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2018

MENU

MEDITERRANEAN MON VEG & SWEET 3rd POTATO

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

TUE 4th **BEEF PILAF**

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

WED MANGO & PEAR PUDDING 5th

Ingredients: Mango, pear, water.

LITTLE DINNERS THU **BEANS & MASH** 6th

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

FRI 7th

CREAMED MIXED VEGETABLES

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

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

Nutritional Information		
Energy KCal	Per 100g	
KCal 3 KJ	43 KCal 184 Ki	
Fat of which saturated	0.13g 0.04g	
Carbohydrates	0.04g 10.74g 8.87g	
of which sugar		
Fibre Protein	1.89g 0.45g	
Salt	0.43g 0.01g	

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

Nutritional Informationg		
Energy KCal	Per 100g 65 KCal	
KJ	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 Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 31KCal 131 Kj 0.6g 0.22g 4.88g 0.99g 1.67g 1.65g	
Salt	0.01g	

FRI

SQUASH UTTERNUT LENTIL PIE MON 10th

Ingredients: Butternut Squash, lentils, peas, water.

BEEF RAGU & TUEBUTTERNUT SQUASH

MEDITERRANEAN 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.

TLE DINNERS **BEANS & MASH** 14th

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

Nutritional InformationEnergy KCalPer 100gKa47 KCalKJ77 KjFat0.31gof which saturated0.24gCarbohydrates1.83gFibre2.17gProtein5.09gSalt0.01g			
Energy 47 KCal KCal 197 Kj Fat 0.31g of which saturated 0.24g Carbohydrates 17.12g of which sugar 1.83g Fibre 2.17g Protein 5.09g	Nutritional Information		
Fat0.31gof which saturated0.24gCarbohydrates17.12gof which sugar1.83gFibre2.17gProtein5.09g		47 KCal	
Carbohydrates17.12gof which sugar1.83gFibre2.17gProtein5.09g	Fat	0.31a	
Fibre 2.17g Protein 5.09g	Carbohydrates	17 12a	
.			
	Protein Salt	5.09g 0.01a	

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

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

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

0.09g



Salt

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



DECEMBER

2018

MENU

MEDITERRANEAN MON RICE

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

Iutritional Info	ormation	
nergy Cal J at	Per 100g 148 KCal 623 Kj 7.13g	TUE
f which saturated arbohydrates f which sugar ibre rotein alt	1.44ğ 19.6g 0.91g 1.82g 2.68g 0.02g	25th

Nutritional Info	ormation	
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 54 KCal 227 Kj 0.1g 13,67g 1.7g 1.7g 1.73g 1.27g 0.01g	WED 26th

CHRISTMAS DAY

ST. STEPHEN'S DAY

Nutritional In	formation
Energy KCal KJ	Per 100g 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

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

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

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

MEDITERRANEAN G & SWEET

CHICKEN, VEG & RICE

28th Ingredients: Rice, chicken, peppers, carro oil

EF RAGU & SQUASH

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

	Nutritional Inform	
ots, onion,	Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Pe 11 46 3.4 13 0.1 1.1 6.9

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

All beef used is of Irish origin

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



HSE/ FSAI Approval no	TUE
IE 4018 EC	18th 8
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SQUASH

Ingredients: Butternut Squash, Sweet potato & Water.

WED	٦
19th	lng car

FURKEY PILAF

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

STEWED APPLE THU & PEAR 20th

Ingredients: Apple, Pear, water.

FRI 21st

MON

24th

CHICKEN, VEG & RICE

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

MEDITERRANEAN

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

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	

Nutritional Information

Nutritional Information			
Energy	Per 100g		
KCal	34 KCal		
KJ	146 Kj		
Fat	0.08g		
of which saturated Carbohydrates of which sugar	0.00g 0.04g 8.46g 8.33g		
Fibre	0.28g		
Protein	2.76g		
Salt	0.01g		

Nutritional Information			
Per 100g 111 KCal 467 Kj 3.46q			
0.94g 13.69g 0.89g			
1.88g 6.94g 0.01g			

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

	olive	(
	BE	



TUE

25th

THU 27th

FRI



