Carrot, Corn kernels, Onion, Pineapple.

Nutritional Information

	Per 100g
Energy	130 KCal
KCal	519 KJ
Fat	1.18g
of which saturated	0.80g
Carbohydrates	23.13g
of which sugar	6.68g
Fibre	1.02g
Protein	6.94g
Salt	0.31g

MEATBALLS IN PASTA

Ingredients: **Durum wheat pasta** 42%, chopped tomatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, raising agent E503) Soya protein, garlic puree, (garlic, citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chilli powder, black pepper, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

TUE

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	132 KCal
KCal	559 KJ
Fat	3.98g
of which saturated	1.29g
Carbohydrates	38.37g
of which sugar	2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g

TURKEY ARRABIATA

TUE

Ingredients: **Durum wheat pasta**, turkey chopped tomatoes, onion, tomato puree, olive oil, potato starch, salt, garlic, basil, chilli powder.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	116 KCal
KCal	487 KJ
Fat	1.82g
of which saturated	0.35g
Carbohydrates	29.87g
of which sugar	2.28g
Fibre	1.67g
Protein	13.46g
Salt	0.04g

L.D. BAKED TURKEY BURGER, GRAVY, MASH, PEAS

WED

Ingredients: Potatoes (potatoes, sunflower oil) Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bay leaf) sunflower oil, citric acid, garlic), peas

Nutritional Information

	Per 100g
Energy	95 KCal
KCal	401 KJ
Fat	1.35g
of which saturated	0.64g
Carbohydrates	17.31g
of which sugar	1.65g
Fibre	1.31g
Protein	4.4g
Salt	< 0.01g

COTTAGE PIE

WED

Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, oragano, garlic.

Nutritional Information

	Per 100g
Energy	84 KCal
KCal	445 KJ
Fat	1.76g
of which saturated	0.63g
Carbohydrates	10.85g
of which sugar	1.31g
Fibre	1.46g
Protein	5.04g
Salt	0.01g

BEEF PASTA BAKE

THU

Ingredients: **Durum wheat pasta**, beef (Irish), chopped tomatoes, tomato puree, carrots, water, spinach, courgettes **milk**, water, onions, spinach, **wheat flour, butter (milk)**, potato starch, olive oil, garlic, chives, salt.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

Nutritional Information

	Per 100g
Energy	125 KCal
KCal	530 KJ
Fat	2.71g
of which saturated	1.23g
Carbohydrates	34.85g
of which sugar	3.55g
Fibre	1.99g
Protein	9.15g
Salt	0.04g

SAUSAGE, MINI WAFFLES & MIXED VEGETABLES

THU

Ingredients: Potatoes, Sausage (pork 74% Rusk (**Wheat flour**, potato starch, pork protein extract, water, calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451) corn, peas, swede.

Ingredients in bold script contain allergens; **gluten & sulphates**

Nutritional Information

	Per 100g
Energy	146 KCal
KCal	611 KJ
Fat	8.21g
of which saturated	2.77g
Carbohydrates	15.29g
of which sugar	0.83
Fibre	1.17g
Protein	3.67g
Salt	0.8g

SAUSAGE, MINI ROAST & L.D. BEANS

FRI

Ingredients: Potatoes (sunflower oil) Sausage (pork 74% Rusk (**Wheat flour**, potato starch, pork protein extract, water, calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451) Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Ingredients in bold script contain allergens; **gluten & sulphates**

Nutritional Information

	Per 100g
Energy	146 KCal
KCal	611 KJ
Fat	8.21g
of which saturated	2.77g
Carbohydrates	15.29g
of which sugar	0.83
Fibre	1.17g
Protein	3.67g
Salt	0.8g

FISH FINGERS, MINI ROAST & PEAS

FRI

Ingredients: Potatoes, **Fish Fingers (cod, wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450, E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), Peas.

Ingredients in bold script contain allergens; **fish & gluten**

Nutritional Information

	Per 100g
Energy	89 KCal
KCal	376 KJ
Fat	1.29g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

All beef used is of Irish origin

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Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow



SAMPLE MENU



LITTLE DINNERS

HSE/ FSAI Approval no

IE 4018 EC

AFTER SCHOOL 1

MON

TURKEY CURRY & RICE

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	108KCal
KCal	453KJ
Fat	1.58g
of which saturated	0.74g
Carbohydrates	11.29g
of which sugar	1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.04g

MON

TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, coconut milk, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, salt.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	120KCal
KCal	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.3g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04g

TUE

PASTA BOLOGNAISE

Ingredients: **Durum wheat pasta**, beef (Irish), tomatoes, tomato puree, carrots, mixed peppers, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	124KCal
KCal	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates	36.7g
of which sugar	3.34g
Fibre	2.15g
Protein	9.6 g
Salt	0.04g

TUE

BEEF STEW & MASH

Ingredients: Potatoes, beef gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, peas.

Nutritional Information

	Per 100g
Energy	89 KCal
KCal	373 KJ
Fat	2.09g
of which saturated	0.77g
Carbohydrates	10.55g
of which sugar	1.28g
Fibre	1.2g
Protein	5.55g
Salt	0.01g

WED

BEEF PATTIS, GRAVY, MASH & CARROTS

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, **soya fibre**, dextrose, Hydrolysed **soya protein**, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), Carrots

Ingredients in bold script contain allergens; **soya and sulphur dioxide**

Nutritional Information

	Per 100g
Energy	76 KCal
KCal	321 KJ
Fat	1.37g
of which saturated	0.59g
Carbohydrates	10.32g
of which sugar	1.14g
Fibre	1.1g
Protein	4.66g
Salt	< 0.01g

WED

PASTA WITH CHICKEN & CORN

Ingredients: **Durum wheat pasta**, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	122KCal
KCal	516 KJ
Fat	1.56g
of which saturated	0.43g
Carbohydrates	36.87g
of which sugar	2.73g
Fibre	1.99g
Protein	11.71g
Salt	0.04g

THU

CHICKEN BREYANI SAUCE & RICE

Ingredients: Rice, chicken, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, salt.

Ingredients on bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	99KCal
KCal	418KJ
Fat	1.4g
of which saturated	0.81g
Carbohydrates	15.57g
of which sugar	1.26g
Fibre	1.37g
Protein	6.52g
Salt	<0.01g

THU

L.D. BAKED TURKEY BURGER, GRAVY, SAUTE & CARROTS

Ingredients: Potatoes, Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), carrots

Nutritional Information

	Per 100g
Energy	120 KCal
KCal	546 KJ
Fat	3.99g
of which saturated	0.61g
Carbohydrates	11.93g
of which sugar	0.88g
Fibre	1.09g
Protein	9.26g
Salt	0.24g

FRI

CHICKEN GOUJONS MASH & CORN

Ingredients: Potatoes, Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil, Corn

Nutritional Information

	Per 100g
Energy	89 KCal
KCal	376 KJ
Fat	1.29g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

FRI

FISH FINGERS, MINI ROAST & BAKED BEANS

Ingredients: Potatoes, Fish Fingers (**cod**, **wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), sunflower oil, dextrose, spaghetti hoops (42% durum wheat semolina), tomatoes (41% water, sugar, modified cornflour, salt, citric acid, spice, garlic, salt, onion extract, spice extract, iron sulphate, vit D.

Ingredients in bold script contain allergens; **fish & gluten**

Nutritional Information

	Per 100g
Energy	135 KCal
KCal	566 KJ
Fat	4.23g
of which saturated	0.46g
Carbohydrates	19.05g
of which sugar	1.62g
Fibre	1.72g
Protein	4.75g
Salt	0.04g

All beef used is of Irish origin

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Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow



SAMPLE MENU





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

AFTER SCHOOL 2

MON

CHICKEN GOUJONS, WAFFLES & MIXED VEG

Ingredients: Waffles (potatoes 81%, dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil, peas, corn, swede.

Nutritional Information

	Per 100g
Energy	138 KCal
KCal	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.05g

MON

SWEET & SOUR CHICKEN WITH RICE

Ingredients: Rice, Chicken, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concentrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guar gum, spices, flavourings, xanthan gum, paprika concentrate, salmmoniac) Carrot, Corn kernels, Onion, Pineapple.

Nutritional Information

	Per 100g
Energy	130 KCal
KCal	519 KJ
Fat	1.18g
of which saturated	0.80g
Carbohydrates	23.13g
of which sugar	6.68g
Fibre	1.02g
Protein	6.94g
Salt	0.31g

MEATBALLS IN PASTA

Ingredients: **Durum wheat pasta** 42%, chopped tomatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, raising agent E503) Soya protein, garlic puree, (garlic, citric Acid E330) Parsley, Wheat protein, lemon peel, oregano, salt, chillies, chilli powder, black pepper, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

Nutritional Information

	Per 100g
Energy	132 KCal
KCal	559 KJ
Fat	3.98g
of which saturated	1.29g
Carbohydrates	38.37g
of which sugar	2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g

TUE

TURKEY ARRABIATA

Ingredients: **Durum wheat pasta**, turkey chopped tomatoes, onion, tomato puree, olive oil, potato starch, salt, garlic, basil, chilli powder.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	116 KCal
KCal	487 KJ
Fat	1.82g
of which saturated	0.35g
Carbohydrates	29.87g
of which sugar	2.28g
Fibre	1.67g
Protein	13.46g
Salt	0.04g

TUE

L.D. BAKED TURKEY BURGER, GRAVY, MASH, PEAS

Ingredients: Potatoes (potatoes, sunflower oil) Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bay leaf) sunflower oil, citric acid, garlic), peas

Nutritional Information

	Per 100g
Energy	95 KCal
KCal	401 KJ
Fat	1.35g
of which saturated	0.64g
Carbohydrates	17.31g
of which sugar	1.65g
Fibre	1.31g
Protein	4.4g
Salt	< 0.01g

WED

COTTAGE PIE

Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, oregano, garlic.

Nutritional Information

	Per 100g
Energy	84 KCal
KCal	445 KJ
Fat	1.76g
of which saturated	0.63g
Carbohydrates	10.85g
of which sugar	1.31g
Fibre	1.46g
Protein	5.04g
Salt	0.01g

WED

BEEF PASTA BAKE

Ingredients: **Durum wheat pasta**, beef (Irish), chopped tomatoes, tomato puree, carrots, water, spinach, courgettes **milk**, water, onions, spinach, **wheat flour, butter (milk)**, potato starch, olive oil, garlic, chives, salt.

Nutritional Information

	Per 100g
Energy	125 KCal
KCal	530 KJ
Fat	2.71g
of which saturated	1.23g
Carbohydrates	34.85g
of which sugar	3.55g
Fibre	1.99g
Protein	9.15g
Salt	0.04g

THU

TURKEY NAVARIN & WAFFLES

Ingredients: Potatoes, turkey, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), water, carrots, swedes, peas, onion, potato starch, olive oil, garlic, oregano.

Nutritional Information

	Per 100g
Energy	122 KCal
KCal	512 KJ
Fat	5.61g
of which saturated	1.38g
Carbohydrates	13.36g
of which sugar	1.69g
Fibre	1.73g
Protein	5.18g
Salt	0.24g

THU

COD PROVENCAL & RICE

Ingredients: Rice, **cod**, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic, salt.

Nutritional Information

	Per 100g
Energy	95 KCal
KCal	401 KJ
Fat	1.35g
of which saturated	0.64g
Carbohydrates	17.31g
of which sugar	1.65g
Fibre	1.31g
Protein	4.4g
Salt	0.4g

FRI

FISH FINGERS, MINI ROAST & PEAS

Ingredients: Potatoes, **Fish Fingers (cod, wheat flour)**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), Peas.

Nutritional Information

	Per 100g
Energy	89 KCal
KCal	376 KJ
Fat	1.29g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

FRI

Ingredients in bold script contain allergens; **fish**

Ingredients in bold script contain allergens; **fish & gluten**

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow



SAMPLE MENU





LITTLE DINNERS

HSE/ FSAI Approval no

IE 4018 EC

AFTER SCHOOL 2

MON

TURKEY CURRY & RICE

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy KCal	108KCal
KJ	453KJ
Fat	1.58g
of which saturated	0.74g
Carbohydrates of which sugar	11.29g / 1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.04g

MON

TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, coconut milk, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, salt.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy KCal	120KCal
KJ	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates of which sugar	17.3g / 0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04g

TUE

PASTA BOLOGNAISE

Ingredients: **Durum wheat pasta**, beef (Irish), tomatoes, tomato puree, carrots, mixed peppers, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy KCal	124KCal
KJ	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates of which sugar	36.7g / 3.34g
Fibre	2.15g
Protein	9.6 g
Salt	0.04g

TUE

BEEF STEW & MASH

Ingredients: Potatoes, beef gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, peas.

Nutritional Information

	Per 100g
Energy KCal	89 KCal
KJ	373 KJ
Fat	2.09g
of which saturated	0.77g
Carbohydrates of which sugar	10.55g / 1.28g
Fibre	1.2g
Protein	5.55g
Salt	0.01g

WED

BEEF PATTIS, GRAVY, MASH & CARROTS

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, **soya fibre**, dextrose, Hydrolysed **soya protein**, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), Carrots

Ingredients in bold script contain allergens; **soya and sulphur dioxide**

Nutritional Information

	Per 100g
Energy KCal	76 KCal
KJ	321 KJ
Fat	1.37g
of which saturated	0.59g
Carbohydrates of which sugar	10.32g / 1.14g
Fibre	1.1g
Protein	4.66g
Salt	< 0.01g

WED

PASTA WITH CHICKEN & CORN

Ingredients: **Durum wheat pasta**, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy KCal	122KCal
KJ	516 KJ
Fat	1.56g
of which saturated	0.43g
Carbohydrates of which sugar	36.87g / 2.73g
Fibre	1.99g
Protein	11.71g
Salt	0.04g

THU

CHICKEN BREYANI SAUCE & RICE

Ingredients: Rice, chicken, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, salt.

Ingredients on bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy KCal	99KCal
KJ	418KJ
Fat	1.4g
of which saturated	0.81g
Carbohydrates of which sugar	15.57g / 1.26g
Fibre	1.37g
Protein	6.52g
Salt	<0.01g

THU

L.D. BAKED TURKEY BURGER, GRAVY, SAUTÉ & CARROTS

Ingredients: Potatoes, Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), carrots

Nutritional Information

	Per 100g
Energy KCal	120 KCal
KJ	546 KJ
Fat	3.99g
of which saturated	0.61g
Carbohydrates of which sugar	11.93g / 0.88g
Fibre	1.09g
Protein	9.26g
Salt	0.24g

FRI

CHICKEN GOUJONS MASH & CORN

Ingredients: Potatoes, Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil, Corn

Nutritional Information

	Per 100g
Energy KCal	89 KCal
KJ	376 KJ
Fat	1.29g
of which saturated	0.61g
Carbohydrates of which sugar	16.02g / 1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

FRI

FISH FINGERS, MINI ROAST & BAKED BEANS

Ingredients: Potatoes, Fish Fingers (**cod**, **wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), sunflower oil, dextrose, spaghetti hoops (42% durum wheat semolina), tomatoes (41% water, sugar, modified cornflour, salt, citric acid, spice, garlic, salt, onion extract, spice extract, iron sulphate, vit D).

Ingredients in bold script contain allergens; **fish & gluten**

Nutritional Information

	Per 100g
Energy KCal	135 KCal
KJ	566 KJ
Fat	4.23g
of which saturated	0.46g
Carbohydrates of which sugar	19.05g / 1.62g
Fibre	1.72g
Protein	4.75g
Salt	0.04g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow



SAMPLE MENU





LITTLE DINNERS

HSE/ FSAI Approval no

IE 4018 EC

AFTER SCHOOL VEG

MON

GREEK VEGETABLE HOTPOT & WAFFLES

Ingredients: Waffles (potatoes 81%, dehydrated potato, sunflower oil, potato starch, salt, pepper extract), tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley, salt.

TUE

PASTA NAPOLI

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic, salt.

Ingredients in bold script contain allergens; **gluten**

WED

SWEET POTATO & VEG CASSEROLE & MASH

Ingredients: Potatoes, water, sweet potatoes, peas, beans, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), sunflower oil, dextrose, salt.

THU

VEG PASTA BAKE

Ingredients: **Durum wheat pasta (milk)**, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour, butter**, potato starch, olive oil, garlic, basil salt.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

FRI

VEGETABLE PROVENCAL & MINI ROAST

Ingredients: Potatoes (sunflower oil), tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic.

Nutritional Information

	Per 100g
Energy	55 KCal
KCal	232 KJ
Fat	0.6g
of which saturated	0.13g
Carbohydrates	11.72g
of which sugar	1.36g
Fibre	1.26g
Protein	1.35g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	39 KCal
KCal	165 KJ
Fat	0.82g
of which saturated	0.28g
Carbohydrates	8.84g
of which sugar	2.07g
Fibre	1.63g
Protein	2.41g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	111 KCal
KCal	466 KJ
Fat	3.17g
of which saturated	0.51g
Carbohydrates	20.148g
of which sugar	2.03g
Fibre	1.67g
Protein	4.03g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	100 KCal
KCal	423 KJ
Fat	2g
of which saturated	0.89g
Carbohydrates	34.16g
of which sugar	0.8g
Fibre	2.15g
Protein	6.46g
Salt	0.4g

Nutritional Information

	Per 100g
Energy	87 KCal
KCal	370 KJ
Fat	1.14g
of which saturated	0.66g
Carbohydrates	19.15g
of which sugar	2.17g
Fibre	1.59g
Protein	2.75g
Salt	< 0.01g

SWEET & SOUR VEG WITH RICE

MON

Ingredients: Rice, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concentrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, xanthan gum, paprika concentrate, sal ammoniac) sweet potato, carrot, corn kernels, Onion, Pineapple.

TUE

BROCCOLI & CORN PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, broccoli, water, carrots, tomato puree, **milk**, maize corn, lentils, spinach, **wheat flour, butter (milk)**, olive oil, onions, potato starch, garlic, basil, salt.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

WED

VEGETABLE CASSEROLE & MINI ROAST

Ingredients: Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), sunflower oil, dextrose, salt.

THU

VEGETABLE NAVARIN & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, carrots, chopped tomatoes, swedes, peas, onions, broad beans, French beans, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic)

FRI

CREAMY VEGETABLE PIE

Ingredients: Potatoes, carrots, maize corn, **milk**, peas, water, broad beans, **cream (milk)**, onions, potato starch, parsley, garlic, salt.

Ingredients in bold script contain allergens; **Milk (lactose)**

Nutritional Information

	Per 100g
Energy	117 KCal
KCal	498 KJ
Fat	0.81g
of which saturated	0.55g
Carbohydrates	26.48g
of which sugar	7.38g
Fibre	1.52g
Protein	1.85g
Salt	0.34g

Nutritional Information

	Per 100g
Energy	115 KCal
KCal	488 KJ
Fat	2.15g
of which saturated	0.88g
Carbohydrates	38.42g
of which sugar	3.57g
Fibre	2.13g
Protein	6.87g
Salt	0.4g

Nutritional Information

	Per 100g
Energy	111 KCal
KCal	466 KJ
Fat	3.17g
of which saturated	0.51g
Carbohydrates	20.148g
of which sugar	2.03g
Fibre	1.67g
Protein	4.03g
Salt	< 0.04g

Nutritional Information

	Per 100g
Energy	90 KCal
KCal	470 KJ
Fat	3.64g
of which saturated	0.44g
Carbohydrates	12.81g
of which sugar	0.74g
Fibre	1.61g
Protein	1.45g
Salt	0.4g

Nutritional Information

	Per 100g
Energy	75 KCal
KCal	316 KJ
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.32g
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	< 0.04g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow



SAMPLE MENU





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

AFTER SCHOOL VEG

MON

BUTTERNUT SQUASH & BEAN CURRY & RICE

Ingredients: Rice, butternut squash, coconut milk, diced potato, peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika, salt.

Ingredients in bold script contain allergens; **mustard**

TUE

VEG PASTA BOLOGNAISE

Ingredients: **Durum wheat pasta**, tomatoes, tomato puree, carrots, mixed peppers, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic, salt.

Ingredients in bold script contain allergens; **gluten**

WED

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, tomatoes, water, swede, peas, split red lentils, carrot, mixed peppers, onions, potato starch, olive oil, garlic puree, paprika, parsley, chives, salt.

THU

VEGETABLE BREYANI

Ingredients: Rice, chopped tomatoes, carrot, red split lentils, water, peas, spinach, red peppers, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; **Mustard**

FRI

VEGETABLE PASTA BAKE

Durum wheat pasta, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour, butter (milk)**, potato starch, olive oil, garlic, basil, salt.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

Nutritional Information

	Per 100g
Energy	92KCal
KCal	504KJ
Fat	3.6g
of which saturated	1.6g
Carbohydrates	13.99g
of which sugar	1.5g
Fibre	1.2g
Protein	2.07g
Salt	0.01g

Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 KJ
Fat	1.09g
of which saturated	0.17g
Carbohydrates	35.21g
of which sugar	3.96g
Fibre	2.28g
Protein	6.26g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	92KCal
KCal	389 KJ
Fat	2.24g
of which saturated	0.37g
Carbohydrates	17.31g
of which sugar	1.71g
Fibre	2.36g
Protein	3.13g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	79 KCal
KCal	335 KJ
Fat	0.83g
of which saturated	0.61g
Carbohydrates	18.84g
of which sugar	1.19g
Fibre	1.383
Protein	3.45g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	100KCal
KCal	423 KJ
Fat	2g
of which saturated	0.89g
Carbohydrates	34.16g
of which sugar	0.8g
Fibre	2.15g
Protein	6.46g
Salt	< 0.04g

MON

VEGETABLE KORMA & RICE

Ingredients: Rice, coconut milk, butternut squash, peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; **mustard**

TUE

COTTAGE VEGETABLE PIE

Ingredients: Potatoes, carrots, swedes, peas, lentils, water, onions, potato starch, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic).

WED

MEDITERRANEAN STYLE VEG PASTA

Ingredients: **Durum wheat pasta**, tomatoes, carrots, peppers, maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil, salt.

Ingredients in bold script contain allergens; **gluten**

THU

MIXED VEG & APRICOT WITH SAUTÉ

Ingredients: Potatoes, carrots, water, sweet potato, lentils, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic, salt.

Ingredients in bold script contain allergens; **mustard**

FRI

CREAMY VEGETABLE PIE

Ingredients: Potatoes, carrots, maize corn, **milk**, peas, water, broad beans, **cream (milk)**, onions, potato starch, parsley, garlic, salt.

Ingredients in bold script contain allergens; **Milk (lactose)**

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

Nutritional Information

	Per 100g
Energy	118 KCal
KCal	559 KJ
Fat	2.63g
of which saturated	1.45g
Carbohydrates	22.59g
of which sugar	0.66g
Fibre	1.94g
Protein	2.36g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	64KCal
KCal	271KJ
Fat	1.26g
of which saturated	0.31g
Carbohydrates	15.14g
of which sugar	1.92g
Fibre	2.02g
Protein	3.99g
Salt	0.01g

Nutritional Information

	Per 100g
Energy	100KCal
KCal	426 KJ
Fat	1.36g
of which saturated	0.19g
Carbohydrates	37.74g
of which sugar	3.11g
Fibre	2.28g
Protein	6.53g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	109KCal
KCal	457 KJ
Fat	1.45g
of which saturated	0.27g
Carbohydrates	34.79g
of which sugar	2.8g
Fibre	2.56g
Protein	7.99g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	75KCal
KCal	316 KJ
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.32g
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	< 0.04g



SAMPLE MENU





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

TEA TIME



SAMPLE MENU

MON

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

TUE

L.D. BEANS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Nutritional Information

	Per 100g
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

WED

BEEF PILAF

Ingredients: Rice, beef (Irish), tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Nutritional Information

	Per 100g
Energy	113 KCal
KCal	477KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.2.19g
Fibre	1.36g
Protein	5.7g.
Salt	< 0.01g.

THU

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

FRI

CREAM OF VEGETABLE SOUP

Ingredients: Water, carrot, swede, French beans, broad beans, potatoes, peas, onion, garlic, potato starch.

Nutritional Information

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

MON

MACCARONI & CHEESE

Ingredients: **Durum wheat macaroni** 43%, milk, water, wheat flour, **white & red cheddar cheese** [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions, **butter**.

Ingredients in bold contain allergens; **gluten & milk (lactose)**

Nutritional Information

	Per 100g
Energy	147 KCal
KCal	617 KJ
Fat	9.12g
of which saturated	5.36g
Carbohydrates	10.94g
of which sugar	2.52g
Fibre	0.43g
Protein	6.14g
Salt	0.23g

TUE

BEEF RAGU & MINI ROAST

Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic.

Nutritional Information

	Per 100g
Energy	120 KCal
KCal	505 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

WED

PENNE IN TOMATO & BASIL SAUCE

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil, salt.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

THU

BEEF PILAF

Ingredients: Rice, beef (Irish), tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Nutritional Information

	Per 100g
Energy	113 KCal
KCal	477KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.2.19g
Fibre	1.36g
Protein	5.7g.
Salt	< 0.01g.

FRI

PASTA NAPOLI

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow





LITTLE DINNERS

HSE/ FSAI
Approval no

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4018
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TEA TIME



SAMPLE MENU

MON

L.D. BEANS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

TUE

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; **mustard**

WED

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

THU

VEGETABLE HASH

Ingredients: Sauté potatoes, corn, peppers, onions, peas, olive oil, sunflower oil, chives.

FRI

CREAM OF VEGETABLE SOUP

Ingredients: Water, carrot, swede, French beans, broad beans, potatoes, peas, onion, garlic, potato starch.

Nutritional Information

	Per 100g
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

Nutritional Information

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	115 KCal
KCal	481 KJ
Fat	4.73g
of which saturated	0.6g
Carbohydrates	14.92g
of which sugar	1.42g
Fibre	2.67g
Protein	2.62g
Salt	0.401g

Nutritional Information

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

MON

L.D. BEANS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

TUE

PENNE IN TOMATO & BASIL SAUCE

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil.

Ingredients in bold script contain allergens; **gluten**

WED

BEEF RAGU & MINI ROAST

Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic.

THU

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; **mustard**

FRI

PASTA NAPOLI

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic.

Ingredients in bold script contain allergens; **gluten**

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

Nutritional Information

	Per 100g
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

Nutritional Information

	Per 100g
Energy	120 KCal
KCal	505 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

TEA TIME
AFTER SCHOOL

MON

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic, salt.

Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	0.04g

MON

MACCARONI & CHEESE

Ingredients: **Durum wheat macaroni** 43%, milk, water, wheat flour, **white & red cheddar cheese** [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions, **butter**, salt.

Ingredients in bold contain allergens; **gluten & milk (lactose)**

Nutritional Information

	Per 100g
Energy	147 KCal
KCal	617 KJ
Fat	9.12g
of which saturated	5.36g
Carbohydrates	10.94g
of which sugar	2.52g
Fibre	0.43g
Protein	6.14g
Salt	0.23g

TUE

L.D. BEANS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract), Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Nutritional Information

	Per 100g
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

TUE

FISH FINGERS & MINI ROAST

Ingredients: Potatoes, sunflower oil, Fish Fingers (**cod**, **wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500)), paprika extract, pepper, turmeric, curcuma powder, vegetable oi).

Ingredients in bold script contain allergens; **fish and gluten**.

Nutritional Information

	Per 100g
Energy	103KCal
KCal	437KJ
Fat	2.13g
of which saturated	0.19g
Carbohydrates	17.64g
of which sugar	0.65g
Fibre	1.04g
Protein	4.39g
Salt	0.8g.

WED

BEEF PILAF

Ingredients: Rice, beef (irish) , tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic, salt.

Nutritional Information

	Per 100g
Energy	113 KCal
KCal	477KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.2.19g
Fibre	1.36g
Protein	5.7g.
Salt	0.04g.

WED

PENNE IN TOMATO & BASIL SAUCE

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil salt.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.04g

THU

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) , chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, salt.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

THU

BEEF PILAF

Ingredients: Rice, beef (irish) , tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic, salt.

Nutritional Information

	Per 100g
Energy	146KCal
KCal	611KJ
Fat	8.21g
of which saturated	2.77g
Carbohydrates	15.29g
of which sugar	0.83
Fibre	1.17g.
Protein	3.67g.
Salt	0.8g.

FRI

FISH FINGERS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Fish Fingers (**cod**, **wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500)), paprika extract, pepper, turmeric, curcuma powder, vegetable oi).

Ingredients in bold script contain allergens; **gluten and fish**

PASTA NAPOLI

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic, salt.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

FRI

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow



SAMPLE MENU





LITTLE DINNERS

HSE/ FSAI
Approval no

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**TEA TIME
AFTER SCHOOL**

MON

L.D. BEANS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract), Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Nutritional Information

	Per 100g
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

MON

L.D. BEANS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract), Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Nutritional Informa-

	Per 100g
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

TUE

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) , chicken, peppers,corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger salt.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

TUE

PENNE IN TOMATO & BASIL SAUCE

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil, salt.

Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

WED

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic salt.

Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

WED

BEEF RAGU & MINI ROAST

Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

Nutritional Information

	Per 100g
Energy	120 KCal
KCal	505 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

THU

MEATBALL HASH

Ingredients : Ingredients: Saute potatoes,meatballs 17% [pork 39%,beef 39%, rusk (**wheat flour**, salt, raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, **Wheat protein**,lemon peel,oragano,salt,chillies,chilli powder,blackpepper.peppers, corn, onions, peas, olive oil, sunflower oil,garlic, chives.

Ingredients in bold script contain allergens; **gluten, celery and mustard**.

Nutritional Information

	Per 100g
Energy	137 KCal
KCal	574 KJ
Fat	9.89g
of which saturated	1.55g
Carbohydrates	13.99g
of which sugar	1.25g
Fibre	2.31g
Protein	4.51g
Salt	0.03g

THU

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) , chicken, peppers,corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, salt.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

FRI

SAUSAGE & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract,Sausage (pork 74% Rusk (**Wheat flour**, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451)

Ingredients in bold script contain allergens; **gluten, sulphites,sulphur dioxide**.

Nutritional Information

	Per 100g
Energy	146KCal
KCal	611KJ
Fat	8.21g
of which saturated	2.77g
Carbohydrates	15.29g
of which sugar	0.83
Fibre	1.17g
Protein	3.67g
Salt	0.8g

FRI

PASTA NAPOLI

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic, salt.

Ingredients in bold script contain allergens; **gluten**

Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow



SAMPLE MENU





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

**TEA TIME
INFANT**



**SAMPLE
MENU**

MON

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

MON

STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

Nutritional Information

	Per 100g
Energy	34 KCal
KCal	146 KJ
Fat	0.08g
of which saturated	0.04g
Carbohydrates	8.46g
of which sugar	8.33g
Fibre	0.28g
Protein	2.76g
Salt	0.01g

TUE

MIXED BEAN HOT POT

Ingredients: Potato, beans, water, peppers, tomato puree, onions, potato starch, olive oil, oregano.

Nutritional Information

	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.84g
of which saturated	0.1g
Carbohydrates	9.86g
of which sugar	2.08g
Fibre	0.97g
Protein	2.19g
Salt	0.01g

TUE

BEEF RAGU & BUTTERNUT SQUASH

Ingredients: Butternut Squash, beef (Irish), carrots, peppers, chopped tomatoes, water, spinach, tomato puree, onions.

Nutritional Information

	Per 100g
Energy	58 KCal
KCal	241 KJ
Fat	1.7g
of which saturated	0.61g
Carbohydrates	6.24g
of which sugar	2.18g
Fibre	1.49g
Protein	3.87g
Salt	0.01g

WED

BEEF PILAF

Ingredients: Rice, beef (Irish), tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Nutritional Information

	Per 100g
Energy	113 KCal
KCal	477 KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.2.19g
Fibre	1.36g
Protein	5.7g
Salt	< 0.01g

WED

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

Nutritional Information

	Per 100g
Energy	47 KCal
KCal	197 KJ
Fat	0.31g
of which saturated	0.24g
Carbohydrates	17.12g
of which sugar	1.83g
Fibre	2.17g
Protein	5.09g
Salt	0.01g

THU

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

Nutritional Information

	Per 100g
Energy	147 KCal
KCal	9.12 KJ
Fat	5.36g
of which saturated	1.79g
Carbohydrates	2.52g
of which sugar	0.43g
Fibre	6.14g
Protein	0.93g
Salt	0.23g

THU

BEEF PILAF

Ingredients: Rice, beef (Irish), tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Nutritional Information

	Per 100g
Energy	113 KCal
KCal	477 KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.2.19g
Fibre	1.36g
Protein	5.7g
Salt	< 0.01g

FRI

CREAMED MIXED VEGETABLES

Ingredients: Water, carrot, swede, french beans, broad beans, potatoes, peas, onion, potato starch.

Nutritional Information

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

FRI

MEDITERRANEAN VEG & SWEET POTATO

Ingredients: Sweet potato, peppers, onion, peas, corn, olive oil, garlic.

Nutritional Information

	Per 100g
Energy	65 KCal
KCal	271 KJ
Fat	11g
of which saturated	2.63g
Carbohydrates	14.11g
of which sugar	2.63g
Fibre	3.19g
Protein	1.89g
Salt	0.09g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow





LITTLE DINNERS

HSE/ FSAI
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IE
4018
EC

**TEA TIME
INFANT**



**SAMPLE
MENU**

MON

MIXED BEAN HOT POT

Ingredients: Potato, beans, water, peppers, tomato puree, onions, potato starch, olive oil, oregano.

Nutritional Information

	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.84g
of which saturated	0.1g
Carbohydrates	9.86g
of which sugar	2.08g
Fibre	0.97g
Protein	2.19g
Salt	0.01g

TUE

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

Nutritional Information

	Per 100g
Energy	43 KCal
KCal	184 KJ
Fat	0.13g
of which saturated	0g
Carbohydrates	10.74g
of which sugar	8.87g
Fibre	1.89g
Protein	0.45g
Salt	0.01g

WED

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil.

Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

THU

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

Nutritional Information

	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.1g
of which saturated	0.1g
Carbohydrates	13.67g
of which sugar	1.7g
Fibre	1.73g
Protein	1.27g
Salt	0.01g

FRI

CREAMED MIXED VEGETABLES

Ingredients: Water, carrot, swede, french beans, broad beans, potatoes, peas, onion, potato starch.

Nutritional Information

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

MON

MIXED BEAN HOT POT

Ingredients: Potato, beans, water, peppers, tomato puree, onions, potato starch, olive oil, oregano.

Nutritional Information

	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.84g
of which saturated	0.1g
Carbohydrates	9.86g
of which sugar	2.08g
Fibre	0.97g
Protein	2.19g
Salt	0.01g

TUE

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

Nutritional Information

	Per 100g
Energy	47 KCal
KCal	197 KJ
Fat	0.31g
of which saturated	0.24g
Carbohydrates	17.12g
of which sugar	1.83g
Fibre	2.17g
Protein	5.09g
Salt	0.01g

WED

BEEF RAGU & BUTTERNUT SQUASH

Ingredients: Butternut Squash, beef (Irish), carrots, peppers, chopped tomatoes, water, spinach, tomato puree, onions.

Nutritional Information

	Per 100g
Energy	58 KCal
KCal	241 KJ
Fat	1.7g
of which saturated	0.61g
Carbohydrates	6.24g
of which sugar	2.18g
Fibre	1.49g
Protein	3.87g
Salt	0.01g

THU

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

Nutritional Information

	Per 100g
Energy	147 KCal
KCal	9.12 KJ
Fat	5.36g
of which saturated	10.94g
Carbohydrates	2.52g
of which sugar	0.43g
Fibre	6.14g
Protein	0.93g
Salt	0.23g

FRI

MEDITERRANEAN VEG & SWEET POTATO

Ingredients: Sweet potato, peppers, onion, peas, corn, olive oil, garlic.

Nutritional Information

	Per 100g
Energy	65 KCal
KCal	271 KJ
Fat	11g
of which saturated	2.63g
Carbohydrates	14.11g
of which sugar	2.63g
Fibre	3.19g
Protein	1.89g
Salt	0.09g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

