

STANDAR



MENU

TUNA PASTA BAKE

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

Ingredients in bold script contain allergens; gluten, fish and milk

MON 4th

FRI

1st

MILD CHILLI CON CARNE

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).

TUE 5th

PORK & POTATO PIE

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

WED 6th

VEG PASTA BAKE

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

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

THU 7th

GREEK HOTPOT

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

Nutritional Information Per 100g

115KCal 487 Kj Fat of which saturated 2.27g 0.85g Carbohydrates 3.59g 2.06g 78.37g < 0.01g Fibre **Protein**

Nutritional Information

Energy	Per 100g
Energy KCal	117KCal
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
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	86KCal
KJ	363 Kj
Fat	1.51g [′]
of which saturated	0.37g
Carbohydrates	12.65g
of which sugar	1.47g ̃
Fibre	1.38g
Protein	6.1g
Salt	< 0.01g

Nutritional Information

Energy KCal	rei ioog
	100KCal
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
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Nutritional Information

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

ITALIAN-STYLE FISH & PASTA PIE

FRI 8th

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; fish and gluten

BEEF CURRY & RICE

MON 11th

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

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

13th

TUE

WED PORK CASSEROLE &

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

THU 14th

BEEF PASTA BAKE

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

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Nutritional Information

Energy	Per 100g
Energy KCal	98 KCal
KJ	419 Ki
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

Nutritional Information

Energy	rei iuug
Energy KCal	120KCal
KJ	504Kj
Fat	2.71g
of which saturated	1.25g
Carbohydrates	17.29g
of which sugar	1.01g
Fibre	1.3g
Protein	5.68
Salt	0.01g

Nutritional Information

Energy	
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	0.84g
of which saturated	0.25g
Carbohydrates	11.46g
of which sugar	0.9g
Fibre	1.57̈́g
Protein	5.1g
Salt	< 0.01g.

Energy	
Energy KCal	125 KCa
KJ	530 Ki
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





15th

COD PROVENCAL

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

Ingredients in bold script contain allergens; fish



STANDAR

MEXICAN CHICKEN MON MEXICA 18th & RICE

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



TUE BROCCOLI & CORN PASTA BAKE

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

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

20th

BEEF CASSEROLE WED & MINI ROAST

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



THU **21st**

SHEPHERD'S PIE

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

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

FRI **22nd**

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

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	< 0.01g

MON 25th

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

Nutritional Information Per 100g

(Cal	109KCal
(J	463 Ki
Fat	1.54g [′]
of which saturated	0.82g
Carbohydrates	17.65g
of which sugar	1.45g
Fibre	1.3g T
Protein	6.81g
Salt	< 0.01g

TUE 26th

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, garlic puree.

Ingredients in bold script contain allergens; mustard

Nutritional Information

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

Nutritional information	
Fnergy	Per 100g
Energy KCal	76 KCal
KJ	318 Kj
Fat	2.46g
of which saturated	1.01ğ
Carbohydrates	9.29g
of which sugar	1.47g
Fibre	1.23g
Protein	5.11g
Salt	0.04g

HUNGARIAN 27th GOULASH & SAUTÉ

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

THU

LAMB TANGIA & RICE

Ingredients: Rice, lamb, tomatoes, carrots, water, peppers, 28th 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

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	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
a 1:	< 0.01a

Nutritional Information

Energy	rer loug
Energy KCal	141KCal
KJ	597 Kj
Fat	3.74a
of which saturated	1.6g~
Carbohydrates	10.32g 2.88
of which sugar	2.88
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

Nutritional Information

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

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
Fibre	1.74g
Protein	5.16g
Salt	< 0.01g

Energy	Per 100g
Energy KCal	110KCa
KJ	466Ki
Fat	2.3g [*]
of which saturated	1.27g
Carbohydrates of which sugar	19.1Žg
of which sugar	0.78
Fibre	1.25g
Protein	4.86g
Salt	<0.01g







EF /PORK

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FRI 1st

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

TUNA PASTA BAKE

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

MON 4th

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).

TUE 5th

TURKEY & POTATO PIE

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

6th

VEG PASTA BAKE

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

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



& MASH

puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley.

Nutritional Information

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

Nutritional Information

Energy KCal

Fibre

Salt

Protein

of which saturated

Carbohydrates

Per 100g

117KCal

491 Kj 2.41g 1.16g 17.13g

1.84g 1.45g 5.83g < 0.01g

8th

FRI

MON

11th

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; fish and gluten

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

Nutritional Information

Fnergy	Per 100g
Energy KCal	82 KCal
KJ	336 Kj
Fat	1.19g
of which saturated	0.19g
Carbohydrates	12.59̈́g
of which sugar	1.47g
Fibre	1.38g
Protein	6.71g
Salt	< 0.01g

PASTA NAPOLI TUE

12th

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

Ingredients in bold script contain allergens; gluten

Nutritional Information

Energy	Per 100g
Energy KCal	117KCal
KJ	491Kj
Fat	1.41ģ
of which saturated	0.74g
Carbohydrates	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.4Žg
Salt	0.01g

Nutritional Information

Energy KCal

Fibre

Salt

Protein

of which saturated

Carbohydrates

WED TURKEY CASSEROLE 13th & MASH

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

14th

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

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

8.27g < 0.01g Salt

Nutritional Information

Energy KCal KJ

Fibre

Fat of which saturated

Carbohydrates

Per 100g

98 KCal

419 Ki

1.18g

0.21g 34.44a

3.45g

2.09g

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	0.01g

Nutritional Information

Nutritional Information

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

Nutritional Information

Energy	rerioug
Energy KCal	125 KCa
KJ	530 Kj
Fat	2.71g´
of which saturated	1.23g
Carbohydrates of which sugar	34.85g
of which sugar	3.55g
Fibre	1.99g
Protein	9.15g
Salt	< 0.01g





MENU

GREEK HOTPOT

Ingredients: Potatoes, turkey, tomatoes, water, carrot, tomato

THU Per 100g 72KCal 321Kj 0.73g 0.19g 10.87g

1.16g 1.12g





EF /PORK



15th

D 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

MONE

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

TUE PASTA BAKE

19th 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

TURKEY CASSEROLE WED & MINI ROAST 20th

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

SHEPHERD'S PIE

21st Ingredients: Potatoes, lamb, water, carrots, swedes, peas, onions, tomato puree, potato starch, olive oil, garlić, oregano.

Nutritional Information

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

Nutritional Information

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

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 T
Protein	6.81g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	120 KCa
KJ	505 Kj
Fat	3.6g [*]
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g ~
Fibre	1.5Šg
Protein	5.06g
Salt	0.04g

Nutritional Information

Per 100g
76 KCal
321 Kj
1.37g´
0.59g
10.32g
1.14a
1.1g ั
4.66g
< 0.01g

COD PILAF

FRI

22nd ngredients: Rice, cod ,tomatoes, water, carrots, tomato puree, peppers, onions, spinach, courgettes, olive oil, potato starch, basil, garlic.

Ingredients in bold script contain allergens; fish

PASTA BOLOGNAISE 25th

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

TURKEY CURRY TUE & RICE

26th 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

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

LAMB TANGIA

Ingredients: Rice, lamb, tomatoes, carrots, water, peppers, **28th** 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

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

Nutritional information	
Energy	Per 100g
Energy KCal	117KCal
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
Salt	< 0.01g

Nutritional Information

Nutritional init	n illation
Energy	Per 100g
Energy KCal	117KCal
KJ	491Kj
Fat	1.41g
of which saturated	0.74g
Carbohydrates	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.42̄g
e ii	0.01a

utritional Information

Nutritional Information	
Enormy	Per 100g
Energy KCal	104 KCal
KJ	520 Kj
Fat	2.34a´
of which saturated	0.39g
Carbohydrates	13.49g
of which sugar	1.31g
Fibre	1 74a

6.69g < 0.01g Protein **Nutritional Information**

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





EGETARIA



1st

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

VEGETABLE PASTA

Ingredients in bold script contain allergens; gluten and milk



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

TUE 5th

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

WED 6th

VEG PASTA BAKE

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

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

THU GREEK VEGETABLE 7th HOTPOT & MASH

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

Nutritional Information

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

Nutritional Information

Energy KCal

of which saturated

Carbohydrates

Fat

Fibre

Protein

Energy KCal

Fibre Protein

Salt

Fat of which saturated

Carbohydrates

Per 100g

92 KCal

389 Kj

1.26g 0.65g 20.43g 2.48g

1.91g

3.4g < 0.01g

Per 100g

75KCal 316 Kj

1.5g 0.34g 16.99g

1.95g 2.2g 4.4g < 0.01g

FRI 8th

VEGETABLE

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

Ingredients in bold script contain allergens; gluten

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.

Ingredients in bold script contain allergens; mustard

MON 11th

PASTA NAPOLI TUE

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

Ingredients in bold script contain allergens; gluten

Nutritional Information

Nutritional Information

Per 100g 100KCal 423 Kj Fat of which saturated 2g 0.89g 34.16g Carbohydrates 0.8g 2.15g 6.46g **Fibre** Protein < 0.01g

WED 13th

12th

SWEET POTAT IEG CASSEROLE

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

Nutritional Information THU Per 100g 14th

Energy KCal 22KCal 232 Kj 0.6g 0.13g 11.72g 1.36g 1.26.g 1.35g <0.01g Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt

VEG PASTA BAKE

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

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

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

< 0.01aSalt

Nutritional Information

of which saturated

Carbohydrates of which sugar

Fibre

Protein

Nutritional Information

Per 100g

78KCal 333 Kj

1.01g 1.23g 28.11g

3.85g 2.15g 5.56g

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

Energy	
Energy KCal	93 KCal
KJ	394 Kj
Fat	1.05g [°]
of which saturated	0.22g
Carbohydrates	36.1ŏg
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

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	< 0.06g

Energy KCal	Per 100g 75KCal
KJ	316 Ki
Fat	1.5g [°]
of which saturated	0.3¥a
Carbohydrates of which sugar	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	< 0.01g









THU

21st

15th

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

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

TUE PASTA BAKE 19th

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.

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

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

Nutritional Information Per 100g 98KCal 415 Ki

1.68g 0.89g 17.73g Fat of which saturated Carbohydrates of which sugar 1.62g 2.03g 4.09g Fibre Protein 0.01a Salt

Nutritional Information Per 100g 109KCal Fat of which saturated

463 Kj 1.54g 0.82g 17.65g 1.45g Carbohydrates 1.3g Fibre Protein

Nutritional Information Per 100g 111KCal

Energy KCal KJ 466 Kj Fat of which saturated 3.17g | 0.51g | 20.148g Carbohydrates 2.03g 1.67g 4.03g Fibre **Protein** < 0.06qSalt

Nutritional Information

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

VEGETABLE PILAF

22nd Ingredients: Rice, tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic,

VEG PASTA MON 25th

FRI

TUE

28th

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

26th 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

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

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

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

1.19g 0.64g 19.37g 2.74g 1.75g Carbohydrates Fibre **Protein** 3g < 0.01g

Nutritional Information

Energy KCal KJ

Salt

Fat of which saturated

Per 100g

89KCal 378 Ki

Nutritional	Informatio
	Por 100

-nerav	
E nergy KCal	141KCal
KJ	597 Kj
Fat	3.74g
of which saturated	1.6g ̃
Carbohydrates	10.32g
of which sugar	2.88
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	107KCal
KJ	453K
Fat	3.6g
of which saturated	1.6g
Carbohydrates	16.00g
of which sugar	3.3g -
Fibre	1.2g
Protein	1.9g
Salt	< 0.01g

Nutritional Information

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

KCal K.J	95 KCal 401 Kj
Fat	1.35g 0.64g
of which saturated Carbohydrates	17.31g
of which sugar Fibre	1.65g 1.31g
Protein	4.4g
Salt	< 0.01g





MIXED VEGETABLES WITH TOMATO

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

MON 4th 4018 EC

BEEF, VEGETABLES, TOMATO & POTATO

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



TURKEY & VEGETABLE PIE

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

WED 6th

VEGETABLE **BOLOGNAISE**

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



GREEK HOTPOT & POTATO

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

Nutritional Information	
Energy KCal	Per 100g
	58 KCal
KJ	376 Kj
Fat	0.99g
of which saturated	0.4g
Carbohydrates	6.8Žg
of which sugar	1.82g
Fibre	1.18g
Protein	5.41g
Salt	< 0.01g

Nutritional Information

Fat of which saturated

Carbohydrates of which sugar

Fibre

Salt

Protein

Protein Salt

Per 100g

72KCal 280 Kj

2.03g 0.73g

6.1g 1.7g 1.25g 4.65g

0.01a

FRI 8th

TURKEY, ITALIAN STYLE VEG & POTATO

Ingredients: Potatoes, turkey, carrot, chopped tomatoes, peppers, courgette, water, tomato puree, spinach, onion.

BEEF CASSEROLE & MASH

MON 11th

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

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

Nutritional Information

TUE 12th

NAPOLI SAUCE & POTATO

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

Per 100g 46 KCal WED 194 Ki 0.83g 0.26g 13th

234 Kj

1.01g 0.31g 6.19g 1.7g 1.19.g

6.28g <0.01g

Energy KCal KJ Fat of which saturated Carbohydrates of which sugar 11.27̈́g 2.07g 1.74g Fibre 2.4g < 0.01g Protein Salt

Fat of which saturated

Carbohydrates of which sugar

Fibre

Protein Salt

Nutritional Information

THU 14th

CHICKEN CASSEROLE & MASH

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

BEEF, VEGETABLES, **Nutritional Information** Per 100g TOMATO & POTATO 57 KCal

Ingredients: Carrots, potatoes, beef (Irish), butternut squash, peas, water, 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

Per 100g **Energy** KCal KJ 56 KCal 240 Kj 0.92g 0.28g 6.64g 1.65g 1.16g 5.79g < 0.01g of which saturated Carbohydrates of which sugar **Protein** Salt

Nutritional Information

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	42 KCal
KJ	173 Ki
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	72KCal
KJ	306Kj
Fat	0.7g´
of which saturated	0.34g
Carbohydrates of which sugar	11.27g
of which sugar	1.48g
Fibre	1.53g
Protein	5.81g
Salt	< 0.01g.

Nutritional Information Per 100g

KCal	/0KCal
KJ	295Ki
Fat	1.97ģ
of which saturated	0.73g
Carbohydrates	7.38g
of which sugar	1.88g
Fibre	1.48g.
Protein	4.64g.
Salt	< 0.01g







CHICKEN PROVENCAL 15th & MASH

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



MON 18th

MEXICAN CHICKEN

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



TUE BROCCOLI, MIXED 19th VEG & POTATO

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

20th

BEEF CASSEROLE WED & MASH

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



2019

THU

SHEPHERD'S PIE

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

Nutritional Information

Per 100g
58KCal
246Kj
1.02g
0.38g
6.8g
1.69g
1.23g
5.51g
< 0.01g

Nutritional Information

Energy KCal KJ

Fibre

Protein Salt

of which saturated

Carbohydrates

Per 100g

59 KCal

250 Kj

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

FRI **22nd**

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

MON **25th**

BOLOGNAISE SAUCE & POTATO

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

Nutritional Information

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

TUE 26th

TURKEY CASSEROLE

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

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

WED **27th**

HUNGARIAN **GOULASH & POTATO**

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

Nutritional Information

THU **28th**

LAMB TANGIA & POTATO

Ingredients: Potatoes, carrots, lamb, water, peppers, spinach, tomato puree, 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	72 KCal
KJ	306 Kj
Fat	0.7g ´
of which saturated	0.34g
Carbohydrates	11.27̈́g
of which sugar	1.48g
Fibre	1.53g
Protein	5.81g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	67 KCal
KJ	281 Kj
Fat	1.91g [°]
of which saturated	0.75g
Carbohydrates	6.85g
of which sugar	2.08g
Fibre	1.21g
Protein	4.43g
Salt	< 0.01g

Nutritional Information

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

Energy	Per 100g
Energy KCal	63KCal
KJ	264Kj
Fat	2.1g [*]
of which saturated	0.99g
Carbohydrates	7.09g
of which sugar	2.01g
Fibre	1.44g.
Protein	4.92g
Salt	<0.01g





MIXED VEGETABLES

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

4th

TURKEY. MON VEGETABLES, TOMATO

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

TUE 5th

TURKEY & VEGETABLE PIE

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

WED 6th

VEGETABLE BOLOGNAISE

Ingredients: Carrots, potatoes, butternut squash, water, tomatoes, peppers, lentils, onions, olive



GREEK HOTPOT & POTATO

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

Nutritional Information Per 100g **Energy** KCal KJ 58KCal 243 Kj 0.99g Fat of which saturated 0.99g 0.4g 6.82g 1.82g 1.18g 5.41g < 0.01g Carbohydrates of which sugar

Nutritional Information

Per 100g

72KCal 280 Kj 2.03g 0.73g

Fibre

Salt

Proteir

FRI 8th

MON

11th

TUE 12th

WED

13th

THU

14th

spinach, onion.

TURKEY CASSEROLE & MASH

TURKEY, ITALIAN

Ingredients: Potatoes, turkey, carrot, chopped

STYLE VEG & POTATO

tomatoes, peppers, courgette, water, tomato puree,

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

6.1g 1.7g 1.25g 4.65g 0.01g. **Nutritional Information**

Fat of which saturated

Carbohydrates of which sugar

Fibre

Protein

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

Nutritional Information

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

KCal	57 KCal
KJ	234 Kj
Fat	1.01g´
of which saturated	0.31g
Carbohydrates	6.19g
of which sugar	1.7g T
Fibre	1.19.g
Protein	6.28g
Salt	<0.01g

NAPOLI SAUCE & POTATO

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.

TURKEY. VEGETABLES, TOMATO & POTATO

Ingredients: Carrots, potatoes, turkey, butternut squash, peas, water, 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 56 KCal 240 Kj 240 KJ 0.92g 0.28g 6.64g 1.65g 1.16g 5.79g < 0.01g Fat of which saturated Carbohydrates of which sugar **Fibre Protein** Salt

Nutritional Information

Per 100g
69 KCal
283 Kj
1.49g
0.65g
7.39g
1.82g
1.68g
5.06g
< 0.01g

Nutritional Information

Per 100g
42 KCal
173 Kj
0.76g
0.26g
10.27g
2.07g
1.67g
2.17g < 0.01g
< 0.01g

Nutritional Information

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

Nutritional Information

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







15th

FRI & MASH Ingredients: Potatoes, chicken, carrots, water,

CHICKEN PROVENCAL

tomatoes, peppers, spinach, onions, tomato puree, olive oil.



MON 18th

MEXICAN CHICKEN

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



FEBRUARY

2019

MENU

TUE 19th

BROCCOLI, MIXED VEG & POTATO

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

WED **20th**

CHICKEN CASSEROLE & MASH

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



SHEPHERD'S PIE

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



FRI **22nd**

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

Nutritional Information Per 100g **Energy** KCal 59 KCal 250 Kj 1.13g 0.43g 6.82g 1.83g 1.39g 5.89g < 0.01g of which saturated Carbohydrates of which sugar

MON **25th**

BOLOGNAISE SAUCE

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

Nutritional Information Per 100g

Protein

Energy KCal

Fibre

Salt

Protein

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

Nutritional Information

TUE **26th**

TURKEY CASSEROLE

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

Per 100g 72KCal 306Kj

0.7g 0.34g 11.27g of which saturated Carbohydrates 1.48g 1.53g 5.81g < 0.01g.

WED **27th**

HUNGARIAN

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

Nutritional Information Per 100g

65 KCal 272 Kj 2.13g 1.02g 7.44g 1.97g 1.53g 5.41g Fat of which saturated Carbohydrates Fibre **Protein** < 0.01g Salt

LAMB TANGIA

THU

Ingredients: Potatoes, lamb, carrots, peppers, spinach, peas, tomatoes, water, 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



72 KCal 306 Kj 0.7g 0.34g 11.27g 1.48g 1.53g Fat of which saturated Carbohydrates of which sugar 5.81g < 0.01g **Protein**

Nutritional Information

Per 100g 57 KCa 240 Kj 240 kj 240 ki 240 kj 240 kj 240 kg
t < 0.

Nutritional Information

Fnergy	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	69 KCal
KJ	283 Ki
Fat	1.49a [°]
of which saturated	0.30ğ
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.69g
Protein	5.60g
Salt	< 0.01g

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





MIXED VEGETABLES

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

MON 4th

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



TUE 5th

VEGETABLE PIE

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

WED 6th

VEG BOLOGNAISE SAUCE & POTATO

Ingredients: Carrot, potato, butternut squash, water, tomatoes, peppers, lentils, onions



2019

MENU

THU 7th

GREEK HOTPOT & POTATO

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

Nutritional Inf	Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 58 KCal 376 Kj 0.99g 0.4g 6.82g 1.82g 1.18g 5.41g < 0.01g	

Nutritional Information Per 100g **Energy** KCal 42 KCal 176 Kj 0.83a of which saturated 0.61g 16.02g 1.67g 1.27g 4.24g < 0.01g **Carbohydrates** of which sugar Fibre Protein

VEG CASSEROLE & MASH

FRI

8th

MON

11th

TUE

12th

POTATO

spinach, onion.

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

ITALIAN STYLE VEG &

Ingredients: Potatoes, carrots, chopped tomatoes,

lentils, water, peppers, courgette, tomato puree,

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

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

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

NAPOLI SAUCE & POTATO

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

WED 13th

VEG CASSEROLE & MASH

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

THU 14th

VEGETABLES. TOMATO & POTATO

Ingredients: Potato, carrots, water, butternut squash, peas, 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 57 KCal 240 Kj 0.999 0.49 6.649 1.659 1.169 5.379 < 0.019 Fat of which saturated **Carbohydrates** of which sugar Fibre **Protein**

Nutritional Information Per 100g 57KCal

263Kj 0.86g 0.15g 9.81g 2.52g 2.99g 3.16g < 0.01g Fat of which saturated Carbohydrates of which sugar **Protein**

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	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

nergy	1 01 1005
Energy (Cal	42 KCa
(J	176 Kj
at	0.83g
of which saturated	0.19g
Carbohydrates	7.91g
of which sugar	1.96g
ibre	1.43g
Protein	1.2g
Salt	< 0.01c





PUREED

CHOPP

FRI 15th

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



MON 18th

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

TUE BROCCOLI, MIXED

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

WED **20th**

VEG CASSEROLE

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



FEBRUARY

2019

THU 21st

SHEPHERD'S VEG

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

Nutritional Information

Energy KCal KJ 42 KCal 176 Kj 0.83g 0.19g 7.91g 1.69g 1.43g Fat of which saturated Carbohydrates of which sugar Fibre 1.2g < 0.01g **Protein** Salt

FRI **22nd**

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

Nutritional Information

Per 100g **Energy** KCal KJ 59 KCal 250 Ki 1.13g 0.43g 6.82g 1.83g 1.39g 5.89g < 0.01g Fat of which saturated Carbohydrates of which sugar Fibre **Protein** Salt

MON **25th**

VEGETABLE

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

Nutritional Information

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

TUE 26th

CASSEROLE

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

Nutritional Information

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

WED

27th GOULA

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

Nutritional Information

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

THU **28th**

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

VEG TANGIA

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 42 KCal 176 Kj 0.83g 0.61g 16.02g Fat of which saturated Carbohydrates of which sugar 1.67g 1.27g 4.24g Fibre Protein < 0.01gSalt

Nutritional Information

Per 100g 46 KCal 194 Kj 0.83g 0.26g 11.27g 2.07g 1.74g 2.4g Fat of which saturated Carbohydrates of which sugar **Protein** < 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

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	1.69g
Protein	5.06g
Salt	< 0.01g

Energy	Per 100
Energy KCal	46KCal
KJ	194Ki
Fat	0.93g
of which satura	ated 0.22
Carbohydrate	s 8.78g
of which sugar	2.38g
Fibre	1.81g.
Protein	1.39g.
Salt	< 0.01g





FISH FINGERS. MINI ROAST & L.D. BAKED BEANS

Ingredients: Potatoes, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Ingredients in bold script contain allergens; fish & gluten

MON 4th

MILD CHILLI CON CARNE &

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,

BEEF CASSEROLE & MASH

TUE Ingredients: Potatoes, beef (Irish), 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, onions, potato starch, olive oil, oregano, garlic.



TURKEY ARRABIATA

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

Ingredients in bold script contain allergens; gluten



AFTER SCHOOL 1

THU 7th

CHICKEN GOUJONS. SAUTÉ & MIXED VEG

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, peas, corn, swede.

Nutritional Information Per 100g **Energy** KCal KJ 141 KCal 593 Ki Fat of which saturated 4.25g 0.46g Carbohydrates of which sugar 20.17g 1.25g 1.62g Fibre 5.23g Protein 0.04a Salt

Nutritional Information	
Energy KCal	Per 100g
KCal -	117KCal
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
. i.	0.04~

Energy	er 100g
KJ 4 Fat 1 of which saturated 0 Carbohydrates 1 of which sugar 1 Fibre 1 Protein 5	4 KCal 45 Kj .76g .63g 0.85g .31g .46g .04g 0.01g

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

Nutritional Information	
Energy KCal	Per 100g
KCal KJ	129 KCal 541 Kj
Fat of which saturated	4g 0.53g
Carbohydrates	17.88g 1.53g
of which sugar Fibre	1.53g 2.04g
Protein	4.65g
Salt	0.05g

FISH CAKES. MINI ROAST. **PEAS & CORN**

Ingredients: Potatoes (sunflower oil) 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, **8th** 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

BEEF CURRY & RICE

MON Ingredients: Rice, beef (Irish), carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard 11th 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, raising agent E503)Soya protein, garlic puree, 12th (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

13th

L.D. BAKED TURKEY BURGER. **WED 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

14th

BEEF PASTA BAKE

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

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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



Nutritional Information

Energy KCal	120KCal
KJ	504Kj
Fat	2.71g
of which saturated	1.25g
Carbohydrates	17.29g
of which sugar	1.01g
Fibre	1.3g
Protein	5.68
Salt	0.01g

Nutritional Information

Energy	Per Tuug
Energy KCal	182 KCa 559 Kj
KJ	
Fat	3.98g 1.29g
of which saturated	
Carbohydrates	38.37g 2.91g
of which sugar	
Fibre	2.05g
Protein	8.88g
Salt	0.2g
· · · · · · · · · · · · · · · · · · ·	

Nutritional Information

Energy	Per 100
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

Energy	
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	0.04g







HSE/ FSAI Approval no IE 4018 EC

AFTER SCHOOL 1



SAUSAGE, WAFFLES & L.D. BEANS

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract)s, Sausage (pork 74% Rusk (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 Sodium sulphate, flavour enhancer E621, stabiliser E450, E451) Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar. Ingredients in bold script contain allergens; gluten & sulphates

MON CHICKEN WITH RICE 18th

FRI

15th

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.

TUE BEE

BEEF RAGU & SAUTÉ

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

WED 20th

TURKEY CASSEROLE & MASH

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.

THU 21st

CHICKEN GOUJONS, SAUTÉ, PEAS & CORN

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. Peas, Corn.

Nutritional Information

Per 100g

Nutritional Information Energy Per 100g

25th

TUE

26th

WED

27th

THU

28th

Nutritional Information

 Energy
 Per 100g

 KCal
 120 KCal

 KJ
 505 Kj

 505 Kj
 3.6g

 0 Rg
 0.8g

 6 which sugar
 1.8g

 Fibre
 1.85g

 Protein
 5.06g

 Salt
 0.04g

Nutritional Information

| Energy | RCal | 120 KCal | 505 Kj | 505 Kj | 505 Kj | 504 Kmich saturated | 0.8g | 14.96g | of which sugar | 1.8g | 510 Fibre | 1.55g | Protein | 5.06g | 5alt | 200 KCal | 500 Kmich sugar | 5.06g | 5alt |

Nutritional Information

FISH FINGERS, MINI ROAST FRI & PEAS

22nd 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**

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

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,garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; mustard

BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

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 dioxide

FISH CAKES, WAFFLES, CARROT

Ingredients: Potatoes (sunflower oil), **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**), Carrots. Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Ingredients in bold script contain allergens; **fish, gluten & mustard**

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 | RC al | 89 KCal | 87 KCal | 89 KCal | 87 KCal | 8

Nutritional Information Per 100g

KCal	141KCal
KJ	597 Kj
Fat	3.74g
of which saturated	1.6g~
Carbohydrates of which sugar	10.32g
of which sugar	2.88
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

Nutritional Information Energy KCal 117KCal KI 40015

KCal 11/KCal 491Kj

Fat 1.41g 0,74g Carbohydrates of which sugar 0,84g Fibre 1.18g Protein 10.42g Salt 0.04g

Nutritional Information

Energy	Per 100g
Energy KCal	76 KCal
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	< 0.01g

. Tutti iti ona init	
Energy	Per 100
Energy KCal	139KC
KJ	585 Kj
Fat	4.53g´
of which saturated	0.53g
Carbohydrates of which sugar	20.19g
of which sugar	1.46g
Fibre	2.23g
Protein	3.54g
e li	0.050





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), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

FISH FINGERS, MINI ROAST &

Ingredients in bold script contain allergens; fish & gluten

L.D. BAKED BEANS

MON 4th

MILD CHILLI CON CARNE &

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,

TUE 5th

BEEF CASSEROLE & MASH

Ingredients: Potatoes, beef (Irish), 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, onions, potato starch, olive oil, oregano, garlic.

WED 6th

TURKEY ARRABIATA

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

Ingredients in bold script contain allergens; gluten



AFTER SCHOOL 2

THU 7th

CHICKEN GOUJONS. SAUTÉ & MIXED VEG

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, peas, corn, swede.

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

Nutritional Information		
Energy	Per 100g	
Energy KCal	117KCal	
KJ	491 Ki	
Fat	2.41a	
of which saturated	1.16g	
Carbohydrates	17.13g	
of which sugar	1.84g	
Fibre	1.45g	
Protein	5.83g	
Salt	0.04g	

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

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

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 129 KCal 541 Kj 4g 0.53g 17.88g 1.53g 2.04g 4.65g 0.05g	

FISH CAKES. MINI ROAST. **PEAS & CORN**

Ingredients: Potatoes (sunflower oil) 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, **8th** 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

BEEF CURRY & RICE

MON Ingredients: Rice, beef (Irish), carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard 11th 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, raising agent E503)Soya protein, garlic puree, 12th (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 13th

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

THU 14th

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)

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 98 KCal 419 Kj Fat 1.18g of which saturated Carbohydrates 3.45g 2.09g 8.27g < 0.01g Fibre Protein Salt

Nutritional Information

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

Nutritional Information

Enguerr	Per 100g
Energy KCal	182 KC
KJ	559 Kj
Fat	3.98g 1.29g
of which saturated	1.29ğ
Carbohydrates	38.37g
of which sugar	2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g

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 T
Fibre	1.31g
Protein	4.4g
Salt	< 0.01g

Energy	Per 100g
Energy KCal	125 KCa
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	0.04g







HSE/FSAI Approval no 4018 FC.

AFTER SCHOOL



FEBRUARY

2019

MENU

15th

COD PROVENCAL

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

MON 18th

SWEET & SOUR

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.

TUE BEEF RAGU & SAUTÉ

19th Ingredients: Potato (sunflower oil), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

WED **20th**

TURKEY CASSEROLE

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...

21st

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.

Nutritional Information

Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre	Per 100g 95 KCal 401 Kj 1.35g 0.64g 17.31g 1.65g 1.31g 4 4g
Fibre	1.31g
Protein	4.4g 0.4g
Salt	0.4 g

FRI & PEAS 22nd 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.

FISH FINGERS. MINI ROAST

Ingredients in bold script contain allergens; fish &

Nutritional Information

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

Nutritional Information

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

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	1.55g
Protein	5.06g
Salt	0.04g

Nutritional Information

PASTA BOLOGNAISE MON

25th

TUE

26th

27th

Ingredients: Durum wheat pasta, beef (Irish), tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch,

Ingredients in bold script contain allergens; gluten

TURKEY CURRY & RICE

olive oil, salt, oregano, garlic.

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 WED & FRENCH BEANS

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

FISH CAKES. WAFFLES. CARROT

Ingredients: Potatoes (sunflower oil), 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), Carrots. Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Ingredients in bold script contain allergens; fish, gluten & mustard

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 89 KCal 376 Kj 1.29g 0.61g 16.02g Fat of which saturated Carbohydrates of which sugar 1.67g 1.27g Protein

Nutritional Information

KC	Cal	141KCal
KJ		597 Kj
Fa		3.74g
	which saturated	1.6g~
Ca	arbohydrates which sugar	10.32g
of	which sugar	2.88
Fil	bre	1.29g
Pr	otein	7.27g
Sa	lt	< 0.01a

Nutritional Information

- 6	nergy	1 61	ioog
k	nergy (Cal	117	KCal
k	IJ	491	Ki
	at	1.41	lģ
	of which saturated	0.74	lg .
(Carbohydrates of which sugar	16.7	
	of which sugar	0.84	
F	ibre	1.18	
F	Protein	10.4	
5	alt	0.04	l g

Nutritional Information

Energy	Per 100g
Energy KCal	76 KCal
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	< 0.01g

Tracinational info	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Energy	Per 100
Energy KCal	139KCa
KJ	585 Kj
Fat	4.53g´
of which saturated	0.53g
Carbohydrates of which sugar	20.19g
of which sugar	1.46g
Fibre	2.23g
Protein	3.54g
e ii	0.05





AFTER SCHOOL VEG



VEG FINGERS. MINI ROAST. L.D BAKED BEANS

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), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar,

Ingredients in bold script contain allergens; gluten

MON 4th

FRI

1st

VEG & RICE

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.

TUE 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.

6th

VEG PASTA BAKE

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

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

THU 7th

GREEK VEGETARLE **HOTPOT & MASH**

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

Nutritional Information

Engage	Per 100g
Energy KCal	111 KCa
KJ	465 Kj
Fat	2.87g 0.25g
of which saturated	0.25ğ
Carbohydrates	18.19g
of which sugar	1.6g
Fibre	1.89g
Protein	3.04g
Salt	0.4g

Nutritional Information

Engrav	Per 100g
Energy KCal	92 KCal
KJ	389 Kj
Fat	1.26g
of which saturated	0.65g
Carbohydrates	20.43g
of which sugar	2.48g
Fibre	1.91ğ
Protein	3.4g ¯
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	0.04g

Nutritional Information

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

Nutritional Information

Energy	Per 100g
KCal	22KCal
KJ	232 Kj
Fat	0.6g
of which saturated	0.13g
Carbohydrates	11.72g
of which sugar	1.36g
Fibre	1.26.g
Protein	1.35g
Salt	0.04g

VEG FINGERS, MINI ROAST, PEAS & CORN

Potatoes, vegetable Fingers 61% Vegetables (Sweetcorn, FRI Carrots, peas, dried potato) wheat flour (Wheat flour, calcium 8th carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, tumeric), peas, corn.

Ingredients in bold script contain allergens: gluten

LD VEGETABLE CURRY & RICE

11th

MON 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

PASTA NAPOLI

TUE **12th**

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

Ingredients in bold script contain allergens; gluten

13th

SWEET POTATO & VEG WED CASSEROLE & SAUTÉ

Ingredients: Potatoes (potatoes, sunflower oil), 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.

VEG PASTA BAKE

THU

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)

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

Fnergy	rer 100g
Energy KCal	98 KCal
KJ	419 Kj
Fat	1.18g
of which saturate	0.219
Carbohydrates	34.44g
of which sugar	3.45g
Fibre	2.09g
Protein	8.27g
Salt	< 0.01g

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 T
Fibre	1.31g
Protein	4.4g
Salt	< 0.4g

Nutritional Information

Per 100a

KCal 97 KJ	93 KCa 394 Kj
Fat of which saturated	1.05g 0.22g
Carbohydrates of which sugar	36.16g
Fibre	3.6g 2.31g
Protein	6.74g
Salt	0.04g

Nutritional Information

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

Energy	1 01 100
Energy KCal	75KCal
KJ	316 Kj
Fat	1.5g ´
of which saturated	0.34g
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	< 0.4g







AFTER SCHOOL VEG



MENU

VEG FINGERS, WAFFLES,

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

18th

SWEET & SOUR MON VEG WITH RICE

Ingredients: Rice, 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) sweet potato, carrot, peppers, corn kernels, Onion, Pineapple.

TUE 19th

BROCCOLI & CORN PASTA BAKE

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

Ingredients in bold script contain allergens; gluten and milk

20th

VEGETABLE CASSEROLE **WED & MINI ROAST**

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

THU 21st

VEGETABLE PIF

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)

22nd

2.87g 0.25g 18.19g 1.6g 1.89g 3.04g 0.4g

Per 100g

111 KCal 465 Ki

Nutritional Information

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

Nutritional Information

Energy KCal KJ

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar

Nutritional Information Per 100g 109KCal

Energy KCal KJ 463 Kj 1.54g 0.82g 17.65g 1.45g Fat of which saturated Carbohydrates of which sugar Fibre 1.3g 6.81g 0.04g **Protein** Salt

Nutritional Information Per 100g

111KCal 466 Ki 3.17g 0.51g 20.148g 2.03g Fat of which saturated **Carbohydrates** of which sugar Fibre 1.67g 4.03g < 0.04g Protein

Nutritional Information

Per 100g **Energy** KCal KJ 76 KCal 321 Kj 1.37g 0.59g 10.32g of which saturated **Carbohydrates** of which sugar 1.14g 1.1g 4.66g 0.04g Fibre **Protein** Salt

VEG FINGERS, MINI ROAST, PEAS

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

VEG PASTA MON **25th**

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 26th

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

WED HUNGARIAN 27th 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.

RUTTERNUT & SWEET **POTATO TANGIA & RICE**

THU Ingredients: Rice, carrots, chopped tomatoes, butternut **28th** 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

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 98 KCal 419 Kj 1.18g 0.21g 34.44g Fat of which saturated Carbohydrates of which sugar 3.45g 2.09g 8.27g < 0.01g Fibre **Protein** Salt

Nutritional Information

KCal	141KCal
KJ	597 Kj
Fat	3.74a
of which saturated	1.6g
Carbohydrates of which sugar	10.32g 2.88
of which sugar	2.88
Fibre	1.29g
Protein	7.27g
Salt	0.04g

Nutritional Information

Energy	Fei 100g
Energy KCal	107KCal
KJ	453K
Fat	3.6g
of which saturated	1.6g
Carbohydrates of which sugar	16.Õ0g
	3.3g ⁻
Fibre	1.2g
Protein	1.9g
Salt	0.04g

Nutritional Information

Energy KCal	Per 100 9
KJ	389 Kj
Fat	2.24g
of which saturated	0.37g
Carbohydrates	17.31g
of which sugar	1.71g ັ
Fibre	2.36g
Protein	3.13g
Cal+	0.04ā

Engrav	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
	004





MON

4th

CREAM OF VEGETABLE SOUP

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

Per 100g 31 KCal 131 Kj Fat of which saturated 0.6g 0.22g Carbohydrates 4.88g 0.99g of which sugar Fibre 1.67g 1.65g Protein 0.04a Salt

Nutritional Information

Energy KCal KJ

Protein

Salt

of which saturated

Carbohydrates

Fat

Per 100g

147 KCa 9.12 Kj

5.36g 10.94g

2.52g 0.43g

6.14g

0.93g

0.23a

Nutritional Information

8th

BUTTERNUT SQUASH & SWEET POTATO SOUP

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

Ingredients in bold script contain allergens; mustard

MACCARONI & CHEESE

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

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



MON .11th

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

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

Nutritional Information

Nutritional Information

Fat

Fibre

Salt

Energy KCal KJ

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates

Protein

of which saturated

Carbohydrates of which sugar

Per 100g

54 KCal 227 Ki

0.1g 0.1g

13.67g 1.7g 1.73g

1.27g

0.01g

31 KCa 131 Ki

0.6g 0.22g

4.88g 0.99a

1.67a

1.65g

0.04g

Per 100g

TUE 5th

PENNE IN TOMATO & BASIL SAUCE

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

Ingredients in bold script contain allergens; gluten

Nutritional Information

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

CREAM OF **VEGETABLE SOUP**

TUE 12th

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

WED 6th

BEEF RAGU & MINI ROAST

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

Nutritional Information 120 KCa 13th

Energy KCal 505 Kj Pje5 **100**g Fat of which saturated 0.8g Carbohydrates 14.96g of which sugar 1.8g 1.85g Fibre 5.06g 0.04a **Protein** Salt

BEEF PILAF WED

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

Nutritional Information Per 100g

113 KCa 477Kj 2.32g 1.11g 16.58g 0.2.19g Fat of which saturated Carbohydrates of which sugar 1.36g 5.7g. < 0.01g. Fibre Protein

THU 7th

TURKEY PILAF

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

Nutritional Information

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

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) chicken, peppers,corn, onions, olive oil, garlic, coriander, cumin, mustard seed, black **14th** pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

Nutritional Information Energy KCal

111 KCal 467 Ki Fat of which saturated 3.46g 0.94g 13.69g 0.89g Carbohydrates of which sugar Fibre 1.88g Protein 6.94g 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





4018

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FEBRUARY

2019



FRI 15th

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

PASTA NAPOLI

MACCARONI & CHEESE

MON 18th

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)

19th

PENNE IN TOMATO TUE & BASIL SAUCE

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

Ingredients in bold script contain allergens; gluten

WED

BEEF RAGU & MINI ROAST

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

TURKEY PILAF

THU basil, garlic. 21st

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

Nutritional Information Energy KCal KJ 93 KCal 394 Kj 1.05g 0.22g 36.16g of which saturated Carbohydrates 3.6g 2.31g 6.74g Protein < 0.01g

Nutritional Information

Energy KCal

Fibre

Protein

Fat of which saturated

Carbohydrates of which sugar

FRI **22nd**

CREAM OF VEGETABLE SOUP

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

BUTTERNUT SQUASH & SWEET POTATO SOUP

Per 100g 147 KCa 9.12 Kj 5.36g 10.94g 2.52g 0.43g 6.14g 0.93g 0.23g

MON Ingredients: Ingredients: Sweet potato, butternut squash, 25th water, carrot, onion, garlic, parsley, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; mustard

Nutritional Information

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

L.D. BEANS & WAFFLES TUE **26th**

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

Nutritional Information Per 100g

Energy KCal 120 KCal 505 Kj 3.6g 0.8g 14.96g Fat of which saturated Carbohydrates 1.8g 1.85g Fibre 5.06g 0.04g Protein

WED **27th**

THU

28th

BEEF PILAF

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

Nutritional Information

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

CURRIED CHICKEN & SAUTÉ

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

Ingredients in bold script contain allergens; mustard

Energy KCal KJ 31 KCal 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 0.04a

Nutritional Information

Per 100g

Nutritional Information

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

Nutritional Information

Energy	rer roug
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

Nutritional Information

Energy	Per 100g
Energy KCal	113 KCal
KJ	477Kj
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.2.19g
Fibre	1.36g ⁻
Protein	5.7g.
C-ls	< 0.01a

Nutritional Information

Energy	Per 100g
Energy KCal K.J	111 KCal 467 Kj
Fat	3.46g 0.94g
of which saturated	
Carbohydrates	13.69g 0.89g
of which sugar	
Fibre	1.88g
Protein	6.94g
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





FEBRUARY

2019

MENU



1st

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

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

SAUSAGE & WAFFLES



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)



PENNE IN TOMATO & BASIL SAUCE

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

Ingredients in bold script contain allergens; gluten



BEEF RAGU & MINI ROAST

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



TURKEY PILAF

THU 7th

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

Nutritional Information Per 100g **Energy** KCal 146KCal 611Kj Fat of which saturated

8.21g 2.77g 15.29g Carbohydrates of which sugar 0.83 1.17g 3.67g Fibre Protein 0.8q. Salt

Nutritional Information Per 100g **Energy** KCal KJ 147 KCa 9.12 Ki 5.36g 10.94a of which saturated Carbohydrates 2.52g 0.43g Fibre 6.14g 0.93g **Protein** 0.23q

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

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

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

SAUSAGE & WAFFLES

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

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

MON 11th

FRI

8th

L.D. BEANS & WAFFLES

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

TUE

12th

SAUSAGE & SAUTÉ

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

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

WED 13th

BEEF PILAF

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

THU 14th

CURRIED CHICKEN & SAUTÉ

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

Ingredients in bold script contain allergens; mustard

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 146KCal 611Kj

8.21g 2.77g 15.29g 0.83 Fat of which saturated Carbohydrates of which sugar 1.17g. 3.67g. 0.8g. Fibre **Protein**

Energy	Per 100
Energy KCal	147KC
KJ	618 Kj
Fat	5.6g ¹
of which saturated	0.63g
Carbohydrates	21.68g
af uhiah awas	

Fibre

Protein Salt

Nutritional Information

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

1.42g 2.58g 0.38g

Nutritional Information	
Energy KCal	Per 100g
	113 KCal
KJ	477Kj
Fat	2.32ģ
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.2.19g
Fibre	1.36g ັ
Protein	5.7g.
C-la	< 0.01a

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









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

MON **18th**

FRI

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)

TUE 19th

PENNE IN TOMATO

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

Ingredients in bold script contain allergens; gluten

FISH FINGERS & MINI ROAST

Ingredients: Potatoes, sunflower oil, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising 20th agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi).

Ingredients in bold script contain allergens; fish and gluten.

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, 21st peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Nutritional Information

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

Nutritional Information

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

Nutritional Information Per 100g

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

Nutritional Information

Per 100g **Energy** KCal KJ 103KCal 437Ki Fat of which saturated 0.19 g 17.64g Carbohydrates of which sugar 0.65g 1.04g 4.39g Fibre Protein < 0.01gSalt

Nutritional Information

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

FRI

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Sausage (pork 74% Rusk **22nd** (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cavenne) Seasoning containing (E221 Sodium sulphate, flavour enhancer E621, stabiliser E450, E451)

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

SAUSAGE & WAFFLES

MON

25th 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).

Ingredients in bold script contain allergens; fish and gluten.

TUE 26th

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

WED 27th

BEEF PILAF

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

THU

CURRIED CHICKEN

28th Ingredients: Potatoes (sunflower oil), chicken, peppers,corn, onions, olive oil, garlic, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

Nutritional Information

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

Nutritional Information

rei ioog
103KCa
437Kj
2.13g
0.19 a
17.64a
0.65g
1.04a
4.39g
< 0.01g

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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





MON

4th

CREAMED MIXED VEGETABLES

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

| Nutritional Information | Energy | RCal | 31 KCal | KJ | 131 Kj | Fat | 0.6g | of which saturated | 0.22g | Carbohydrates | of which sugar | 0.99g | Fibre | 1.67g | Protein | 1.65g | Salt | 0.01g |

Nutritional Information

Fibre

Salt

Fibre

Salt

Protein

Protein

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

Nutritional Information	
Energy KCal	Per 100g
KCal S KJ	54 KCal 227 Kj
Fat of which sat	0.1g urated 0.1g
Carbohydra of which suc	i tes 13.67g
Fibre	1.73g
Protein	1.27g
Salt	0.01a

STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

Farmer	Per 100g	
Energy KCal	34 KCal	
KJ	146 Kj	
Fat	0.08g	MON
of which saturated	0.04ğ	MUN
Carbohydrates	8.46g	11+h
of which sugar	8.33a	

0.28g

2.76g

0.01g

2.17g

5.09g

0.01g

MIXED BEAN HOT POT

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

Nutritional Info	r Mati0 A
Energy	Per 100g
Energy KCal KJ	58 KCal 244 Kj
Fat of which saturated	0.86g 0.1g
Carbohydrates of which sugar	10.66g 2.06g
Fibre	2.96g
Protein	2.49g
Salt	0.01g



BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

| 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 | 1,

TUE 12th

WED

13th

THU

14th

FRI

8th

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 Fibre Protein Salt	31KCal 131 Kj 0.6g 0.22g 4.88g 0.99g 1.67g 1.65g 0.01g

WED 6th

TUE

5th

BEEF RAGU & BUTTERNUT SQUASH

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

Nutritional Information Fnerov 47 KCal

Energy 47 KCal 197 Kj
KJ 0.31g
Fat 0.24g
of which saturated Carbohydrates of which sugar 2.17g
Fibre 5.09g
Protein 0.01g

BEEF PILAF

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

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

THU 7th

2019

MENU

TURKEY PILAF

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

Nutritional Information Energy Per 100g

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

| Nutritional Information | Energy | KCal | 147 KCal | 5.36g | 15.36g | 15.

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





FRI 15th

MEDITERRANEAN VEG & SWEET POTATO

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

MON 18th

STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.



TUE 19th

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

WED 20th

THU

21st

BEEF RAGU & BUTTERNUT SQUASH

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



TURKEY PILAF

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

Nutritional Information

| Energy | KCal | 65 KCal | 271 Kj | Fat of which saturated of which sugar | 2.63g | Carbohydrates of which sugar | 2.63g | Fibre | 3.19g | Frotein | 1.89g | Salt | 0.09a | 0.00a | 0

Nutritional Information

Energy KCal

Fibre

Protein

Fat of which saturated

Carbohydrates of which sugar Per 100g

34 KCal 146 Kj

0.08g 0.04g

8.46g 8.33g

0.28g

2.76g 0.01g

FRI 22nd

CREAMED MIXE VEGETABLES

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

MON 25th

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

Nutritional Information

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

TUE 26th

MIXED BEAN HOT POT

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

Nutritional Information Energy KCal 47 KCal KJ 197 Kj 27th

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

28th

BEEF PILAF

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

MANGO & PEAR PUDDING

Nutritional Information

THU Ingre

Ingredients: Mango, pear, water.

Nutritional Information

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

Nutritional Information

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

Nutritional Information

Per 100 9 58 KCa 244 Kj
0.86g 0.1g
10.66g 2.06g
2.96g
2.49g
0.01g

Nutritional Information

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

Nutritional Information

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

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







FERRUARY

BEEF PATTI IN GRAVY WITH MASHED POTATŒS & PEAS

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, soya ribre, 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

Nutritional Information		
Energy	Per 100g	
KCal	84 KCal	
KJ	355 Kj	
Fat	2.68g	
of which saturated	1.14g	
Carbohydrates	12.15g	
of which sugar	1.08g	
Fibre	1.11g	
Protein	3.57g	
Salt	0.7g	

CHICKEN GOUJONS, SAUTÉ POTATŒS & CARROTS

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.

Nutritional Information		
Energy	Per 100g	
KCal	129 KCal	
KJ	541 Kj	
Fat	4g	
of which saturated	0.53g	
Carbohydrates	17.89g	
of which sugar	1.53g	
Fibre	2.04g	
Protein	4.65g	
Salt	0.05g	

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

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

Nutritional Information Fat of which saturated Carbohydrates of which sugar Fibre Protein 16.22 1.07g 77.g

SAUSAGES, MINI WAFFLES MIXED VEGETARLFS

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

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	

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

Nutritional Information 376 Ki .29g of which saturated Carbohydrates of which sugar Fibre 0.61g 16.02g 1.67g 1.27g 4.24g 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



