

STANDARD



BEEF CURRY & RICE

Ingredients: Rice, Beef (Irish), carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients in bold script contain allergens; mustard

TUE 4th

MON

3rd

PASTA NAPOLI

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

Ingredients in bold script contain allergens; gluten

WED 5th

CHICKEN CASSEROLE & MASH

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

BEEF PASTA BAKE

THU 6th

FRI

7th

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.

Ingredients in bold script contain allergens; gluten and milk

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 120KCal 504Ki 2.71g 1.25g 17.29g of which saturated Carbohydrates of which sugar 1.01g 1.3g 5.68 0.01g Protein Salt

Nutritional Information Per 100g 93 KCal 394 Ki Fat of which saturated 1.05g 0.22g Carbohydrates 36.16g 6.74g Protein < 0.01a

Energy KCal 74 KCal 74 KCal 348Kj 64 75 74 KCal 74 KCal 75 74 KCal 75 75 75 75 75 75 75 7	Nutritional Information	
KJ 348Kj Fat 0.84g of which saturated 0.25g Carbohydrates 11.46g of which sugar 0.9g Fibre 1.57g Protein 5.1g	Energy	Per 100g
Fat 0.84g of which saturated 0.25g Carbohydrates 11.46g of which sugar 0.9g Fibre 1.57g Protein 5.1g		74 KCal
of which saturated 0.25g Carbohydrates 11.46g of which sugar 0.9g Fibre 1.57g Protein 5.1g	KJ	348Ki
of which saturated 0.25g Carbohydrates 11.46g of which sugar 0.9g Fibre 1.57g Protein 5.1g	Fat	
of which sugar 0.9g Fibre 1.57g Protein 5.1g	of which saturated	
Fibre 1.57g Protein 5.1g		11.46g
Fibre 1.57g Protein 5.1g	of which sugar	0.9g
Protein 5.1g 5.1g < 0.01g.	Fibre	1.57g
Salt < 0.01g.	Protein	5.1g
	Salt	< 0.01g.

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

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

10th

MEXICAN CHICKEN MON & RICE

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

BROCCOLI & CORN PASTA BAKE

TUE

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,

Ingredients in bold script contain allergens; gluten and milk

BEEF CASSEROLE WED & MINI ROAST

12th Ingredients: Potatoes, beef (Irish), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

THU 13th

SHEPHERD'S PIE

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

COD PILAF

FRI 14th

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

Ingredients in bold script contain allergens; fish

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



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

Nutritional Information Per 100g

Energy KCal KJ 109KCal 463 Kj 1.54g 0.82g Fat of which saturated Carbohydrates 17.65g 1.45g 1.3g 6.81g < 0.01g Fibre **Protein**

Nutritional Information

Energy	Per 100g
Energy KCal	120 KCa
KJ	505 Ki
Fat	3.6g
of which saturated	
Carbohydrates	0.8g 14.96g
of which sugar	1.8g
Fibre	1.5Šq
Protein	5.06g 0.04g
Salt	0.04g

Nutritional Information

Energy	Per 100
Energy KCal	76 KCa
KJ	318 Kj
Fat	2.46g [°]
of which saturated	1.01g
Carbohydrates	9.29a
of which sugar	1.47g
Fibre	1.23g
Protein	5.11g
Salt	0.04g

Energy	
KCal	89 KCal
KJ	376 Kj
Fat	1.29g [°]
of which saturated	0.61g
Carbohydrates	16.0Žg
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g





PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens; gluten



TUE 18th

TURKEY CURRY & RICE

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

Ingredients in bold script contain allergens; mustard



HUNGARIAN GOULASH & SAUTÉ

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

20th

FRI

21st

LAMB TANGIA & RICE

Ingredients: Rice, lamb, tomatoes, carrots, water, peppers, sultanas, tomato puree, spinach, onions, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients on bold script contain allergens; mustard



2018

MON DECEMBER 24th

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

BEEF RAGU

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

Nutritional Information 141KCa 597 Kj Fat of which saturated 3.74g 1.6g Carbohydrates of which sugar 10.32g 1.29g 7.27g Fibre Protein < 0.01a

Nutritional Information

TUE 25th

CHRISTMAS DAY

117KCa

Fat of which saturated 1.41g 0.74g Carbohydrates of which sugar 16.74g 0.84g 1.18g 10.42g Fibre Protein

WED **26th**

THU

27th

ST. STEPHEN'S DAY

Nutritional Information

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

Nutritional Information

Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre	Per 100g 110KCal 466Kj 2.3g 1.27g 19.12g 0.78 1.25g
Fibre	
Protein Salt	<0.01g
ədit	9

Nutritional Information

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

Traditional Information	
Energy	Per 100g
Energy KCal	120 KCal
KJ	505 Kj
Fat	3.6g ¹
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

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

ITALIAN-STYLE FISH & PASTA PIE

FRI

28th Ingredients: Durum wheat pasta, cod, tomatoes, tomato puree, carrots, peppers, water, spinach, onions, courgettes, olive oil. potato starch, oregano, garlic.

Ingredients in bold script contain allergens; gluten & fish.

31st

MILD CH LLI CON MON C RNE

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder).

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

Enormy	Per 100g
Energy KCal KJ	80 KCal
KJ	377 Kj
Fat	1.54g [′]
of which saturated	0.39g
Carbohydrates of which sugar	11.1Žg
of which sugar	1.87g
Fibre	1.33g
Protein	6.02g
	- 0 01

Nutritional Information

Energy	Per 100g
Energy KCal	98KCal
KJ	419 Kj
Fat	2.27g
of which saturated	0.85g
Carbohydrates	35.45g
of which sugar	3.59g
Fibre	2.06g
Protein	78.37̄g
Salt	< 0.01g

_	Per 100g
Energy KCal	117KCal
KJ	491 Kj
Fat	2.41a´
of which saturated	1.16g
Carbohydrates	17.13g
of which sugar	1.84g
Fibre	1.45g
Protein	5.83g
Sal+	< 0.01a





2018



TURKEY CURRY MON & RICE

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

Ingredients in bold script contain allergens; mustard

4th

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

5th

CHICKEN CASSEROLE

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

THU 6th

TURKEY 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.

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



COD PROVENCAL

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 117KCal 491Kj Fat of which saturated 1.41g 0.74g Carbohydrates of which sugar 16.74q 0.84g 1.18g 10.42g Protein 0.01a Salt

Nutritional Information

Engrav	Per 100g
Energy 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
Energy KCal	74 KCal
KJ	348Kj
Fat	0.84a
of which saturated	0.25g
Carbohydrates	11.4ŏg
of which sugar	0.9g
Fibre	1.57̈́g
Protein	5.1g T
Salt	< 0.01g.

Nutritional Information

Energy	Per 100g
Energy KCal	125 KCal
KJ	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

Nutritional Information

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

10th

MEXICAN CHICKEN MON& RICE

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

BROCCOLI & CORN PASTA RAKE

TUE 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)

12th

TURKEY CASSEROLE WED & MINI ROAST

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

THU 13th

SHEPHERD'S PIE

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

COD PILAF



Ingredients: Rice, cod ,tomatoes, water, carrots, tomato puree, **14th** peppers, onions, spinach, courgettes, olive oil, potato starch, basil, garlic.

Ingredients in bold script contain allergens; fish

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

109KCal 463 Ki 1.54g 0.82g 17.65g 1.45g 1.3g 6.81g Fat of which saturated Carbohydrates of which sugar Fibre Protein < 0.01a Salt

Nutritional Information

Energy	rer roug
Energy KCal	109KCal
KJ	463 Kj
Fat	1.54g [´]
of which saturated	0.82g
Carbohydrates of which sugar	17.65g
of which sugar	1.45g
Fibre	1.3g
Protein	6.81g < 0.01g
Salt	< 0.01g

Nutritional Information

Energy	i ei ioog
Energy KCal	120 KCa
KJ	505 Kj
Fat	3.6g [*]
of which saturated	0.8g
Carbohydrates of which sugar	14.96g
of which sugar	1.8g ~
Fibre	1.55g
Protein	5.06g
Salt	0.04g

Nutritional Information

Energy	Per 100g
Energy KCal	76 KCal
KJ	321 Kj
Fat	1.37g
of which saturated	0.59g
Carbohydrates	10.3Žg
of which sugar	1.14a
Fibre	1.1g
Protein	4.6ŏg
Salt	< 0.01g

Nutritional Information

Per 100g

KCal	89 KCal
KJ	376 Kj
Fat	1.29g
of which saturated	0.61g
Carbohydrates of which sugar	16.0Žg
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01a





PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens; gluten



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TUE 18th

TURKEY CURRY

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

Ingredients in bold script contain allergens; mustard



HUNGARIAN **GOULASH & SAUTÉ**

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

LAMB TANGIA THU & RICE

20th Ingredients: Rice, lamb, tomatoes, carrots, water, peppers, sultanas, tomato puree, spinach, onions, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients on bold script contain allergens; mustard



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



MON 24th

TURKEY RAGU

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

Nutritional Information

Per 100g
117KCal
491 Kj
2.41g [°]
1.16g
17.13g
1.84g
1.45g
5.83g < 0.01g
< 0.01g

TUE 25th

CHRISTMAS DAY

Nutritional Information

Energy	Per 100g
KCal	117KCal
KJ	491Kj
Fat	1.41g
of which saturated	0.74g
Carbohydrates	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.42g
Sale	0.01a
Protein	10.42g
Salt	0.01g

WED 26th

ST. STEPHEN'S DAY

Nutritional Information

Energy	Per 100g
Energy KCal	104 KCal
KJ	520 Kj
Fat	2.34g ²
of which saturated	0.39g
Carbohydrates	13.49g
of which sugar	1.31g
Fibre	1.74g
Protein	6.69g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	110KCal
KJ	466Kj
Fat	2.3g [*]
of which saturated	1.27̈́g
Carbohydrates	19.12g
of which sugar	0.78
Fibre	1.25g
Protein	4.86g
Salt	<0.01g

Nutritional Information

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

Nutritional Information

Energy	Per 100g
KCal	120 KCal
KJ	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 27th

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

FRI 28th

ITALIAN-STYLE FISH & PASTA PIE

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

Ingredients in bold script contain allergens; gluten and fish.

MON **31st**

CARNE & RICE

Ingredients: Rice, turkey, carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder).

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



1.54g 1.39g 11.12g 1.87g 1.33g of which saturated Carbohydrates of which sugar Fibre Protein Salt

Nutritional Info	rmation
norav	Per 100g
nergy Cal	115KCa
IJ	487 Kj
at	2.27g
of which saturated	0.85g
arbohydrates	35.45g
of which sugar	3.59g
ibre	2.06g
rotein	78.37g
alt	< 0.01a

Energy	Per 100g
Energy KCal	117KCa
KJ	491 Ki
Fat	2.41g [′]
of which saturated	1.16g
Carbohydrates	17.13g
of which sugar	1.84g
Fibre	1.45g
Protein	5.83g
C-la	< 0.01a





-GETARIA



D VEGETARLE

Ingredients: Rice, Water, carrots, braodbeans, green beans, peas, swede, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, garam masala, turmeric, chilli powder, ginger, paprika, garlic.

Ingredients in bold script contain allergens; mustard

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

CASSEROLE & MASH

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

VEG PASTA BAKE

THU 6th

7th

MON

3rd

TUE

4th

WED

5th

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)

VEGETABLE PROVENCAL & RICE

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

MON 10th

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Fat of which saturated

Carbohydrates of which sugar

Fibre

Salt

Energy KCal KJ

Fibre **Protein**

Salt

Energy KCal KJ

Fibre

Salt

Energy KCal KJ

Fibre

Salt

Protein

Energy KCal KJ

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates

of which sugar

Fat of which saturated

Carbohydrates of which sugar

Protein

Fat of which saturated

Carbohydrates

of which sugar

Fat of which saturated

Carbohydrates

Protein

Per 100g

95 KCal 401 Ki

1.35g 0.64g

17.31g 1.65g

Per 100g

93 KCal

394 Kj

1.05g 0.22g

36.16g 3.6g 2.31g

6.74g

< 0.01a

Per 100g

111KCal

466 Ki

3.17g

0.51g 20.148g 2.03g 1.67g

4.03g < 0.06g

Per 100g

75KCal 316 Kj

1.5g 0.34g 16.99g

1.95g 2.2g 4.4g

< 0.01a

370 Kj

1.14g 0.66g 19.15g

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

BROCCOLI & CORN PASTA BAKE

MEXICAN BEAN

TUE 11th

WED

12th

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

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

THU 13th

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

Per 100g **VEGETABLE PILAF** 87 KCal

FRI 14th 2.17g 1.59g 2.75g < 0.01g

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

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

Energy KCal KJ 98KCal 415 Ki Fat of which saturated 1.68g 0.89g 17.73g Carbohydrates of which sugar 1.62g Fibre 2.03g 4.09g

Nutritional Information

Per 100g

0.01a

1.67g 4.03g < 0.06c

< 0.01g

Nutritional Information

Protein

Salt

Fibre

Salt

Salt

Protein

Energy	Per 100g
Energy KCal	109KCal
KJ	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 Info	ormation
Energy	Per 100g
Energy KCal	111KCal
KJ	466 Ki
Fat	3.17a
of which saturated	0.51g
Carbohydrates	20.148g
of which sugar	2 03a

Nutritional Info	rmation
Energy	Per 100g
Energy KCal	76 KCal
KJ	321 Ki
Fat	1.37a´
of which saturated	0.59g
Carbohydrates	10.3Žg
of which sugar	1.14g
Fibre	1.1g ̃
Protein	4.66a

Nutritional Information Per 100g **Energy** KCal KJ 89KCal 378 Kj Fat of which saturated 1.19g 0.64g **Carbohydrates** of which sugar 19.37g 2.74g 1.75g Fibre 3g < 0.01g Protein Salt





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

Ingredients in bold script contain allergens; gluten

TUE & BEAN CURRY

18th 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.

Ingredients in bold script contain allergens; mustard

19th

HUNGARIAN **WED 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.

20th Ingredients: Rice, carrots, chopped tomatoes, butternut squash, sweet potato, water, peppers, spinach, sultanas, tomato puree, onions, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; Mustard

21st

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

Ingredients in bold script contain allergens; Milk (lactose)



Ingredients: Rice, copped tomatoes, water, tomato puree, carrots, lentils, sweetcorn, red peppers, spinach, potato starch, onions, olive oil, garlic puree.

Nutritional Information Per 100g 141KCal 597 Ki 3.74g 1.6g Fat of which saturated **Carbohydrates** of which sugar 10.32g 2.88 Fibre 1.29g Protein 7.27g Salt < 0.01g

Nutritional Information

Fat of which saturated

Carbohydrates of which sugar

Fibre

Protein Salt

Per 100g 107KCal 453K

3.6g 1.6g

16.00g

3.3g 1.2g 1.9g < 0.01g

TUE 25th

CHRISTMAS DAY

WED 26th

ST. STEPHEN'S DAY

Nutritional Information

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

Nutritional Information

Energy	Per 100g
Energy KCal	95 KCal
KJ	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

Nutritional Information

Fnergy	Per 100g
Energy KCal	75KCal
KJ	316 Kj
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.3Žg
of which sugar	1.94a
Fibre	1.87g
Protein	2.55g
Salt	< 0.01g

Nutritional information	
Energy KCal KJ Fat of which saturated	Per 100g 71 KCal 296 Kj 2.63g 0.55q
Carbohydrates of which sugar Fibre Protein	0.55g 14.75g 1.91g 2.33g 5.33g
Salt	0.01g

MIXED VEG & APRICOT WITH MASH

27th

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

VEGETABLE & PA

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

FRI Ingredients in bold script contain allergens; gluten 28th

1.45g 0.27g 34.79g 2.8g 2.56g 7.99g < 0.01g Protein

Nutritional Information

Energy KCal

Fibre

Fat of which saturated

Carbohydrates of which sugar

Per 100a

109KCal

457 Ki

Nutritional Information

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

VEG & RICE

MON **31st**

Ingredients: Rice, tomatoes, carrots, lentils, peppers, spinach, water, kidney beans, tomatoes, water, onions, tomato puree, potato starch, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic

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

2 KCal
12 NGai
389 Kj
1.26g
).65g
20.43g
2.48g
l.91g
3.4g ¯
< 0.01g





HSE/FSAI

Approval no

4018

EC

M

3rd

BEEF CASSEROLE MON & MASH

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



NAPOLI SAUCE

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



CHICKEN CASSEROLE & MASH

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

BEEF, VEGETABLES, **THU TOMATO & POTATO**

6th Ingredients: Carrots, potatoes, beef (Irish), butternut squash, peas, water, tomatoes, onions, olive oil.



CHICKEN **PROVENCAL & MASH**

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

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

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Energy KCal KJ

Fibre

Salt

Energy KCal KJ

Fibre

Salt

Protein

Protein

Fat of which saturated

Carbohydrates of which sugar

Fat of which saturated

Fat of which saturated

of which saturated Carbohydrates

Carbohydrates

Protein

Salt

Salt

Carbohydrates

Per 100g

42 KCal 173 Kj

0.76g 0.26g 10.27g

2.07g 1.67g

2.17g < 0.01g

Per 100g

72KCal

306Kj 0.7g 0.34g 11.27g

1.48g

1.53g

5.81g

< 0.01q

Per 100g

70KCal 295Kj 1.97g 0.73g 7.38g

1.88g 1.48g

< 0.01q

Per 100g 58KCal

246Kj 1.02g 0.38g

6.8g 1.69g

1.23g 5.51g < 0.01g.

MON MEXICAN CHICKEN 10th & POTATO

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

11th

BROCCOLI, MIXED TUE VEG & POTATO

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

WED 12th

BEEF CASSEROLE

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

13th

THU SHEPHERD'S PIE

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

14th

TURKEY & VEG

Ingredients: Potatoes, carrots, turkey, water, courgettes, peppers, tomatoes, onions olive oil.

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

59 KCal 250 Kj 1.13g 0.43g 6.82g 1.83g 1.39g 5.89g < 0.01g Fat of which saturated Carbohydrates of which sugar

Protein

Protein

Sal+

Nutritional Information

Per 100g

1.19g < 0.01a

Nutritional Info	rmation
Energy	Per 100g
Energy KCal	23KCal
KJ	97Ki
Fat	0.42g
of which saturated	0.13g
Carbohydrates of which sugar	5.08g
of which sugar	1.19g
Fibre	0.91g

Nutritional Information Per 100g

Fat of which saturated Carbohydrates of which sugar Fibre Protein	283 Kj 1.49g 0.65g 7.39g 1.82g 1.68g 5.06g
Salt	< 0.01g

Nutritional Inf	ormation
Energy	Per 100g
Energy KCal	65 KCal
KJ	272 Ki
Fat	2.13g [′]
of which saturated	1.02g
Carbohydrates	7.44a
of which sugar	1.97g
Fibre	1.53g
Protein	5.41g
Salt	< 0.01g

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







BOLOGNAISE SAUCE & POTATO

Ingredients: Potato carrots, beef (irish) water, courgettes, tomatoes, onions, tomato puree, olive



EC

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TUE 18th

TURKEY **CASSEROLE & MASH**

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

19th

HUNGARIAN **GOULASH & POTATO**

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

THU 20th

LAMB TANGIA & POTATO

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



CHICKEN PIE

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



MON 24th

BEEF, VEGETABLES, **TOMATO & POTATO**

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

Nutritional Information Per 100a 67 KCal 281 Kj 1.91g Fat of which saturated 0.75g Carbohydrates of which sugar 6.85g 2.08g 1.21g Fibre 4.43g Protein < 0.01g

TUE 25th

CHRISTMAS DAY

Nutritional Information Per 100a **Energy** KCal 69 KCal 283 Kj 1.49g 0.65g 7.39g of which saturated Carbohydrates 1.82g 1.68g 5.06g < 0.01g Fibre

Protein

Salt

WED **26th**

THU 27th

MON

ST. STEPHEN'S DAY

Nutritional Information Per 100g 69 KCal 283 Kj 1.49g 0.65g 7.39g 1.82g of which saturated Carbohydrates 1.69g 5.06g < 0.01g Fibre Protein Salt

Nutritional Information Per 100g **Energy** KCal KJ 63KCal 264Ki Fat of which saturated 2.1g 0.99g 7.09g Carbohydrates 2.01g 1.44g Fibre 4.92g <0.01g **Protein** Salt

Nutritional Information Per 100g **Energy** KCal 58KCal 331 Kj Fat of which saturated 0.95g 0.23g 6.71g Carbohydrates 2g 1.49g Fibre 5.96g < 0.01g Protein Salt

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

TURKEY, MIXED **VEG WITH APRICOT** & POTATO

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

MIXED VEGETABLES FRI 28th

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

BEEF. VEGETABLES. TOMATO & POTATO

31st Ingredients: Potato, carrots, beef (Irish), water, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information Per 100g 72KCal 280 Kj 2.03g 0.73g 6.1g 1.7g 1.25g 4.65g

Nutritional Information

Nutritional Information

Energy KCal

Fibre

Salt

Protein

Energy KCal KJ

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar

Fat of which saturated

Carbohydrates of which sugar

Per 100g

66 KCal

1.05g 0.28g 8.2g 2.42g 1.58g 6.67g < 0.01g

Per 100g

58 KCal

376 Kj 0.99g 0.4g 6.82g 1.82g 1.18g

5.41g < 0.01g

0.01a.

277 Kj

Carbohydrates Fibre **Protein**

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



DECEMBER 2018



3rd

TURKEY CASSEROLE MON & MASH

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



TUE 4th

NAPOLI SAUCE

Ingredients: Potatoes, carrot, chopped tomatoes, courgettes, onion.

WED 5th

CHICKEN CASSEROLE & MASH

chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

THU 6th

TURKEY, VEGETABLES,

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



DECEMBER

2018

CHICKEN **PROVENCAL & MASH**

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

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

Nutritional Information

Nutritional Information

Energy KCal KJ

Fibre

Salt

Protein

Energy KCal KJ

Fibre

Salt

Salt

Protein

of which saturated

Carbohydrates of which sugar

Fat of which saturated

Carbohydrates of which sugar

Per 100g

42 KCal 173 Kj

0.76g 0.26g 10.27g

2.07g 1.67g

2.17g < 0.01g

Per 100g

72KCal 306Kj 0.7g

0.34g 11.27g

1.48g 1.53g 5.81g < 0.01g.

Per 100g

MON MEXICAN CHICKEN 10th & POTATO

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

TUE 11th

BROCCOLI, MIXED

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

12th

TURKEY CASSEROLE WED & MASH

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

13th

THU SHEPHERD'S PIE

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

FRI 14th

TURKEY. VEGETABLES.

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

Energy KCal 72KCal

2.03g of which saturated 0.73g Carbohydrates of which sugar 6.1g⁻ 1.7g Fibre Protein 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



lentils, water, tomato puree, spinach, peppers,

Ingredients: Potatoes, sweet potato carrots,

Energy KCal KJ 57KCal 234Kj 0.93g 0.28g of which saturated 6.85g 1.85g 1.18g. 5.89g. < 0.01g. Carbohydrates Fibre Protein

Nutritional Information

Nutritional Information Per 100g

58KCal 246Kj 1.02g 0.38g of which saturated Carbohydrates 6.8g 1.69g 1.23g 5.51g < 0.01g. Salt

Fat of which saturated Carbohydrates of which sugar Fibre **Protein**

Nutritional Information

Nutritional Information

Per 100g 59 KCal

250 Kj

1.13g 0.43g 6.82g 1.83g 1.39g 5.89g < 0.01g

Energy	Per 100g
Energy KCal	23KCal
KJ	97Ki
Fat	0.42g
of which saturated	0.13g
Carbohydrates	5.08g
of which sugar	1.19g
Fibre	0.91g
Protein	1.19g < 0.01g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	69 KCal
KJ	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

Nutritional Information

Energy	Per 100g
Energy KCal	65 KCal
KJ	272 Kj
Fat	2.13g [°]
of which saturated	1.02g
Carbohydrates	7.44g
of which sugar	1.97g
Fibre	1.53g
Protein	5.41g
Salt	< 0.01g

Nutritional Information

Per 100g



MON BOLOGNAISE 17th SAUCE & POTATO

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

TUE 18th

TURKEY CASSEROLE

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

WED 19th

HUNGARIAN

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

THU **20th**

LAMB TANGIA

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

FRI **21st**

CHICKEN PIE

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

DECEMBER

2018

MON 24th

TURKEY. VEGETABLES.

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

Nutritional Information 57 KCal 240 Kj 0.93g 0.30g 6.85g 2.08g 1.21g of which saturated Carbohydrates of which sugar 5.88g Protein < 0.01qSalt

TUE 25th

CHRISTMAS DAY

Nutritional Information

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

WED 26th

ST. STEPHEN'S DAY

Nutritional Information Per 100g **Energy** KCal KJ 69 KCal

283 Ki 1.49g 0.30g 7.39g 1.82g 1.69g 5.60g < 0.01g Fat of which saturated Carbohydrates **Protein** Salt

Nutritional Information

Energy KCal KJ

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates

Per 100g

63KCal

264Kj

2.1g 0.99g 7.09g

2.01g 1.44g

4.92g <0.01g

THU 27th

TURKEY, MIXED VEG WITH APRICOT

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

MIXED VEGETABLES

58 KCal 376 Kj 0.99g 0.4g 6.82g 1.82g Fat of which saturated Carbohydrates of which sugar Fibre 5.41g < 0.01g **Protein**

Nutritional Information

Nutritional Information

Energy KCal

Fibre

Salt

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar

Per 100g

66 KCal

1.05g 0.28g 8.2g 2.42g 1.58g

6.67g < 0.01g

Per 100g

FRI **28th**

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

Nutritional Information

Energy	Per 100g
Energy KCal	58KCal
KJ	331 Kj
Fat	0.95g [°]
of which saturated	0.23g
Carbohydrates	6.71g
of which sugar	2g -
Fibre	2g 1.49g
Protein	5.96g
Salt	< 0.01g

MON **31st**

TURKEY. VEGETABLES, TOMATO

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

Nutritional Information

Energy	Per 100g
Energy KCal	72KCal
KJ	280 Kj
Fat	2.03g [°]
of which saturated	0.73g
Carbohydrates	6.1g
of which sugar	1.7g
Fibre	1.25g
Protein	4.65g
Salt	0.01g.

Nutritional Information

Energy	Per 100g
Energy KCal	70KCal
KJ	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.

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







DECEMBER 2018

VEG CASSEROLE MON & MASH

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

TUE 4th &

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

5th

WED VEGETABLE PIE

Ingredients: Potatoes, carrot, swede, peas, French beans, broad beans,, water.

6th

VEGETABLES, THU TOMATO & POTATO

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

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

Nutritional Information

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

Nutritional Information

Energy	Per 100g
Energy KCal	42 KCal
KJ	173 Kj
Fat	0.76g
of which saturated	0.26g
Carbohydrates	10.27g
of which sugar	2.07g
Fibre	1.67g
Protein	2.17g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	57 KCal
KJ	234 Kj
Fat	0.93g
of which saturated	0.28g
Carbohydrates	6.85g
of which sugar	1.85g
Fibre	1.18g
Protein	5.89g
Salt	< 0.01g

Nutritional Information

Per 100g
42 KCal
176 Kj
0.83g
0.19g
7.91ğ
1.96g
1.43g
1.2g T
< 0.01g

Nutritional Information

Energy	Per 100g
KCal	42 KCal
KJ	176 Kj
Fat	0.83g
of which saturated	0.19g
Carbohydrates	7.91g
of which sugar	1.69g
Carbohydrates	
Protein	1.2g
Salt	< 0.01g

MON 10th

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

BROCCOLI, MIXED VEG & POTATO

11th Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

WED 12th

VEG CASSEROLE & MASH

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

THU 13th

SHEPHERD'S

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

Ingredients: Potatoes, carrots, water, Sweet Potato, courgettes, peppers, tomatoes, onions olive oil.

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
Energy KCal	59 KCal
KJ	250 Kj
Fat	1.13g
of which saturated	0.43g
Carbohydrates of which sugar	6.82g
of which sugar	1.83g
Fibre	1.39g
Protein	5.89g
Salt	< 0.01g

Nutritional Information

Energy	i ei ioog
Energy KCal	109KCal
KJ	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

Energy	Per 100g
Energy KCal	57KCal
KJ	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
of which sugar Fibre Protein	2.52g

Nutritional Information

Energy	Per 100g
Energy KCal	54KCal
KJ	234Ki
Fat	0.91 1
of which saturated	0.26g
Carbohydrates	6.9g
of which sugar	1.08
Fibre	1.71g
Protein	1.46g
Salt	< 0.01g

Energy	Per 100g
Energy KCal	42 KCal
KJ	176 Kj
Fat	0.83g [°]
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g [*]
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g





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MON 17th

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

TUE 18th

VEGETABLE **CASSEROLE**

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

WED 19th

HUNGARIAN VEG

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

THU **20th** **VEG TANGIA**

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

FRI **21st**

VEGETABLE PIE

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

DECEMBER

2018

MON 24th &

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

46 KCal 194 Ki 0.83g

Per 100g

of which saturated 0.26g 11.27g Carbohydrates of which sugar 2.07g 1.74g 2.4g < 0.01g Protein

Nutritional Information

TUE 25th **CHRISTMAS DAY**

Nutritional Information

Fibre

Salt

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

WED 26th

ST. STEPHEN'S DAY

Nutritional Information

Per 100g 69 KCal 283 Ki 1.49g 0.65g 7.39g 1.82g 1.69g 5.06g < 0.01g Fat of which saturated Carbohydrates of which sugar Fibre **Protein** Salt

Per 100g **Energy** KCal KJ 46KCal 194Ki

Fat 0.93g 0.22 of which saturated Carbohydrates 8.78g 2.38g 1.81g. Fibre 1.39g. < 0.01g Protein Salt

Nutritional Information

Nutritional Information

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

Nutritional Information Per 100g 58 KCal 376 Ki Fat 0.99g of which saturated Carbohydrates

0.4g 6.82g 1.82g 1.18g 5.41a Protein < 0.01g **MIXED VEG WITH**

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

FRI 28th

THU

27th

MIXED VEGETABLES

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

MON **31st**

VEG WITH TOMATO

Ingredients: Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil.

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** KCal KJ 50 KCal

211 Kj 0.93g 0.22g 9.71g 2.86g of which saturated Carbohydrates of which sugar 1.88g 1.46g < 0.01g Fibre **Protein** Salt

Nutritional Information Per 100g 58 KCal 376 Kj

0.99g 0.4g 6.82g 1.82g 1.18g 5.41g < 0.01g Carbohydrates of which sugar Fibre **Protein** Salt

Nutritional Information Per 100g **Energy** KCal KJ 42 KCal 176 Kj Fat of which saturated 0.83g 0.61g 16.02g Carbohydrates of which sugar 1.67g Fibre 1.27g 4.24g

< 0.01g

Protein

Salt





AFTER SCHOOL



BEEF CURRY & RICE

MON Ingredients: Rice, beef (Irish), carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard 3rd seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; mustard

MEATBALLS IN PASTA

Ingredients: **Durum wheat pasta** 42%, chopped tomatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, 4th raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, Wheat protein,lemon peel.oragano.salt.chillies.chilli powder.blackpepper. carrots. peppers, tomato puree, water, onions, olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten

WED 5th

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

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

BEEF PASTA BAKE

6th

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)

FISH CAKES, MINI ROAST, PEAS & CORN

Ingredients: Potatoes, Fish Cake (white fish 32%) breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, mustard powder), Peas, corn.

Ingredients in bold script contain allergens; fish, gluten & mustard

Nutritional Information Per 100g **Energy** KCal 120KCa 504Ki 2.71g 1.25g 17.29g 1.01g 1.3g 5.68 0.01g Fat of which saturated **Carbohydrates** of which sugar Fibre Protein Salt

Nutritional Information Per 100g **Energy** KCal 182 KCa 559 Ki 3.98g 1.29g of which saturated Carbohydrates 38.37g 2.91g Fibre 2.05g 8.88g **Protein** Salt 0.2a

Nutritional Information Per 100a **Energy** KCal 95 KCal 401 Ki 1.35g 0.64g Fat of which saturated **Carbohydrates** of which sugar 17.31g 1.65a Fibre Protein Salt

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

Nutritional information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre	Per 100g 98 KCal 419 Kj 1.18g 0.21g 34.44g 3.45g 2.09g
Protein	8.27g
Salt	< 0.01g

SWEET & SOUR MON CHICKEN WITH RICE 10th

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

PASTA WITH TOMATO & BASIL & GOUJONS

TUE 11th Ingredients: Durum wheat pasta, 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, chopped tomatoes, tomato puree, onion, water, potato starch, garlic,

Ingredients in bold script contain allergens: gluten.

TURKEY CASSEROLE WED & MASH

12th Ingredients: Potatoes, turkey, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans..

SAUSAGE. SAUTÉ & FRENCH BEANS

THU Ingredients: Potatoes, Sausage (pork 74% Rusk (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, potato starch, pork protein extract, wateries (consumer starch, niacin, thiamin) salt, spices (white pepper, black pepper, salt, spices (white pepper, black pepper, salt, spices (white pepper) thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 Sodium sulphate, flavour enhancer E621, stabiliser E450, E451) French Beans

Ingredients in bold script contain allergens; gluten & sulphates

FISH FINGERS, MINI ROAST & PEAS

FRI 14th

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 oi), Peas.

Ingredients in bold script contain allergens; fish &

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

Nutritional Information	
Energy	Per 100g
Energy KCal	111KCal
KJ	471Kj
Fat	2.7g [°] 0.35g
of which saturated	
Carbohydrates	33.71g
of which sugar	2.68g
Fibre	1.87g
Protein	7.74g
Salt	< 0.01a

Nutritional information	
Energy	Per 100g
Energy KCal	120 KCal
KJ	505 Kj
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.55g
Protein	5.06g
Salt	0.04g

utritional Information

Nutritional Information	
Energy KCal	Per 100g
KCal	76 KCal
KJ	321 Kj
Fat	1.37g ^r
of which saturated	0.59g
Carbohydrates	10.3Žg
of which sugar	1.14g ̃
Fibre	1.1g
Protein	4.66g
Cal+	< 0.01a

Nutritional Information

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





PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens: gluten



AFTER SCHOOL

TUE 18th

TURKEY CURRY

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

Ingredients in bold script contain allergens; mustard

BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

WED 19th

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), french beans.

Ingredients in bold script contain allergens; soya and sulphor

THU **20th**

CHICKEN GOUJONS, MINI WAFFLES. PEAS & CORN

Ingredients: Waffles (potato 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.

FISH CAKES, SAUTÉ, CARROT

Ingredients: Potatoes, Fish Cake (white fish 32%)breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, 21st seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, mustard powder), Carrots.

Ingredients in bold script contain allergens; fish, gluten & mustard

MON DECEMBER 24th 2018

BEEF RAGU

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

Nutritional Information Energy KCal 141KCal 597 Kj 3.74g² 1.6g Fat of which saturated Carbohydrates 10.32g 2.88 1.29g Fibre 7.27g **Protein** < 0.01q

TUE 25th

CHRISTMAS DAY

Nutritional Information

Energy	Per 100g
KCal	117KCal
KJ	491Kj
Fat	1.41g
of which saturated	0.74g
Carbohydrates	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.42g
Salt	0.04g

WED 26th

ST. STEPHEN'S DAY

Nutritional Information

Nutritional Information

Fat of which saturated

Carbohydrates

of which saturated

Carbohydrates of which sugar

Fibre

Salt

Energy KCal

Fat

Fibre Protein

Protein

Per 100g 155 KCal

649 Kj

6.13g 0.64g 19.44g

1.23g 2.04g 5.77g 0.27g

Per 100g

139KCal

585 Kj

4.53g

0.53g 20.19g

1.46g 2.23g 3.54g 0.05g

THU 27th

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

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

PASTA BOLOGNAISE

FRI

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

28th Ingredients in bold script contain allergens; gluten

MILD CHILLI CON **CARNE & RICE**

31st

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder,

Per 100g 120 KCal 546 Kj

Nutritional Information

Fat of which saturated 3.99g 0.61g Carbohydrates of which sugar 11.93g 0.88g 1.09g Fibre 9.26g Protein

Nutritional Information

Energy	Per 100g
Energy KCal	141 KCal
KJ	5937Kj
Fat	3.74a
of which saturated	1.6g ັ
Carbohydrates of which sugar	10.32g 1.25g
of which sugar	1.25g~
Fibre	1.62g
Protein	5.23g
Salt	0.04a

Nutritional Information

Energy	Per 100g
Energy KCal	117KCa
KJ	491 Kj
Fat	2.41g
of which saturated	1.16g
Carbohydrates	17.13g
of which sugar	1.84g
Fibre	1.45g
Protein	5.83g
e 1.	0.01a

Nutritional Information

Nutritional Information

Energy KCal KJ Fat	Per 100 g 120 KCa 505 Kj 3.6q
of which saturated Carbohydrates	0.8g 14.96g
of which sugar	1.8g $^{\circ}$
Protein	1.85g 5.06g
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





AFTER SCHOOL



BEEF CURRY & RICE

MON Ingredients: Rice, beef (Irish), carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard 3rd seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; mustard

MEATBALLS IN PASTA

Ingredients: **Durum wheat pasta** 42%, chopped tomatoes, meatballs 17% [pork 39%,beef 39%, rusk (wheat flour, salt, **4th** raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, Wheat protein,lemon peel.oragano.salt.chillies.chilli powder.blackpepper. carrots. peppers, tomato puree, water, onions, olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten

L.D. BAKED TURKEY BURGER. **GRAVY. MASH. PEAS** WED

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

BEEF PASTA BAKE

6th

FRI 7th

5th

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)

COD PROVENCAL & RICE

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

Ingredients in bold script contain allergens: fish

Nutritional Information Per 100g 120KCa 504Ki 2.71g 1.25g 17.29g 1.01g 1.3g 5.68 Fat of which saturated **Carbohydrates** of which sugar Fibre Protein 0.01a Salt

Nutritional Information Per 100g 182 KCa 559 Ki 3.98g 1.29g of which saturated Carbohydrates of which sugar 38.37g 2.91g Fibre 2.05g 8.88g **Protein** Salt 0.2g

Nutritional Information	
Energy	Per 100g
KCal	95 KCal
KJ	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

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

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

10th

MEXICAN CHICKEN MON & RICE

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

PASTA WITH TOMATO & BASIL & GOUJONS

TUE 11th Ingredients: Durum wheat pasta, 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. chopped tomatoes, tomato puree, onion, water, potato starch, garlic,

Ingredients in bold script contain allergens; gluten.

TURKEY CASSEROLE WED & MASH

12th Ingredients: Potatoes, turkey, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans..

13th

SHEPHERD'S PIE

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

FRI 14th

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 oi), Peas.

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

Nutritional Information Per 100g

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

Nutritional Information

KCal KCal	111KCal
KJ	471Ki
Fat	2.7g [*]
of which saturated	0.35g
Carbohydrates of which sugar	33.71g
of which sugar	2.68g
Fibre	1.87g
Protein	7.74g
Salt	< 0.01g

Nutritional Information

Energy	
Energy KCal	120 KC
KJ	505 Ki
Fat	3.6g [*]
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.55g
Protein	5.06g
Salt	0.04g

Nutritional Information

	41111
Energy KCal	Per 100g
	77 KCal
KJ	Kį
Fat	3.6g
of which saturated	0.8g
Carbohydrates of which sugar	0.8g 14.96g
of which sugar	1.8g ~
Fibre	1.55g
Protein	5.06g
Cols	0.04a

Energy	Per 100g
Energy KCal	89 KCal
KJ	376 Kj
Fat	1.29g
of which saturated	0.61g
Carbohydrates	16.0Žg
of which sugar	1.67g T
Fibre	1.27g
Protein	4.24g
Salt	< 0.01q





PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens: gluten



AFTER SCHOOL

TUE 18th

TURKEY CURRY

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

Ingredients in bold script contain allergens; mustard

BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

WED 19th

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), french beans.

Ingredients in bold script contain allergens; soya and sulphor

THU **20th**

CHICKEN GOUJONS, MINI WAFFLES. PEAS & CORN

Ingredients: Waffles (potato 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.

FISH CAKES, SAUTÉ, CARROT

FRI

Ingredients: Potatoes, Fish Cake (white fish 32%)breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, 21st seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, mustard powder), Carrots.

Ingredients in bold script contain allergens; fish, gluten & mustard

MON DECEMBER 24th 2018

BEEF RAGU

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

Nutritional Information Energy KCal 141KCal 597 Kj 3.74g² 1.6g Fat of which saturated Carbohydrates 10.32g 2.88 1.29g Fibre 7.27g **Protein** < 0.01q

TUE 25th

CHRISTMAS DAY

Nutritional Information

117KCal 491Kj Fat of which saturated 1.41g 0.74g Carbohydrates of which sugar 16.74g 0.84g 1.18g 10.42g Fibre **Protein**

WED 26th

THU

27th

ST. STEPHEN'S DAY

Nutritional Information

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

Nutritional Information

Per 100g Energy KCal KJ 155 KCal 649 Kj 6.13g 0.64g 19.44g Fat of which saturated Carbohydrates 1.23g 2.04g 5.77g 0.27g Fibre Protein Salt

Nutritional Information

Per 100g **Energy** KCal 139KCal 585 Kj 4.53g Fat of which saturated 0.53g 20.19g Carbohydrates of which sugar 1.46g 2.23g 3.54g 0.05g Protein

Nutritional Information

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

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

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

PASTA BOLOGNAISE

Ingredients: Durum wheat pasta, beef (Irish), tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, **28th** puree, carrots, spiritacii, ciricii olive oil, salt, oregano, garlic

Ingredients in bold script contain allergens; gluten

MILD CHILLI CON **CARNE & RICE**

31st

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder,

Nutritional Information

Energy	Per 100g
Energy KCal	120 KCal
KJ	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

Nutritional Information

Energy	Per 100g
Energy KCal	141 KCal
KJ	593 Kj
Fat	4.25g
of which saturated	4.25g 0.46g
Carbohydrates	20.17g 1.25g
of which sugar	1.25g~
Fibre	1.62g
Protein	5.23g
Salt	0.04g

Nutritional Information

Energy KCal	Per 100g
	117KCa
KJ	491 Kj
Fat	2.41g [°]
of which saturated	1.16g
Carbohydrates	17.13g
of which sugar	1.84a
Fibre	1.45g
Protein	5.83g
C-la	0.04a

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







MILD VEGETABLE

Ingredients: Rice, Water, carrots, braodbeans, green beans, peas, swede, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek. cardamon, garam masala, turmeric, chilli powder, ginger, paprika, garlic, salt.

Ingredients in bold script contain allergens; mustard

TUE 4th

MON

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 5th

SWEET POTATO & VEG CASSEROLE & MASH

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

THU 6th

FRI

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

VEG FINGERS, WAFFLES, L.D BAKED BEANS

Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract Vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) wheat flour (Wheat flour, calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, tumeric), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Ingredients in bold script contain allergens: gluten

Nutritional Information Per 100g Energy 95 KCal 401 Ki 1.35g 0.64g of which saturated 17.31g 1.65a Carbohydrates Fibre 4.4g < 0.4a **Protein**

Nutritional Inf	formation
Energy	Per 100g
Energy KCal	93 KCal
KJ	394 Ki
Fat	1.05a [°]
of which saturated	0.22a
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	0.04g

	Nutritional Information	
	Energy KCal	Per 100g
		111KCal
	KJ	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
V.		

Nutritional Info	rmation
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 75KCal 316 Kj 1.5g 0.34g 16.99g 1.95g 2.2g 4.4g < 0.4g

Nutritional Information 111 KCal 465 Ki

Fat of which saturated 2.87g 0.25g 18.19g 1.6g Carbohydrates of which sugar 1.89g Fibre 3.04g Protein 0.4a

SWEET & SOUR MONVEG WITH RICE

10th Ingredients: Rice, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concetrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent:

quer gum, spices, flavourings, xanthan gum, paprika concentrate, salammoniac) sweet potato, carrot, peppers, corn kernels, Onion,

BROCCOLI & CORN PASTA BAKE

TUE

Ingredients: Durum wheat pasta, tomatoes, broccoli, water, 11th 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

WED

VEGETABLE CASSEROLE & MINI ROAST

12th 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 (corriander, sage leaf), sunflower oil, citric acid, garlic), sunflower oil, dextrose, salt.

THU 13th

SHEPHERD'S **VEGETABLE PIE**

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

VEG FINGERS, MINI FRI ROAST, PEAS

14th Potatoes, vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) wheat flour (Wheat flour, calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, tumeric), peas.

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 Fat of which saturated 1.18g 0.80g Carbohydrates of which sugar 23.13g 6.68g Fibre 1.02g Protein 6.94a Salt 0.31g

Nutritional Information

Energy	Per 100g
Energy KCal	109KCal
KJ	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	0.04g

Nutritional Information

Energy	Per 100g
Energy KCal	111KCal
KJ	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.ŏ4g

Nutritional Information

Energy	Per 100
Energy KCal	76 KCa
KJ	321 Kj
Fat	1.37g´
of which saturated	0.59g
Carbohydrates of which sugar	10.3Žg
of which sugar	1.14g ̃
Fibre	1.1g
Protein	4.66g
Salt	0.04g

Enormy	Per 100g
Energy KCal	98 KCal
KJ	419 Kj
Fat	1.18g [°]
of which saturated	0.21g
Carbohydrates	34.44g
of which sugar	3.45g
Fibre	2.09g
Protein	8.27g
Salt	< 0.01a





Approval no 4018 EC



DECEMBER 2018

VEG PASTA MON BOLOGNAISE 17th

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

Ingredients in bold script contain allergens; gluten

TUE 18th

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

19th

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.

BUTTERNUT & SWEET POTATO TANGIA & RICE

20th Ingredients: Rice, carrots, chopped tomatoes, butternut squash, sweet potato, water, peppers, spinach, sultanas, tomato puree, onions, (85% vegetables) garlic puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger salt.

Ingredients in bold script contain allergens; Mustard

21st

CREAMY VEGETABLE PIE

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

Ingredients in bold script contain allergens; Milk (lactose)

MON 24th

VEG RAGU

Ingredients: Rice, copped tomatoes, water, tomato puree, carrots, lentils, sweetcorn, red peppers, spinach, potato starch, onions, olive oil, garlic puree, salt.

Nutritional Information Per 100g 141KCal 597 Kj 3.74g 1.6g 10.32g 2.88 of which saturated Carbohydrates of which sugar 1.29g 7.27g 0.04g Protein

TUE 25th

CHRISTMAS DAY

Nutritional Information Per 100g 107KCal

453K Fat of which saturated 3.6g 1.6g **Carbohydrates** of which sugar 16.00g 3.3g 1.2g 1.9g 0.04g Fibre Protein

Salt

WED 26th

ST. STEPHEN'S DAY

Nutritional Information Per 100g 92KCal

389 Kj 2.24g 0.37g 17.31g of which saturated Carbohydrates 1.71g 2.36g 3.13g 0.04g

Nutritional Information

Per 100g **Energy** KCal 401 Kj 1.35g 0.64g Fat of which saturated Carbohydrates 17.31g 1.65g Fibre 1.31a Protein Salt 0.04a

Nutritional Information Per 100g 75KCal 316 Kj 2.03g 0.82g of which saturated Carbohydrates 12.32g 1.94g 1.87g of which sugar

Protein

2.55g 0.04g

Nutritional Information Per 100g **Energy** KCal 71 KCal 296 Kj 2.63g 0.55g 14.75g Fat of which saturated Carbohydrates 1.91g Fibre 5.33g Protein

27th

FRI

MON

31st

MIXED VEG & A RICOT

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

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

Ingredients in bold script contain allergens; gluten 28th

MILD CHILLI WITH VEG &

Ingredients: Rice, tomatoes, carrots, lentils, peppers, spinach, water, kidney beans, tomatoes, water, onions, tomato puree, potato starch, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder), salt.

2.8g 2.56g 7.99g 0.04g Fibre **Protein** Salt **Nutritional Information**

of which saturated

Carbohydrates

Fat

Nutritional Information

Per 100a

109KCal

457 Kj

1.45g 0.27g 34.79g

Per 100g **Energy** KCal KJ 111 KCal 465 Ki 2.87g 0.25g Fat of which saturated

Carbohydrates 18.19g 1.6g 1.89g Fibre Protein 3.04a Salt 0.4g

Nutritional Information Per 100g

92 KCal 389 Kj Fat of which saturated 1.26g 0.65g 20.43g Carbohydrates of which sugar 2.48g 1.91g 3.4g 0.04g Fibre Protein Salt

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





MON 3rd

VEGETABLE HASH

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

TUE 4th

BEEF PILAF

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

5th

WED

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 (milk,.

Ingredients in bold contain allengens; gluten & milk (lactose)

6th

L.D. BEANS THU & 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.



VFGFTARLF SOUP

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

Nutritional Information 4.73g 0.6g Fat of which saturated Carbohydrates of which sugar 14.92g 1.42g Fibre 2.67g 2.62g Protein 0.4g

Nutritional Information Per 100a 113 KCal 477Kj 2.32g 1.11g 16.58g Fat of which saturated Carbohydrates 0.2.19g

Protein

Salt

Protein

1.36g 5.7g. < 0.01g.

0.93g

0.23c

Nutritional Information Per 100g 147 KCal 9.12 Kj 5.36g 10.94g Fat of which saturated 2.52g 0.43g Carbohydrates Fibre 6.14g

Nutritional Information Per 100g **Energy** KCal 147KCa 618 Kj 5.6g 0.63a of which saturated Carbohydrates 21.68g of which sugar 1.4g 1.42g 2.58g 0.38g Fibre Protein Salt

Nutritional Information Per 100g **Energy** KCal 31 KCal 131 Ki 0.6g 0.22g of which saturated Carbohydrates 4.88g 0.99g Fibre 1.67g 1.65g **Protein** 0.04a Salt

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

Ingredients in bold script contain allergens; gluten

BEEF RAGU TUE & MINI ROAST

11th Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

PASTA NAPOLI

WED

Ingredients: Durum wheat pasta, chopped tomatoes, 12th tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic, salt,

Ingredients in bold script contain allergens; gluten

THU 13th

STIR FRIED BEEF

Ingredients: Rice, beef (irish) mixed vegetables, onion, garlic, olive oil, salt.

L.D. BEANS 14th

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

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



Energy KCal KJ 149 KCa 635 Kj 2.04g 0.3g Fat of which saturated Carbohydrates 27.69g 3.14g Fibre 1.89g **Protein** 4.87g 0.02g

Nutritional Information

Energy	Per 100g
Energy KCal	120 KCal
KJ	505 Kj
Fat	3.6g ¹
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

Nutritional Information

KCal	93 KCal
KJ	394 Kj
Fat	1.05g
of which satur	ated 0.22g
Carbohydrate	
of which suga	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

Nutritional Information

Energy	Per 100
Energy KCal	165 KC
KJ	690 Kj
Fat	7.97g
of which saturated	1.93g
Carbohydrates	17.32g 0.38g
of which sugar	
Fibre	1.62g
Protein	5.38g
Salt	0.01g

Energy	Per 100g
Energy KCal	147KCal
KJ	618 Kj
Fat	5.6g ¹
of which saturated	0.63g
Carbohydrates of which sugar	21.68g
of which sugar	1.4g ~
Fibre	1.4Žg
Protein	2.58g
Salt	0.38g





MEDITERRANEAN

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil,



BUTTERNUT SQUASH &

Ingredients: Ingredients: Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.



WED 19th

TURKEY PILAF

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

PENNE WITH STIRFRIED THU VEGETABLES

20th Ingredients: Durum wheat pasta, peppers, peas, corn, onion, olive oil, garlic, basil,

Ingredients in bold script contain allergens; gluten



21st

CURRIED CHICKEN

Ingredients: Rice, 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



MON MEDITERRANEAN 24th RICE

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil, garlic.

Nutritional Information Per 100g 148 KCal 623 Kj 7.13g 1.44g of which saturated Carbohydrates of which sugar 19.6g 0.91g Fibre 1.82g 2.68g Protein 0.02g

TUE **25th**

CHRISTMAS DAY

Nutritional Information 54 KCal 227 Ki Fat 0.1g 0.1g of which saturated Carbohydrates of which sugar 13.67g 1.7g 1.73g 1.27g **Protein** 0.01g

WED 26th

ST. STEPHEN'S DAY

Nutritional Information 93 KCal 394 Ki Fat 1.05g 0.22g of which saturated 36.16g 3.6g 2.31g 6.74g < 0.01g Carbohydrates of which sugar Fibre Protein

27th

VEGETABLE HASH

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

Energy	Per 100g
Energy KCal	115 KCa
KJ	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	0.4g

Nutritional Information

Nutritional Information

Energy	Per 100g
Energy KCal	256 KCal
KJ	1088 Kj
Fat	7.08g
of which saturated	0.99ğ
Carbohydrates	40.13g
of which sugar	2.15g
Fibre	6.2g
Protein	2.76g
Salt	0.01g

Nutritional Information

Nutritional Information

Fat of which saturated

Carbohydrates

of which saturated Carbohydrates

Fibre Protein

Salt

Fibre

Salt

Protein

Per 100g

111 KCal 467 Kj

3.46g 0.94g

13.69g 0.89g

1.88g

6.94g

0.01g

Per 100g 148 KCal 623 Kj

7.13g 1.44a

19.6g 0.91g

1.82g

2.68g

0.02q

FRI 28th

CURRIED CHICKEN

Ingredients: Rice, 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

MON

BEEF RAGU

Ingredients: Potatoes, sunflower oil, beef (Irish), chopped 31st tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

Nutritional I	nformation
Forest	Per 100g

Energy	Per 100g
Energy KCal	111 KC
KJ	467 Kj
Fat	3.46g
of which saturated	0.94ğ
Carbohydrates	13.69g 0.89g
of which sugar	
Fibre	1.88g
Protein	6.94g
Salt	0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	120 KCa
KJ	505 Kj
Fat	3.6g ¹
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
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





MEATBALL HASH

Ingredients: Saute potatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, raising agent E503)Sova 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.

TUE 4th

MON

3rd

BEEF PILAF

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



WED 5th

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,

Ingredients in bold contain allengens; gluten & milk (lactose)



L.D. BEANS THU & 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.



VEGETABLE SOUP

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

Nutritional Info	Nutritional Information	
Energy	Per 100g	
KCal	115 KCal	
KJ	481 Kj	
Fat	4.73g	
of which saturated Carbohydrates	0.6g 14.92g	
of which sugar	1.42g	
Fibre	2.67g	
Protein	2.62g	
Salt	0.4g	

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Fat

Energy KCal KJ

Fibre

Protein Salt

Fat of which saturated

Carbohydrates of which sugar

Fat of which saturated

Carbohydrates

Fibre

Protein

Energy KCal

Fibre

of which saturated Carbohydrates

of which saturated

Carbohydrates of which sugar

Per 100g

113 KCa

477Kj

2.32g 1.11g 16.58g

0.2.19g 1.36g

5.7g. < 0.01g.

Per 100g

147 KCal 9.12 Kj

5.36g 10.94g

2.52g 0.43g

6.14g

0.93g

0.23a

Per 100g

147KCal

618 Kj

5.6g 0.63g

1.4g

21.68g

Per 100g

31 KCal 131 Ki

0.6g 0.22a

4.88g 0.99g

1.67g

1.65g 0.04a

MON 10th

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

11th

BEEF RAGU TUE & 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.

PASTA NAPOLI

WED 12th

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



STIR FRIED BEEF

Ingredients: Rice, beef (irish) mixed vegetables, onion, garlic, olive oil, salt.

FRI 14th

L.D. BEANS

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

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

KCal	149 KCa
KJ	635 Kj
Fat	2.04g
of which saturated	0.3g°
Carbohydrates	27.69g 3.14g
of which sugar	3.14g~
Fibre	1.89g
Protein	4.87g
Salt	0.02a

Nutritional Information

Energy	
Energy KCal	120 KCa
KJ	505 Ki
Fat	3.6g [°]
of which saturated	0.8g
Carbohydrates of which sugar	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

Nutritional Information

Energy	
Energy KCal	93 KCal
KJ	394 Ki
Fat	1.05g [°]
of which saturated	0.22g
Carbohydrates of which sugar	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	165 KCa
KJ	690 Kj
Fat	7.97g 1.93g
of which saturated	
Carbohydrates	17.32g 0.38g
of which sugar	
Fibre	1.62g
Protein	5.38g
Salt	0.01g

Energy	Per 100g
Energy KCal	147KCal
KJ	618 Ki
Fat	5.6g [°]
of which saturated	0.63g
Carbohydrates of which sugar	21.68g
of which sugar	1.4g ~
Fibre	1.4Žg
Protein	2.58g
a 1.	บ รชฐ





MEDITERRANEAN

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil,



TUE 18th

FISH FINGERS & SAUTÉ

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.



WED 19th

TURKEY PILAF

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



FRI

VEGETABLES

olive oil, garlic, basil

Ingredients in bold script contain allergens; gluten



DECEMBER 24th 2018

CURRIED CHICKEN

Ingredients: Rice, 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

MEDITERRANEAN

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil,

Nutritional Information Per 100g 148 KCal 623 Kj Fat of which saturated 7.13g 1.44g Carbohydrates of which sugar 19.6g 0.91g Fibre 1.82g 2.68g **Protein** Salt 0.02g

TUE **25th**

CHRISTMAS DAY

Nutritional Information

Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 103KCal 437Kj 2.13g 0.19 g 17.64g 0.65g 1.04g 4.39g < 0.01g.

WED 26th

ST. STEPHEN'S DAY

Nutritional Information

Per 100g
93 KCal
394 Kj
1.05g
0.22g
36.16g
3.6g
2.31g
6.74g
< 0.01g

Nutritional Information

Energy KCal KJ

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar

Per 100g

7.08g 0.99g

40.13g 2.15a

6.2g 2.76g

0.01a

27th

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

PENNE WITH STIRFRIED

Ingredients: Durum wheat pasta, peppers, peas, corn, onion,

Nutritional Information

Nutritional information	
Per 100g	
111 KCal	
467 Kj	
3.46g	
0.94g	
13.69g 0.89g	
0.89g~	
1.88g	
6.94g	
0.01g	

Nutritional Information	
Energy KCal	Per 100g
KCal KJ	148 KCal 623 Kj
Fat of which saturated	7.13g 1.44g
Carbohydrates	19.6a
of which sugar Fibre	0.91g 1.82g
Protein	1.62g 2.68g
Salt	0.02g

MEATBALL HASH

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.

FRI **28th**

CURRIED CHICKEN

Ingredients: Rice, 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

BEEF RAGU

31st 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 115 KCal 481 Ki Fat of which saturated 4.73g 0.6g Carbohydrates of which sugar 14.92g 1.42g

2.67g

2.62g

0.4g

Nutritional Information

Protein

Salt

neray	Per 100g
nergy Cal J	111 KCa 467 Kj
at	3.46g 0.94g
of which saturated	
Carbohydrates of which sugar	13.69g 0.89g
ibre	1.88g
rotein	6.94g
alt	0.01a

Nutritional Information

Energy	Per 100g
Energy KCal	120 KCa
KJ	505 Ki
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8a °
Fibre	1.85g
Protein	5.06g
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





MON VEG & SWEET 3rd POTATO

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



BEEF PILAF

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



MANGO & PEAR

Ingredients: Mango, pear, water.



BEANS & MASH

Ingredients: Potatoes, beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.



CREAMED MIXED VEGETABLES

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

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

Nutritional Information Per 100g **Energy** KCal 43 KCal 184 Kj Fat of which saturated 0.13g 0.04g 10.74g 8.87g Carbohydrates of which sugar 1.89g 0.45g 0.01g Fibre **Protein**

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

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

Nutritional Information	
Energy KCal KJ	Per 100g 31KCal 131 Ki
Fat of which saturated	0.6g 0.22g
Carbohydrates of which sugar	4.88g 0.99g
Fibre	1.67g
Protein	1.65g
Salt	0.01g

MON 10th

Ingredients: Butternut Squash, lentils, peas, water.

BEEF RAGU & TUEBUTTERNUT SQUASH

11th Ingredients: Butternut Squash, beef (Irish), carrots, peppers, chopped tomatoes, water, spinach, tomato puree, onions.

WEDVEG & SWEET 12th POTATO

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

THU STIR FRIED BEEF 13th & RICE

Ingredients: Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.

FRI 14th

BEANS & MASH

Ingredients: Potatoes, beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

All beef used is of Irish origin

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Nutritional Information	
Energy	Per 100g
KCal	47 KCal
KJ	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

ivuti tuonai iinoi mation	
Energy	Per 100g
Energy KCal	65 KCal
KJ	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

Nutritional Information

Nutritional Information	
Energy KCal KJ Fat	Per 100g 165 KCal 690 Kj 7.97g 1.93g
of which saturated Carbohydrates of which sugar	17.32g 0.38g
Fibre Protein Salt	1.62g 5.38g 0.01g







MENU



17th

MEDITERRANEAN MON RICE

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil, garlic.



TUE **25th**

CHRISTMAS DAY



TUE 18th

Ingredients: Butternut Squash, Sweet potato & Water.

Per 100g **Energy** KCal KJ 54 KCal 227 Ki

Fat of which saturated Carbohydrates 13.67g 1.7g of which sugar Fibre 1.73g Protein 1.27g 0.01g Salt

Nutritional Information

Nutritional Information

WED 26th

ST. STEPHEN'S DAY



WED 19th

TURKEY PILAF

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

THU **20th** STEWED APPLE

Ingredients: Apple, Pear, water.

93 KCal 394 Kj 1.05g 0.22g 36.16g THU 27th of which saturated

Per 100g

Carbohydrates of which sugar 3.6g 2.31g 6.74g **Protein** < 0.01a Salt

Nutritional Information

Per 100g 34 KCal 146 Kj 0.08g 0.04g of which saturated Carbohydrates 8.46g 8.33g 0.28a Protein 2.76g Salt 0.01a

FRI 28th

olive oil.

CHICKEN, VEG & RICE

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

Energy KCal KJ

Nutritional Information Per 100g 111 KCal 467 Kj Fat 3.46g 0.94g of which saturated Carbohydrates of which sugar 13.69g 0.89g

Nutritional Information

Fat of which saturated

Carbohydrates of which sugar

Fibre

Salt

Protein

Per 100g

65 KCal 271 Ki

11g 2.63g

14.11g 2.63g

3.19g

1.89g

0.09g

Fibre Protein Salt

1.88g 6.94g 0.01g

FRI **21st** CHICKEN, VEG

Ingredients: Rice, chicken, peppers, carrots, onion, olive

Nutritional Information Per 100g

111 KCa 467 Kj 3.46g 0.94g Fat of which saturated 13.69g 0.89g Carbohydrates of which sugar Fibre 1.88g Protein 6.94g 0.01a

Nutritional Information

Fat

Fibre

Salt

Protein

of which saturated

Carbohydrates of which sugar

Per 100g 148 KCal 623 Kj

7.13g 1.44g

19.6g 0.91g

1.82g

2.68g

0.02g

MON **31st**

Ingredients: Rice, chicken, peppers, carrots, onion,

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

Nutritional Information

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

MON DECEMBER 24th 2018

MEDITERRANEAN

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil, garlic.

TUE 25th 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



BEEF PATTI IN GRAVY WITH MASHED POTATŒS & PEAS

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) peas.

Ingredients in bold script contain allergens; soya and sulphor dioxide

CHICKEN GOUJONS, SAUTÉ POTATŒS & CARROTS

Energy KCal KJ Fat 541 Kj Ingredients: Potatoes, sunflower oil, 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. Carrots. 4g 0.53g 17.89g 1.53g 2.04g of which saturated Carbohydrates of which sugar Fibre Protein Salt

FISH CAKES, MASHED POTATŒS & CORN

Ingredients: Potatoes, Fish Cake (white fish 32%)breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, mustard powder), corn.

Ingredients in bold script contain allergens; fish, gluten & mustard

SAUSAGES, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Waffles (potatoes81%, dehydrated potato, sunflour oilpotato starch, salt, pepper extract) Sausage 30% (pork 74% Rusk containing (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), corn, peas, swede

Ingredients in bold script contain allergens; gluten, sulphites & sulphur

FISH FINGERS. MINI ROAST & VEG OF THE DAY

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 oi), veg of the day.

Ingredients in bold script contain allergens; fish & gluten

KCal	97 KCai
KJ	409 Kj
Fat	2.15g
of which saturated	0.16g
Carbohydrates	16.22g
of which sugar	1.07g
Fibre	1.77.g
Protein	3.71g
Salt	0.03g

Nutritional Information

Energy

Per 100g

Nutritional Information

Nutritional Information

Per 100g 84 KCal 355 Kj 2.68g

1.14g 12.15g 1.08g 1.11g

Energy KCal

Protein Salt

of which saturated Carbohydrates of which sugar

Nutritional Information	
Energy	Per 100g
KCal	131 KCal
KJ	549 Kj
Fat	7.1g
of which saturated	2.35g
Carbohydrates	13.82g
of which sugar	1.16g
Fibre	1.68g
Protein	3.87g
Salt	1.3g

Nutritional Information	
Energy	Per 100g
KCal	89 KCal
KJ	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

