



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,

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, 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 100g 113 KCal 477Kj 2.32g 1.11g 16.58g Fat of which saturated Carbohydrates 0.2.19g 1.36g 5.7g. < 0.01g Protein Salt

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 **Protein** 0.93g 0.23c

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

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

Nutritional Information Per 100a

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

Per 100g
120 KCa
505 Kj
3.6g [*]
0.8g
14.96g
1.8g
1.85g
5.06g
0.04g

Nutritional Information

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.ŏ1g

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

Nutritional Information

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





EC

MON 17th

MEDITERRANEAN

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

TUE 18th

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



DECEMBER

2018

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

WED **26th**

ST. STEPHEN'S DAY

Nutritional Information 93 KCal 394 Ki Fat

0.01g

Protein

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,

Nutritional Information Per 100g 115 KCa 481 Ki Fat of which saturated 4.73g 0.6g Carbohydrates of which sugar 14.92g 1.42g 2.67g 2.62g Fibre Protein 0.4q

Nutritional Information

Energy	Per 100g
Energy KCal	256 KCal 1088 Kj
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

FRI 28th

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

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	Information
_	Per 100c

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

Nutritional Information

Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 120 KCal 505 Kj 3.6g 0.8g 14.96g 1.85g 1.85g 5.06g 0.04g
Salt	0.049

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

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Fat

Energy KCal KJ

Fat

Fibre

Protein Salt

of which saturated

Carbohydrates of which sugar

of which saturated

Fat of which saturated

Carbohydrates

Fibre

Protein

Energy KCal

Fibre

of which saturated Carbohydrates

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 1.42g 2.58g 0.38g

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.

Per 100g **Energy** KCal KJ 149 KCal 635 Kj 2.04g 0.3g Fat of which saturated Carbohydrates of which sugar 27.69g 3.14g Fibre 1.89g 4.87g Protein Salt 0.02g

Nutritional Information

Nutritional Information

Energy	
Energy KCal	120 KC
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

Nutritional Information

Energy	1 01 1009
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 100
Energy KCal	165 KC
KJ	690 Kj
Fat	7.97g 1.93g
of which saturated	
Carbohydrates	17.32g 0.38g
of which sugar	0.38g
Fibre	1.62g
Protein	5.38g
Salt	0.01g

Nutritional Information

neray	Per 100g
nergy Cal	147KCal
IJ	618 Kj
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of which saturated	0.63g
Carbohydrates of which sugar	21.68g
of which sugar	1.4g
ibre	1.42g
rotein	2.58g
alt	0.38a

All beef used is of Irish origin

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





MON 17th

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.



PENNE WITH STIRFRIED **VEGETABLES**

olive oil, garlic, basil

Ingredients in bold script contain allergens; gluten



FRI

24th

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** 0.02g Salt

TUE **25th**

CHRISTMAS DAY

Nutritional Information

Tracinational IIII	J
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

Energy	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

27th

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.

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

20th

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

cardamon, turmeric, chilli powder, ginger.

CURRIED CHICKEN

Ingredients: Rice, chicken, peppers, corn, onions, olive oil,

Ingredients in bold script contain allergens; mustard

garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek.

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

Nutritional Information

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



DECEMBER

2018

Nutritional Information

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

Nutritional Information Per 100g 148 KCal 623 Ki Fat of which saturated Carbohydrates of which sugar 19.6g 0.91g

Fibre

Salt

Protein

1.82g

2.68g

0.02g

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.

Fat of which saturated 4.73g 0.6g Carbohydrates of which sugar 14.92g 1.42g 2.67g **Protein** 2.62a Salt 0.4g

Nutritional Information

Per 100g 115 KCal 481 Ki

Nutritional Information

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

Nutritional Information

100g
KCa
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)
6g
3 _
ig
ğ
4g

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

