



**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL VEGETARIAN**

**JANUARY 2019 MENU**

**WED 2nd**

## PASTA NAPOLI

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**

**THU 3rd**

## GREEK VEGETABLE HOTPOT & MASH

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

**MON 21st**

## VEG PASTA BOLOGNAISE

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**

**MON 7th**

## MILD VEGETABLE CURRY & RICE

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

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

**TUE 8th**

## PASTA NAPOLI

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**

**WED 9th**

## SWEET POTATO & VEG CASSEROLE & SAUTE

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

### Nutritional Information

Energy	Per 100g
KCal	93 KCal
KJ	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	0.04g

### 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	1.26g
Protein	1.35g
Salt	0.04g

### Nutritional Information

Energy	Per 100g
KCal	141KCal
KJ	597 KJ
Fat	3.74g
of which saturated	1.6g
Carbohydrates	10.32g
of which sugar	2.88g
Fibre	1.29g
Protein	7.27g
Salt	0.04g

### Nutritional Information

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

### Nutritional Information

Energy	Per 100g
KCal	93 KCal
KJ	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	0.04g

### Nutritional Information

Energy	Per 100g
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

**THU 10th**

## VEG PASTA BAKE

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

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

**FRI 11th**

## VEG FINGERS, WAFFLES, L.D BAKED BEANS

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

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

**MON 14th**

## SWEET & SOUR VEG WITH RICE

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

**TUE 15th**

## BROCCOLI & CORN PASTA BAKE

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

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

**WED 16th**

## VEGETABLE CASSEROLE & MINI ROAST

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

### Nutritional Information

Energy	Per 100g
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

### Nutritional Information

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

### Nutritional Information

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

### 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
Protein	6.81g
Salt	0.04g

### Nutritional Information

Energy	Per 100g
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





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2019  
MENU

THU  
17th

## VEGETABLE NAVARIN & MASH

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

FRI  
18th

## 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**

MON  
21st

## VEG PASTA BOLOGNAISE

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  
22nd

## BUTTERNUT SQUASH & BEAN CURRY & RICE

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

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

WED  
23rd

## HUNGARIAN GOULASH & SAUTÉ

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

THU  
24th

## VEGETABLE BREYANI

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

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

### Nutritional Information

	Per 100g
Energy	75 KCal
KCal	210 KJ
Fat	0.2g
of which saturated	0.04g
Carbohydrates	10.94g
of which sugar	1.22g
Fibre	1.77g
Protein	1.81g
Salt	0.04g

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	141KCal
KCal	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	0.04g

### Nutritional Information

	Per 100g
Energy	107KCal
KCal	453K J
Fat	3.6g
of which saturated	1.6g
Carbohydrates	16.00g
of which sugar	3.3g
Fibre	1.2g
Protein	1.9g
Salt	0.04g

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	79 KCal
KCal	335 KJ
Fat	0.83g
of which saturated	0.61g
Carbohydrates	18.84g
of which sugar	1.19g
Fibre	1.383
Protein	3.45g
Salt	0.04g

FRI  
25th

## CREAMY VEGETABLE PIE

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

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

MON  
28th

## VEGETABLE KORMA & RICE

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

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

TUE  
29th

## COTTAGE VEGETABLE PIE

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

WED  
30th

## MEDITERRANEAN STYLE VEG PASTA

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

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

THU  
31st

## MIXED VEG & APRICOT WITH MASH

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

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

All beef used is of Irish origin

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	112 KCal
KCal	552 KJ
Fat	2.97g
of which saturated	1.54g
Carbohydrates	20.5g
of which sugar	0.83g
Fibre	1.49g
Protein	2.3g
Salt	< 0.01g

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	75KCal
KCal	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	0.04g

### Nutritional Information

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

