

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.

Ingredients in bold script contain allergens; gluten



GREEK HOTPOT & MASH

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

FRI 4th

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

BEEF CURRY & RICE

MON 7th

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, carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic.

Ingredients in bold script contain allergens; gluten

WED 9th

JANUARY

2019

TUE 8th

PORK CASSEROLE & MASH

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

Nutritional Information

Per 100g 93 KCal 394 Ki 1.05g 0.22g 36.16g Fat of which saturated Carbohydrates of which sugar 3.6g 2.31g 6.74g Fibre Protein < 0.01a Salt

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

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

COD PROVENCAL & RICE

FRI 11th

THU

10th

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

Ingredients in bold script contain allergens; fish

MEXICAN CHICKEN

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

BROCCOLI & CORN PASTA BAKE

TUE 15th

MON

14th

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)

WED 16th

BEEF CASSEROLE & MINI ROAST

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Nutritional Information

Salt

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

Nutritional Information

Energy KCal	95 KCal
KJ	401 Ki
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

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

Nutritional Information

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

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	1.55g
Protein	5.06g
Salt	0.04g





THU 17th

LAMB NAVARIN & MASH

Ingredients: Potatoes, Lamb, carrots, chopped tomatoes, swede, water, peas, onions, garlic, olive oil.

HSE/FSAI Approval no 4018 FC.

FRI 18th

COD PILAF

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

MON **21st**

PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens; gluten

TUE **22nd**

TURKEY CURRY & RICE

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

Ingredients in bold script contain allergens; mustard

WED **23rd**

HUNGARIAN GOULASH & SAUTÉ

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

THU 24th

2019

LAMB BREYANI

Ingredients: Rice, lamb, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients on bold script contain allergens; mustard

Nutritional Information Per 100a 75KCal 309 Ki Fat of which saturated 1.72g 0.78g 10.94a Carbohydrates of which sugar 1.81g 1.52g 4.54g Fibre Protein < 0.01q

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Fat of which saturated

Carbohydrates of which sugar

Protein

Energy KCal

Protein

Energy KCal

Fibre

Salt

Protein

Energy KCal

Fibre

Protein

Fat of which saturated

Carbohydrates

of which saturated

Carbohydrates

Fibre

Protein

of which saturated

Carbohydrates

Fat of which saturated

Carbohydrates of which sugar

FRI **25th**

Per 100g

89 KCal

376 Ki

1.29g

16.0Žg

1.67g 1.27a

4.24g

Per 100g

141KCal 597 Ki

3.74g 1.6a

10.32g 2.88

1.29g

7.27g < 0.01q

117KCal

491Ki 1.41g 0.74a

16.74g

0.84g

1.18g 10.42g

0.01a

Per 100a

114KCal 479 Ki

3.38g 0.86g

13.49g

1.31g`

1.74g

Per 100g

104KCal

439Ki

2.92g

1.46g 15.57g

1.26g

1.37g

5.37g

<0.01a

5.16g < 0.01g

0.61a

CREAMY FISH PIE

Ingredients: Potatoes, cod, carrots, milk, maize corn, peas, onions, water, cream (milk), potato starch, dill, garlic

Ingredients in bold script contain allergens; fish and lactose

MON **28th**

TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, mustard seed, black pepper, fenugrek cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

COTTAGE PIE

TUE 29th Ingredients: Potatoes, beef (Irish), water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic,

PASTA WITH CHICKEN & CORN

Ingredients: Durum wheat pasta, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, 30th garlic, parsley, chives.

Ingredients in bold script contain allergens; gluten

PORK WITH MIXED VEG & APRICOT WITH MASH

THU

Ingredients: Potatoes, pork, carrots, water, swedes, peas, onions, 31st ingredients. Foliatoes, poist, carried, metal, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, mustard, pepper, fenugrek, cardamon, turmeric, chilli powder,

Ingredients in bold script contain allergens; mustard

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT

Rathdrum, Co Wicklow

KCal KCal	78KCal
KJ	331 Kj
Fat	2g Í
of which saturated	0.86g
Carbohydrates of which sugar	11.28ੱg
of which sugar	1.75g
Fibre	1.24g
Protein	4.47g
Salt	< 0.01g

Nutritional Information

Nutritional Information Per 100a

KCal	119KCal
KJ	499 Kj
Fat	3.1g [*]
of which saturated	d 1.94a
Carbohydrates of which sugar	17.28g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	< 0.01g

Nutritional Information

KCal	82KCal
KJ	82KCal 346 Kj
Fat	1.89a
of which saturated	0.66ğ
Carbohydrates of which sugar	10.24g 1.31
of which sugar	1.31
Fibre	1.2g
Protein	4.99g
Salt	0.4a

Nutritional Information

Energy	Per 100g
Energy KCal	120KCal
KJ	480 Kj
Fat	1.45g [°]
of which saturated	0.27g
Carbohydrates	37.25g
of which sugar	2.69g
Fibre	2.04g
Protein	11.78g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	80 KCal
KJ	377 Kj
Fat	1.54g [′]
of which saturated	0.39g
Carbohydrates	11.1Žg
of which sugar	1.87g
Fibre	1.33g
Protein	6.02g
Salt	< 0.01g



TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper,



FC.

WED 2nd

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



GREEK HOTPOT & MASH

PASTA NAPOLI

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

JANUARY

2019

FRI 4th

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

MON 7th

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

PASTA NAPOLI

TUE 8th

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

WED 9th

TURKEY CASSEROLE

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

Nutritional Information

Per 100g

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

Nutritional Information

Energy	Per 100g
Energy KCal	72KCal
KJ	321Kj
Fat	0.73ģ
of which saturated	0.19g
Carbohydrates	10.87̈́g
of which sugar	1.16g
Fibre	1.12g
Protein	6.29g
Salt	< 0.01g

Nutritional Information

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

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	10.42̄g
Salt	0.01g

Nutritional Information

Tracification in the interior	
Energy KCal K.J	Per 100g 93 KCal
Fat of which saturated	394 Kj 1.05g 0.22g
Carbohydrates of which sugar Fibre	36.16g 3.6g 2.31g
Protein Salt	6.74g < 0.01g

Nutritional Information

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

TURKEY PASTA BAKE

THU 10th

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

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

COD PROVENCAL

FRI 11th

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

Ingredients in bold script contain allergens; fish

MEXICAN CHICKEN

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

BROCCOLI & CORN PASTA BAKE

TUE

Ingredients: Durum wheat pasta, tomatoes, broccoli, water, carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter (milk), olive oil, onions, potato starch, 15th garlic, basil.

Ingredients in bold script contain allergens; gluten and milk

WED 16th

TURKEY CASSEROLE & MINI ROAST

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Nutritional Information

Energy	Per 100g
Energy KCal	125 KCal
KJ	530 Kj
Fat	2.71g [′]
of which saturated	1.23g
Carbohydrates of which sugar	34.85g
	3.55g
Fibre	1.99g
Protein	9.15g
Salt	< 0.01g

Nutritional Information

Energy	1 61 1009
Energy KCal	95 KCal
KJ	401 Kj
Fat	1.35g [°]
of which saturated	0.64g
Carbohydrates of which sugar	17.3Ĭg
of which sugar	1.65g
Fibre	1.31g
Protein	4.4g
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
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
Protein	6.81g < 0.01g
Salt	< 0.01g

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





HSE/FSAI

Approval no

4018

FC.

THU 17th

LAMB NAVARIN & MASH

Ingredients: Potatoes, Lamb, carrots, chopped tomatoes, swede, water, peas, onions, garlic, olive oil.

COD PILAF

FRI 18th 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

PASTA BOLOGNAISE

MON **21st**

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 **22nd**

23rd

THU

24th

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

Ingredients in bold script contain allergens; mustard

HUNGARIAN

starch, olive oil, garlic, paprika, parsley, chives.

Ingredients: Potatoes, olive oil, turkey, peppers, onions, potato

LAMB BREYANI

Ingredients: Rice, lamb, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli-powder, ginger, garlic puree.

Ingredients on bold script contain allergens; mustard

Nutritional Information	
Energy	Per 100g
KCal	75KCal
KJ	309 Kj
Fat	1.72g
of which saturated	0.78g
Carbohydrates	10.94g
of which sugar	1.81g
Fibre	1.52g
Protein	4.54g
Salt	< 0.01g

Nutritional Information Per 100g 89 KCal 376 Kj 1.29g Fat of which saturated 0.61g Carbohydrates of which sugar 16.0Žg 1.67g ̃ Fibre 1.27g Protein

Nutritional Information Energy KCal KJ 117KCa 491 Ki Fat of which saturated 2.41g 1.16g 17.13g Carbohydrates of which sugar 1.84g 1.45g 5.83g < 0.01g Protein

Nutritional Information Per 100g **Energy** KCal 117KCal 491Kj 1.41g 0.74g 16.74g Fat of which saturated Carbohydrates 0.84g 1.18g 10.42g Salt

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

Nutritional Information Per 100g **Energy** KCal 104KCal 439Kj 2.92g 1.46g 15.57g 1.26g 1.37g of which saturated Carbohydrates Fibre Protein

CREAMY FISH PIE

FRI

MON

28th

Ingredients: Potatoes, cod, carrots, milk, maize corn, peas, 25th onions, water, cream (milk), potato starch, dill, garlic

> Ingredients in bold script contain allergens; fish and Milk (lactose)

TURKEY KORMA

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

COTTAGE PIE

TUE 29th

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

PASTA WITH CHICKEN

WED **30th**

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

Ingredients in bold script contain allergens; gluten

TURKEY, MIXED VEG & APRICOT WITH MASH

THU **31st**

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

Ingredients in bold script contain allergens; mustard

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



INULTILIONAL IIIIC	ii iiia tioi
Energy	Per 100
Energy KCal	119KCa
KJ	499 Kj
Fat	3.1g ⁻
of which saturated	1.94g
Carbohydrates	17.28g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Cal+	< 0.01c

Nutritional Information	
Energy	Per 100g
Energy KCal K.J	70KCal
	350 Kj
Fat of which saturated	1.79g 0.19g
Carbohydrates of which sugar	9.594g 1.46g
Fibre	1.25g
Protein	6.65g
Salt	<0.01g

Nutritional Information	
Energy	Per 100g
Energy KCal	120KCal
KJ	480 Kj
Fat	1.45g
of which saturated	0.27g
Carbohydrates	37.25g
of which sugar	2.69g
Fibre	2.04g
Protein	11.78g
Salt	< 0.01g

Salt	< 0.01g
Nutritional I	nformation
Energy	Per 100g
Energy KCal	80 KCal
KJ	377 Kj





WED 2nd

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

PASTA NAPOLI



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.

FRI 4th

VEGETABLE & PASTA PIE

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

MON 7th

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

Ingredients in bold script contain allergens; mustard

PASTA NAPOLI

8th

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

9th

JANUARY

2019

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

Nutritional Information

nergy	
inergy (Cal	93 KC
Ú	394 Ki
at	1.05g [°]
of which saturated	0.22g
Carbohydrates	36.16c
of which sugar	3.6g
ibre	2.31g
Protein	6.74g
alt	< 0.ŏ1

Nutritional Information

Energy	Lei Inni
Energy KCal	22KCal
KJ	232 Kj
Fat	0.6g [°]
of which saturated	0.13g
Carbohydrates of which sugar	11.7Žg
of which sugar	1.36g
Fibre	1.26.g
Protein	1.35g
Salt	<0.01g
	~

Nutritional Information

Energy	Per 100
Energy KCal	78KCal
KJ	333 Kj
Fat	1.01g´
of which saturated	1.23g
Carbohydrates	28.11g
of which sugar	3.85g
Fibre	2.15g
Protein	5.56g
Salt	< 0.01g

Nutritional Information

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

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	< 0.01g

Nutritional Information

Energy	rer loug
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

VEG PASTA BAKE

10th

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

VEGETABLE PROVENCAL & RICE

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

MEXICAN BEAN

MON Ingredients: Rice, tomatoes, carrots, corn, peppers, kidney beans, cannelini beans, water, tomato puree, onions, olive oil, parsley, 14th chives, potato starch, garlic.

BROCCOLI & CORN PASTA BAKE

TUE 15th

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

WED 16th

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

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 75KCal 316 Kj Fat of which saturated Carbohydrates of which sugar 16.99̈́g 1.95g 2.2g 4.4g < 0.01g Fibre Protein

Nutritional Information

Salt

nergy	i ei ioog
nergy (Cal	87 KCal
(J	370 Kj
at	1.14g
of which saturated	0.66g
Carbohydrates	19.15g
of which sugar	2.17g
ibre	1.59g
Protein	2.75g
Salt	< 0.01g

Nutritional Information Per 100g

Cal	FONCAL
IJ	415 Ki
at	1.68g [′]
of which saturated	0.89g
Carbohydrates	17.73g
of which sugar	1.62g
ibre	2.03g
rotein	4.09g
alt	0.01g

Nutritional Information

Energy KCal	Per 100g 109KCa
K.J	
	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

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





HSE/ FSAI

Approval no

4018

FC.

THU 17th

VEGETABLE NAVARIN

Ingredients: Potatoes, carrots, chopped tomatoes, swedes, peas, onions, broad beans, french beans, potato starch, olive oil, garlic.

FRI 18th

VEGETABLE PILAF

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

MON **21st**

VEG PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens; gluten

TUE **22nd**

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

23rd

HUNGARIAN WED GOULASH & SAUTÉ

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

THU 24th

2019

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

Ingredients in bold script contain allergens; Mustard

Nutritional Information

Energy KCal 75 KCal 210 Kj Fat of which saturated 0.2g 0.04g 10.94g Carbohydrates of which sugar 1.22g 1.77g 1.81g < 0.01g Protein Salt

25th

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

Ingredients in bold script contain allergens; Milk (lactose)

VEGETABLE KORMA

Ingredients: Rice, coconut milk, butternutsquash,

peppers, beans, peas, onions, water, pineapple, olive oil,

potato starch, tomato puree, garlic, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon,

Ingredients in bold script contain allergens; mustard

Per 100g MON 28th

89KCal 378 Kj 1.19g 0.64g 19.37g 2.74g Fat of which saturated Carbohydrates of which sugar Fibre 1.75g 3g < 0.01a Protein

Nutritional Information

Energy KCal

Nutritional Information

Per 100g **Energy** KCal 141KCal 597 Kj 3.74g 1.6g Fat of which saturated Carbohydrates 10.32g 2.88 Fibre 1.29g Protein 7.27g < 0.01g

Nutritional Information

Nutritional Information

Nutritional Information

Energy KCal

Protein

Energy KCal KJ

Fibre

Proteir

Energy KCal KJ

Fibre

Protein

Fat of which saturated

Carbohydrates

Fat of which saturated

Carbohydrates

of which saturated

Carbohydrates

of which sugar

Fat

Per 100g

107KCal

3.3g 1.2g 1.9g < 0.01g

Per 100g

92KCal

389 Kj 2.24g

0.37g 17.31g

1.71g

2.36g 3.13g 0.04g

Per 100g

79 KCal 335 Kj

0.83g 0.61g

18.84g 1.19g

3.45q

< 0.01q

453K 3.6g 1.6g 16.00g

TUE 29th

turmeric, chilli powder, ginger.

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

Ingredients in bold script contain allergens; gluten

31st

MIXED VEG & APRICOT THU WITH MASH

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

Ingredients in bold script contain allergens; mustard

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Nutritional Information Per 100a Energy

KCal	/5KCal
KJ	316 Kj
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.3Žg
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
Energy KCal	112 KCal
KJ	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

Teath thomas information	
Energy	Per 100g
Energy KCal	65KCal
KJ	273Kj
Fat	1.28á
of which saturated	0.32g
Carbohydrates	15.24g

Nutritional Information

Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	1.28 g 0.32 g 15.24 g 1.94 g 2.04 g 4.05 g < 0.01 g.

Nutritional Information Per 100g

Enerav	
KCal	75KCal
KĴ	316 Kj
Fat	1.5g ´
of which saturated	0.34̈́a
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	< 0.01g

Nutritional Information Per 100g Far of Can of File

KCal	109KCa
KJ	457 Kj
Fat	1.45g
of which saturated	0.27g
Carbohydrates of which sugar	34.79g
of which sugar	2.8g
Fibre	2.56g
Protein	7.99g



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



WED 2nd

NAPOLI SAUCE & POTATO

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



GREEK HOTPOT & POTATO

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

FRI 4th

TURKEY, ITALIAN STYLE VEG & POTATO

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

MON 7th

BEEF CASSEROLE & MASH

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

TUE 8th

9th

NAPOLI SAUCE & POTATO

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

WED **JANUARY** 2019

CHICKEN CASSEROLE & MASH

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

Nutritional Information Per 100g

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

Nutritional Information

Energy KCal	Per 100g
	57 KCa
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 <0.01g
Salt	<0.01g

Nutritional Information

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

Nutritional Information Per 100g

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

Nutritional Information

er 100g
2 KCal
73 Kj
76g
26g
D.27g
07g
67g
.17ğ
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.

BEEF, VEGETABLES, TOMATO & POTATO

10th

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

CHICKEN **PROVENCAL & MASH**

MON

14th

TUE

15th

WED

16th

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

MEXICAN CHICKEN & POTATO

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

BROCCOLI, MIXED VEG & POTATO

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

BEEF CASSEROLE & MASH

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

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

Nutritional Information

Energy	rer loug
Energy KCal	58KCal
KJ	246Kj
Fat	1.02g
of which saturated	0.38g
Carbohydrates	6.8g
of which sugar	1.69g
Fibre	1.23g
Protein	5.51g
Salt	< 0.01g.

Nutritional Information

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

Nutritional Information

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

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





THU 17th

LAMB NAVARIN & MASH

Ingredients: Potatoes, carrots, lamb, chopped tomatoes, swede, water, peas, onions, olive oil.



FRI 18th

& POTATO

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

MON **21st**

BOLOGNAISE SAUCE & POTATO

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

22nd

TURKEY TUE CASSEROLE & MASH

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

WED 23rd

HUNGARIAN GOULASH & POTATO

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

24th

THU LAMB BREYANI

Ingredients: Potatoes, lamb, carrot, peas, chopped tomatoes, water, onions, olive oil.

Nutritional Information Per 100g 65 KCal 272 Kj 2.13g 1.02g 7.44g 1.97g 1.53g 5.41g < 0.01g Fat of which saturated Carbohydrates of which sugar Protein Salt

Nutritional Information

of which saturated

Carbohydrates

of which sugar

Protein

Fat

Fibre

Salt

Protein

of which saturated

Fat of which saturated

Carbohydrates

Fibre

Protein

Energy KCal

of which saturated Carbohydrates of which sugar

Fat

Fibre

Protein

Carbohydrates

FRI 25th

CHICKEN PIE

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

MON 28th

TURKEY CASSEROLE & MASH

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

Per 100g **Energy** KCal 67 KCal

Per 100g

69 KCal

283 Kj

1.49g 0.65g

7.39g 1.82g 1.68g

5.06g < 0.01g

Per 100g

69 KCal

283 Kj

1.49g 0.65g 7.39g

1.82g 1.69g 5.06g < 0.01g

Per 100g

65KCal 272Kj 2.18g 1.02g

7.46g

2.01g 1.52g

< 0.01q

Per 100g

72 KCal

306 Kj

0.7g 0.34g 11.27g

1.48g

1.53g

5.81g

≤ 0.01a

281 Kj 1.91g Fat of which saturated 0.75g 6.85g 2.08g Carbohydrates 1.21g 4.43g Fibre Protein < 0.01g

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

COTTAGE PIE

TUE Ingredients: Potatoes, beef (Irish), carrots, water, **29th** peas, onions, swede, water.

WED **30th**

CHICKEN CASSEROLE & MASH

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

TURKEY, MIXED

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, 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 58KCal 331 Kj Fat 0.95g 0.23g of which saturated **Carbohydrates** of which sugar 6.71g 2g 1.49g Fibre **Protein** Salt

Nutritional Information

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

Nutritional Information Per 100g **Energy** KCal KJ 82KCal 346 Kj Fat of which saturated 1.89g 0.66g 10.24g 1.31 Carbohydrates of which sugar Fibre Protein 4.99g

Salt

Salt

Nutritional Information Per 100g **Energy** KCal 72KCal 306Ki

0.7g 0.34g 11.27g Fat of which saturated Carbohydrates 1.48g 1.53g 5.81g < 0.01g Fibre Protein Salt

0.4g

Nutritional Information

Per 100g 66 KCal 277 Ki 1.05g 0.28g 8.2g 2.42g 1.58g of which saturated Carbohydrates of which sugar Fibre 6.67g Protein < 0.01qSalt





WED 2nd

NAPOLI SAUCE

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

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JANUARY

2019

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THU 3rd

GREEK HOTPOT & POTATO

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

4th

TURKEY, ITALIAN **STYLE VEG &**

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

MON 7th

TURKEY CASSEROLE

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

TUE 8th

NAPOLI SAUCE & POTATO

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

WED 9th

CHICKEN CASSEROLE

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

Nutritional Information Per 100g 42 KCal 173 Kj 0.76g 0.26g 10.27g 2.07g 1.67g Fat of which saturated Carbohydrates of which sugar 2.17g < 0.01g **Protein** Salt

Nutritional Information

Fat of which saturated

Carbohydrates of which sugar

Fibre

Protein

Per 100g

57 KCal 234 Kj 1.01g

0.31g

6.19g

1.7g 1.19.g

6.28g <0.01g THU 10th

TURKEY, VEGETABLES, TOMATO & POTATO

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

CHICKEN **PROVENCAL & MASH**

MON

14th

TUE

15th

Ingredients: Potatoes, chicken, carrots, water, 11th tomatoes, peppers, spinach, onions, tomato puree.

Nutritional Information

Energy	rer luug
Energy KCal	56 KCal
KJ	240 Kj
Fat	0.92g´
of which saturated	0.28g
Carbohydrates	6.64g
of which sugar	1.65g
Fibre	1.16g
Protein	5.79g
Salt	< 0.01g

MEXICAN CHICKEN

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

Nutritional Information

Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre	Per 100g 69 KCal 283 Kj 1.49g 0.65g 7.39g 1.82g 1.68a
	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.Ŏ1g	

Nutritional Information

Energy KCal

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar

Per 100g

72KCal 306Kj

0.7g 0.34g 11.27g

1.48g 1.53g 5.81g < 0.01g

WED 16th

BROCCOLI, MIXED VEG & POTATO

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

CHICKEN CASSEROLE & MASH

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

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

Salt

Nutritional Information

Nutritional Information

Energy	
KCal	58KCal
KJ	246Kj
Fat	1.02g
of which saturated	0.38g
Carbohydrates	6.8g
of which sugar	1.69g
Fibre	1.23g
Protein	5.51g
Salt	< 0.01g.

Nutritional Information

Energy	rei ioog
Energy KCal	59 KCal
KJ	250 Ki
Fat	1.13g [°]
of which saturated	0.43g
Carbohydrates	6.82g
of which sugar	1.83g
Fibre	1.39g
Protein	5.89g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	23KCal
KJ	97Kj
Fat	0.4Źq
of which saturated	0.13ğ
Carbohydrates of which sugar	5.08g
of which sugar	1.19g
Fibre	0.91ğ
Protein	1.19g
Salt	< 0.01g

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	< 0.01a.





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THU 17th

LAMB NAVARIN

Ingredients: Potatoes, carrots, lamb, chopped tomatoes, swede, water, peas, onions, olive oil.

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FRI 18th

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

MON **21st**

BOLOGNAISF

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

22nd

TURKEY **TUE CASSEROLE & MASH**

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

23rd

HUNGARIAN **WED GOULASH & POTATO**

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

THU 24th

LAMB BREYAN

Ingredients: Potatoes, lamb, carrot, peas, chopped tomatoes, water, onions, olive oil

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

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Energy KCal KJ

Protein

Salt

KJ

Fibre

Salt

Protein

of which saturated Carbohydrates

Fat of which saturated

Fat of which saturated

Carbohydrates

Fibre

Salt

Protein

Energy KCal KJ

Carbohydrates

Fat of which saturated

Fibre

Salt

Protein

Carbohydrates of which sugar

Fat

Per 100g

72 KCal

306 Kj 0.7g 0.34g 11.27g 1.48g 1.53g

5.81g < 0.01g

Per 100g 57 KCal 240 Kj

0.93g 0.30g 6.85g 2.08g 1.21g

5.88g

Per 100g 69 KCal

283 Kj 1.49g 0.65g

7.39g 1.82g 1.68g

5.06g < 0.01g

Per 100g

69 KCal

1.69g 5.60g < 0.01g

283 Kj 1.49g 0.30g 7.39g 1.82g

< 0.010

FRI 25th

CHICKEN PIE

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

MON 28th

TURKEY CASSEROLE & MASH

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

TUE 29th

TURKEY COTTAGE

Ingredients: Potatoes, turkey, carrots, water, peas, onions, swede, water.

WED

30th

CHICKEN CASSEROLE & MASH

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

TURKEY. MIXED VEG

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, 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 KCal 58KCal 331 Ki Fat of which saturated 0.95g 0.23g 6.71g Carbohydrates of which sugar 2g 1.49g 5.96g < 0.01g Fibre **Protein**

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

Nutritional Info	ormation
Energy	Per 100g
Energy KCal	82KCal
KJ	346 Kj
Fat	1.89g
of which saturated	0.66g
Carbohydrates	10.24g 1.31
of which sugar	
Fibre	1.2g
Protein	4.99g

Nutritional Information		
Per 100g 72KCal 306Kj 0.7g 0.34g 11.27g 1.48g 1.53g 5.81g < 0.01a.		

Nutritional Information		
Energy KCal	Per 100g 66 KCal	
KJ	277 Kj	
Fat of which saturated	1.05g 0.28g	
Carbohydrates of which sugar	8.2g 2.42g	
Fibre	1.58g 6.67a	
Protein	0.0/g	



Nutritional Information Per 100g **Energy** KCal

65KCal 272Kj 2.18g 1.02g 7.46g Fat of which saturated Carbohydrates of which sugar 2.01g 1.52g 4.96g Fibre Protein < 0.01a Salt



WED 2nd

NAPOLI SAUCE & POTATO

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

HSE/ FSAI Approval no 4018 EC

THU 3rd

GREEK HOTPOT & POTATO

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

FRI 4th

ITALIAN STYLE VEG & POTATO

Ingredients: Potatoes, carrots, chopped tomatoes, lentils, water, peppers, courgette, tomato puree, spinach, onion.

MON 7th

VEG CASSEROLE

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

TUE 8th

NAPOLI SAUCE & POTATO

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

WED 9th

JANUARY

2019

VEG CASSEROLE & MASH

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

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

Nutritional Information

Nutritional Information

Per 100g

57 KCal 234 Kj

1.01g 0.31g 6.19g 1.7g 1.19.g

6.28g <0.01g

Per 100g

57 KCal 240 Kj 0.99g

0.4g

6.64g 1.65g

1.16g 5.37g < 0.01g

Salt

Energy KCal KJ

Fibre

Salt

Protein

Energy KCal

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar

Fat of which saturated

Carbohydrates of which sugar

VEGETABLES, TOMATO & POTATO

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

THU 10th

VEGETABLE **PROVENCAL**

FRI 11th

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

MEXICAN VEG & POTATO

MON 14th

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

Nutritional Information Per 100g **Energy** KCal KJ 57KCal

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

BROCCOLI, MIXED VEG & POTATO

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

Nutritional Information

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

WED 16th

TUE

15th

VEG CASSEROLE & MASH

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

Nutritional Information

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

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

Nutritional Information

Energy	Per 100g
Energy KCal	42 KCal
KJ	176 Kj
Fat	0.83g
of which saturated	0.19g
Carbohydrates	7.91ğ
of which sugar	1.69g
Fibre	1.43g
Protein	1.2g
Salt	< 0.01g

Nutritional Information

Energy	rei ioog
Energy KCal	59 KCal
KJ	250 Kj
Fat	1.13g [°]
of which saturated	0.43g
Carbohydrates of which sugar	6.82g
of which sugar	1.83g
Fibre	1.39g
Protein	5.89g
Cal+	< 0.Ŏ1a

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

Energy	Per 100g
Energy KCal	57KCal
KJ	263Ki
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





THU 17th

VEG NAVARIN

Ingredients: Potatoes, carrots, chopped tomatoes, swede, water, peas, onions,, olive oil



FRI 18th

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



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

22nd

VEGETABLE TUE CASSEROLE

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

WED 23rd

HUNGARIAN VEG

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

24th

VEG BREYANI &

Ingredients: Potatoes, carrots, peas, chopped tomatoes, water, onions, olive oil.

Nutritional Information Per 100g 54KCal 234Kj 0.91 of which saturated 0.26g Carbohydrates 6.9g 1.08 of which sugar 1.71g 1.46g Protein < 0.01g Salt

Nutritional Information

Nutritional Information

Fat of which saturated

Carbohydrates of which sugar

Fibre

Protein

Energy KCal

Fibre

Salt

Protein

of which saturated

Carbohydrates

Per 100g

42 KCal

176 Kj 0.83g

0.61g

16.02g 1.67g 1.27g

4.24g < 0.01g

Per 100g

46 KCal 194 Kj

0.83g

0.26g 11.27g

2.07g

1.74g 2.4g < 0.01g

FRI 25th

MON 28th

VEGETABLE PIE

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

VEG CASSEROLE & MASH

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

TUE 29th

VEGETABLE

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

Per 100g 57KCal 263Ki WED

0.86g 0.15g of which saturated 9.81g 2.52g 2.99g Carbohydrates 3.16g < 0.01g Protein

Nutritional Information

Nutritional Information

Energy	i ei ioog
Energy KCal	69 KCal
KJ	283 Kj
Fat	1.49g
of which saturated	0.65g
Carbohydrates of which sugar	7.39g
of which sugar	1.82g
Fibre	1.69g
Protein	5.06g < 0.01g
Salt	< 0.01g

Nutritional Information Per 100g **Energy** KCal 41 KCal 173 Kj 0.28g 0.15g 8.79g 2.37g 1.18g 1.42g < 0.01g Fat of which saturated Carbohydrates of which sugar Fibre **Protein** Salt

VEG CASSEROLE & MASH

30th

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

THU 31st

MIXED VEG WITH

Ingredients: Potatoes, carrots, butternut squash, water, peas, onions, apricots, 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 57KCal 263 Ki 0.86g Fat of which saturated 0.15g 9.81g 2.52g 2.99g 3.16g < 0.01g Carbohydrates of which sugar Fibre Protein Salt

Nutritional Info	ormation
Fneray	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
Calt	< ().()1a

Nutritional Information		
Energy	Per 100g	
Energy KCal	65KCal	
KJ	273Kj	
Fat	1.28g	
of which saturated	0.32g	
Carbohydrates of which sugar	15.24g	
of which sugar	1.94g	
Fibre	2.04g.	
Donatalia	4.05ã	

< 0.01a

< 0.01a.

Nutritional Information	
Energy	Per 100g
Energy KCal	72KCal
KJ	306Ki
Fat	0.7a
of which saturated	0.34g
Carbohydrates	11.27g
of which sugar	1.48g
Fibre	1.53g
Protein	5.81a

Salt

Salt

Nutritional Information	
Energy	Per 100g
Energy KCal	50 KCal
KJ	211 Kj
Fat	0.93g
of which saturated	0.22g
Carbohydrates	9.71g
of which sugar	2.86g
Fibre	1.88g
Protein	1.46g
Salt	< 0.01a





WED 2nd

FRI

4th

MON

7th

8th

DINNERS

HSE/ FSAI Approval no

4018

FC.

JANUARY 2019

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

MEATBALLS GRAVY. MASH

THU Ingredients: Potatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, **Wheat protein**, lemon peel, oragano, salt, chillies, chilli 3rd powder, blackpepper. seasoning (salt, onion powder, soya fibre, dextrose, starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid,

Ingredients in bold script contain allergens; gluten, soya and sulphor dioxide

Hydrolysed soya protein, natural flavouring), mixed vegetables, gravy (potato garlic) carrots

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

BEEF CURRY & RICE

Ingredients: Rice, beef (Irish), carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, 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, (garlic, citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chilli powder, blackpepper. carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil

Ingredients in bold script contain allergens; gluten

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

9th 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

Nutritional Information

10th

FRI

11th

MON

14th

TUE

15th

WED

16th

Energy KCal KJ 116 KCal 487 Ki 1.82g 0.35g Fat of which saturated 29.87g 2.28g Carbohydrates of which sugar 1.67g 13.46a Proteir Salt 0.04a

Nutritional Information

Energy	rei ioog
Energy KCal	84KCal
KJ	355 Kj
Fat	2.68g
of which saturated	1.14g
Carbohydrates	12.15g 1.08g
of which sugar	1.08g ̃
Fibre	1.11g
Protein	3.57g
Salt	0.07g

Nutritional Information

Energy	Per 100g
Energy KCal	141KCal
KJ	597 Kj
Fat	3.74a
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	Per 100g
KCal	120KCal
KJ	504Kj
Fat	2.71g
of which saturated Carbohydrates of which sugar Fibre Protein Salt	1.25g 17.29g 1.01g 1.3g 5.68 0.01g

Nutritional Information

Energy	Per 100g
Energy KCal	182 KCal 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	i ei ioog
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

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

SAUSAGE. WAFFLES & L.D. BEANS

Ingredients: Potatoes, 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

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,

PASTA WITH TOMATO & BASIL & GOUJONS

Ingredients: Durum wheat pasta, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil. chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil, salt.

Ingredients in bold script contain allergens: gluten.

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

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 125 KCal 530 Kj 2.71g Fat of which saturated 1.23g 34.85g 3.55g 1.99g 9.15g 0.04g **Carbohydrates** of which sugar Fibre Protein

Salt

Fibre

Salt

Protein

Nutritional Information

Nutritional Information	
Energy	Per 100g
Energy KCal	76 KCal
KJ	321 Kj
Fat	1.37g [°]
of which saturated	0.59g
Carbohydrates	10.3Žq
of which sugar	1.14g ̃
Fibre	1.1g
Protein	4.66g
Salt	< 0.01g

Nutritional Information		
Fnergy	Per 100g	
Energy KCal	130KCal	
KJ	519 Kj	
Fat	1.18g	
of which saturated	0.80g	
Carbohydrates	23.13g	
of which sugar	6 68a č	

1.02g 6.94g

0.31a

Nutritional Information	
Energy	Per 100g
Energy KCal	111KCal
KJ	471Ki
Fat	2.7g [*]
of which saturated	0.35a
Carbohydrates	33.71a
of which sugar	2.68g
Fibre	1.87g
Protein	7.74g
e 1.	< 0.01a

Nutritional Information	
Energy	Per 100g
Energy KCal	120 KCal
KJ	505 Ki
Fat	3.6g ²
of which saturated	0.8g
Carbohydrates of which sugar	14.96g
of which sugar	1.8g
Fibre	1.55g
Protein	5.06g
C-la	0.04°a





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SAUSAGE. WAFFLES & L.D. BEANS

Ingredients: Potatoes, Sausage (pork 74% Rusk (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, 17th 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

FISH FINGERS, MINI ROAST & PEAS

FRI 18th

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 &

PASTA BOLOGNAISE

MON **21st**

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

TUE

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, 22nd 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 WED 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

CHICKEN GOUJONS. MINI THU WAFFLES, PEAS & CORN

24th Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil. Peas, Corn.

Per 100g **Energy** KCal KJ 76 KCal 321 Ki Fat of which saturated 1.37g[°] 0.59g 10.32g Carbohydrates

1.14g

1.1g 4.66g

< 0.01a

Per 100a

89 KCal

376 Kj 1.29g 0.61g 16.02g

1.67g

1.27g

4.24g < 0.01g

Per 100g 141KCal

597 Kj

3.74g 1.6g

10.32g 2.88

1.29g

7.27g

< 0.01a

Per 100g 117KCal 491Kj 1.41g

0.74g

0.84g

1.18g 10.42g

Per 100g

76 KCal

321 Kj 1.37g

0.59g 10.32g

1.14g

4.66g < 0.01g

Per 100g 155 KCal

649 Ki

6.13g 0.64g

19.44g 1.23g 2.04g 5.77g 0.27g

1.1g

16.74g

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Fibre

Salt

Protein

Energy KCal

of which saturated

Fat of which saturated

Fat of which saturated

Carbohydrates of which sugar

Fibre

Fat of which saturated

Fibre

Salt

Protein

Carbohydrates of which sugar

Fat of which saturated

Carbohydrates of which sugar

Fibre

Protein

Protein

Carbohydrates

Fibre

Salt

Protein

Carbohydrates of which sugar

Fat

Fibre

Salt

Protein

FRI 25th

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

FISH CAKES, SAUTÉ, CARROT

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

MON 28th

TURKEY KORMA

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, salt.

Ingredients in bold script contain allergens; mustard

TUE 29th

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

PASTA WITH CHICKEN

Ingredients: Durum wheat pasta, chicken, tomatoes, carrots, **30th** maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

Ingredients in bold script contain allergens; gluten

THU **31st**

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

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

Energy KCal KJ 139KCal 585 Kj 4.53g Fat of which saturated 0.53g 20.19g 1.46g 2.23g 3.54g 0.05g Carbohydrates of which sugar Fibre Protein Sal+

Nutritional Information

Per 100g

Nutritional Information

Energy	
Energy KCal	119KCa
KJ	499 Kj
Fat	3.1g ´
of which saturated	1.94g
Carbohydrates	17.28g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04g

Nutritional Information

Energy	rer ruug
Energy KCal	84 KCal
KJ	445 Kj
Fat	1.76a
of which saturated	0.63g
Carbohydrates	10.85g
of which sugar	1.31g
Fibre	1.46g
Protein	5.04g
Salt	0.01g

Nutritional Information

Per 100g
120KCa
480 Kj
1.45g´
0.27g
37.25g
2.69g
2.04g
11.78g
0.04g

Nutritional Information

Engrav	Per 100
Energy KCal	120 KCa
KJ	546 Kj
Fat	3.99g
of which saturated	0.61g
Carbohydrates	11.93g
of which sugar	0.88g
Fibre	1.09g
Protein	9.26g
Salt	0.24g

All beef used is of Irish origin

Unit 2 Rathdrum Enterprise Centre, Corballis Upper, Rathdrum,



MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Co Wicklow



JANUARY 2019

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

MEATBALLS GRAVY. MASH

THU 3rd

WED

2nd

FRI

4th

MON

7th

TUE

8th

Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, **Wheat protein**, lemon peel, oragano, salt, chillies, chilli powder, blackpepper, 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,

Ingredients in bold script contain allergens; gluten, soya and sulphor dioxide

Ingredients: Durum wheat pasta, beef (Irish), tomatoes, tomato

puree, carrots, spinach, onions, courgettes, water, potato starch,

PASTA BOLOGNAISE

Ingredients in bold script contain allergens; gluten

Ingredients in bold script contain allergens; mustard

Ingredients: Durum wheat pasta 42%, chopped tomatoes,

meatballs 17% [pork 39%,beef 39%, rusk (wheat flour, salt,

peel, oragano, salt, chillies, chilli powder, blackpepper. carrots,

peppers, tomato puree, water, onions, olive oil, garlic, basil

(garlic,citric Acid E330) Parsley, Wheat protein,lemon

Ingredients in bold script contain allergens; gluten

BEEF CURRY & RICE

Ingredients: Rice, beef (Irish), carrots, water, peas, swedes, onions,

olive oil, potato starch, tomato puree, coriander, cumin, mustard

seed, black pepper, fenugrek, cardamon, turmeric, chilli powder,

olive oil, salt, oregano, garlic.

ginger, garam masala, garlic puree, salt.

MEATBALLS IN

raising agent E503)Sova protein, garlic puree.

Nutritional Information

Energy KCal KJ 116 KCal 487 Ki 1.82g 0.35g Fat of which saturated Carbohydrates 1.67g 13.46a Proteir Salt 0.04g

Per 100g **Energy** KCal KJ 84KCal 355 Ki Fat 2.68g 1.14g of which saturated Carbohydrates of which sugar 12.15g 1.08g 1.11g Fibre Protein 3.57a Salt 0.07g

Nutritional Information

Nutritional Information

Per 100g **Energy** KCal KJ 141KCal 597 Kj 3.74g 1.6g of which saturated Carbohydrates 10.32g 2.88 Fibre 1.29g **Protein** 7.27g < 0.01g Salt

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

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

COD PROVENCAL & RICE

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

Ingredients in bold script contain allergens; fish

MEXICAN CHICKEN

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

PASTA WITH TOMATO & BASIL & GOUJONS

Ingredients: Durum wheat pasta, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil. chopped tomatoes, tomato puree, onion, water, potato starch, garlic,

Ingredients in bold script contain allergens; gluten.

TURKEY CASSEROLE & 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

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

3.55g 1.99g 9.15g 0.04g Salt

Nutritional Information

Nutritional Information

125 KCal 530 Kj

2.71g 1.23g 34.85g

Energy KCal

Fibre

Protein

Fat of which saturated

Carbohydrates

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	0.04g

Nutritional Information

Energy	Lei 100ê
Energy KCal	109KCa
KJ	463 Kj
Fat	1.54g [°]
of which saturated	0.82g
Carbohydrates of which sugar	17.65g
of which sugar	1.45g ¯
Fibre	1.3g ¯
Protein	6.81g 0.04g
Salt	0.04g

Nutritional Information

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

Energy	Per 100g
Energy KCal	120 KCal
KJ	505 Kj
Fat	3.6g [*]
of which saturated	0.8g
Carbohydrates of which sugar	0.8g 14.96g
of which sugar	1.8g ~
Fibre	1.55g
Protein	5.06g
	0.04~

quaranteed

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

[Turkey (seasoning onion, salt & pepper)] gravy (potato starch, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil,

9th Ingredients: Potatoes(potatoes, sunflower oil) Turkey Burger riceflour, salt, sugar, caramlised sugar, maltodextrin, yeast extract, citric acid, garlic), peas

29.87g 2.28g

10th

FRI

11th

MON

14th

TUE

15th

WED

16th

Energy	Per 100g
Energy KCal	120 KCal
KJ	505 Kj
Fat	3.6g ´
of which saturated	0.8g
Carbohydrates of which sugar	14.96g
of which sugar	1.8g
Fibre	1.55g
Protein	5.06g
C-la	0.04a



17th

LAMB NAVARIN

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.

HSE/FSAI Approval no 4018 EC

FRI 18th

FISH FINGERS, MINI ROAST & PEAS

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

Ingredients in bold script contain allergens; fish &

PASTA BOLOGNAISE

MON **21st**

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

Ingredients in bold script contain allergens: gluten

TUE

TURKEY CURRY

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, 22nd 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 **WED** 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

CHICKEN GOUJONS. MINI THU WAFFLES, PEAS & CORN

24th Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil. Peas, Corn.

Nutritional Information Per 100a **Energy** KCal 77 KCal Fat of which saturated 3.6g 0.8g 14.96g Carbohydrates of which sugar 1.8g 1.55g 5.06g Fibre Protein 0.04aSalt

Nutritional Information Per 100a

89 KCal 376 Ki 1.29g 0.61g 16.02g 1.67g 1.27g Fat of which saturated Carbohydrates Fibre Protein 4.24g < 0.01g Salt

Nutritional Information

Energy KCal KJ Fat	Per 100g 141KCal 597 Kj 3.74g
of which saturated	1.6g ̃
Carbohydrates of which sugar	10.32g 2.88
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

Nutritional Information

Energy	1 61 1009
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	0.04g

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 T
Fibre	1.1g
Protein	4.66g
Salt	< 0.01g

Nutritional Information

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

FISH CAKES, SAUTÉ, CARROT

25th

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

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

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree,

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 KORMA

BEEF CASSEROLE

MON

28th

TUE

29th

Nutritional Information

Nutritional Information

Energy KCal KJ

Fibre

Sal+

Protein

Fat of which saturated

Carbohydrates of which sugar

Per 100g

139KCal

585 Kj 4.53g

0.53g 20.19g 1.46g 2.23g 3.54g 0.05g

Energy	Per 100g
Energy KCal	119KCal
KJ	499 Kj
Fat	3.1g [*]
of which saturated	1.94g
Carbohydrates of which sugar	17.28g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04̃g

garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, salt. Ingredients in bold script contain allergens; mustard

Nutritional Information

Energy	rer 100g
Energy 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

Fibre

Fat of which saturated

Carbohydrates of which sugar

Per 100a

120KCal 480 Kj

1.45g 0.27g 37.25g

PASTA WITH CHICKEN

WED **30th**

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

Ingredients in bold script contain allergens; gluten



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

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

2.69g 2.04g 11.78g Protein 0.04a Salt

Nutritional Information	
Energy	Per 100g
KCal	120 KCal
KJ	546 Kj
Fat	3.99g
of which saturated	0.61g
Carbohydrates	11.93g
of which sugar	0.88g
Fibre	1.09g
Protein	9.26g
Salt	0.24g

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





Approval no 4018 FC.

JANUARY 2019

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

WED

2nd

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, brandbeans, 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

WED

9th

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

SWEET POTATO & VEG 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.

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 0.04g Fibre

Protein

Salt

Salt

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

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

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

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

Nutritional Information

Tauti tional information	
Energy	Per 100g
Energy KCal	111KCal
KJ	466 Kj
Fat	3.17g´
of which saturated	0.51ğ
Carbohydrates	20.148g
of which sugar	2.03g
Fibre	1.67g
Protein	4.03g
Salt	0.04g

VEG PASTA BAKE

THU 10th Ingredients: Durum wheat pasta (milk),, tomatoes, tomato puree, carrots, water, milk, peppers, onions, lentils, spinach, courgettes, flour, butter, potato starch, olive oil, garlic, basil

Ingredients in bold script contain allergens; gluten and milk

VEG FINGERS, WAFFLES, L.D BAKED BEANS

FRI

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

SWEET & SOUR VEG WITH RICE

MON Ingredients: Rice, Sweet & sour sauce (water, vinegar, tomato, **14th** modified maize starch, bell pepper paste (concetrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: quer gum, spices, flavourings, xanthan gum, paprika concentrate, salammoniac) sweet potato, carrot, peppers, corn kernels, Onion,

BROCCOLI & CORN PASTA BAKE

TUE

Ingredients: Durum wheat pasta, tomatoes, broccoli, water, 15th carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter (milk), olive oil, onions, potato starch, garlic, basil,

Ingredients in bold script contain allergens; gluten and milk

WED 16th

VEGETABLE CASSEROLE & 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.

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 316 Kj 1.5g 0.34g 16.99g 1.95g 2.2g 4.4g < 0.4g Carbohydrates of which sugar Protein

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

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

Nutritional Information	
Fnergy	Per 100g
Energy KCal	109KCal
KJ	463 Kj
Fat	1.54g
of which saturated	0.82g
Carbohydrates of which sugar	17.65g
	1.45g [*]
Fibre	1.3g T
Protein	6.81g
Salt	0.04g

Nutritional Information		
Energy	Per 100g	
Energy KCal	111KCal	
KJ	466 Kj	
Fat	3.17g	
of which saturated	0.51g	
Carbohydrates	20.148g	
of which sugar	2.03g	
Fibre	1.67g	
Protein	4 03a	

< 0.04a





DINNERS

HSE/ FSAI Approval no

> FRI 4018 FC. 18th

THU

17th

21st

TUE

22nd

23rd

THU 24th 2019

VEGETABLE NAVARIN

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 (corriander, sage leaf), sunflower oil, citric acid, garlic)

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 **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

BUTTERNUT SQUASH

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

HUNGARIAN WED GOULASH & SAUTÉ

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

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, fenugrek, cardamon, turmeric, chilli powder, ginger, salt.

Ingredients in bold script contain allergens; Mustard

Nutritional Information	
Energy	Per 100g
KCal	75 KCal
KJ	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

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Fat

Fibre

Salt

Protein

of which saturated

Fat of which saturated

of which saturated

Carbohydrates

Fibre

Protein

Energy KCal

Fibre

Protein

Energy KCal

Fibre

Salt

Protein

Carbohydrates

Fat of which saturated

Carbohydrates

Carbohydrates of which sugar

Fibre

Protein

Carbohydrates

of which sugar

Per 100a

419 Ki 1.18g 0.21g 34.44g

3.45g 2.09g 8.27g

Per 100g

141KCal 597 Kj

3.74g 1.6g

10.32g 2.88

1.29g 7.27g 0.04g

Per 100g

107KCal 453K 3.6g 1.6g 16.00g

3.3g 1.2g 1.9g 0.04g

Per 100a

92KCal 389 Kj

2.24g 0.37g 17.31g

1.71g 2.36g 3.13g 0.04g

Per 100a

79 KCal

335 Ki

0.83g 0.61a

18.84g

1.383

3.45g

0.04a

25th

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

Ingredients: Rice, coconut milk, butternutsquash, peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, garlic, coriander, cumin, mustard seed, black pepper, fenugrek, 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 (corriander, 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

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

Ingredients in bold script contain allergens; mustard

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

2.55g Salt

Fat of which saturated

Carbohydrates of which sugar

Fibre

Protein

Nutritional Information

Per 100a

75KCal 316 Ki

2.03g 0.82g 12.32g 1.94g 1.87g

Energy	Per 100g
Energy KCal	112 KCal
KJ	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

Nutritional Information

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

Nutritional Information

Energy	rer loug
Energy KCal	75KCal
KJ	316 Kj
Fat	1.5g ¹
of which saturated	0.34a
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Cola	0 04a

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





STIR FRIED BEEF

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

PENNE IN TOMATO THU & BASIL SAUCE

3rd Ingredients: Durum wheat pasta, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil.

Ingredients in bold script contain allergens; gluten



4th

MEDITERRANEAN

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

MEATBALL HASH

MON 7th

Ingredients: Saute potatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic, citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chilli powder, blackpepper. peppers, corn, onions, peas, olive oil, sunflower oil, garlic, chives.

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

TUE 8th

BEEF PILAF

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

JANUARY 2019

Ingredients: Durum wheat macaroni 43%, milk, water, wheat flour, white & red cheddar cheese [milk, salt, starter culture. **9th** vegetable rennet, potato starch, colouring (annatto)], onions,

MACCARONI & CHEESE

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

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

Nutritional Information Per 100g

Energy KCal KJ 149 KCal 635 Ki Fat of which saturated 2.04g 0.3g 27.69g 3.14g Carbohydrates Fibre 1.89g Protein 4.87g Salt 0.02q

Nutritional Information

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

Nutritional Information

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

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

CREAM OF VEGETABLE SOUP

10th Ingredients: Water, carrot, swede, French beans, broad beans, potatoes, peas, onion, garlic, potato starch, salt.

MEATBALL HASH

FRI 11th

Ingredients: Saute potatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chilli powder, blackpepper.peppers, corn, onions, peas, olive oil, sunflower oil, garlic, chives.

Ingredients in bold script contain allergens; gluten, celery

CURRIED CHICKEN

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

Ingredients in bold script contain allergens; mustard

BEEF RAGU & MINI ROAST

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

PASTA NAPOLI

WED 16th 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

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

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

Nutritional Information

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

Nutritional Information

Energy	1 01 1009
Energy KCal	111 KC
KJ	467 Kj
Fat	3.46g
of which saturated	0.94ğ
Carbohydrates	13.69g 0.89g
of which sugar	0.89g~
Fibre	1.88g
Protein	6.94g
Salt	0.01g

Nutritional Information

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

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





STIR FRIED BEEF & RICE

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

FRI & WA

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.



MON 21st

TUE

22nd

THU 17th

MEDITERRANEAN RICE

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

FISH FINGERS & SAUTÉ

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

Ingredients in bold script contain allergens; fish and gluten.

WED 23rd

TURKEY PILAF

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

JANUARY 2019 MENU

THU 24th

PENNE WITH STIRFRIED VEGETABLES

Ingredients: **Durum wheat pasta,** peppers,peas,corn, onion, olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten

Nutritional Information

Per 100a

| Energy | 165 KCal | KJ | 690 Kj | Fat | 7.97g | 67 which saturated | 17.32g | 67 which sugar | 162g | Fibre | 1.62g | Frotein | 5.38g | Salt | 0.01g |

FRI 25th

CURRIED CHICKEN & RICE

Ingredients: Rice, chicken, peppers,corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

MACCARONI &

CHEESE

Nutritional Information Per 100g

 Energy
 Fel Young

 KCal
 147 KCal

 KJ
 618 Kj

 Fat
 5.6g

 of which saturated
 0.63g

 Carbohydrates
 21.68g

 of which sugar
 1.4g

 Fibre
 1.42g

 Protein
 2.58g

 Salt
 0.38g

MON 28th

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)

Nutritional Information

 Energy
 Per 100g

 KCal
 148 KCal

 KJ
 623 Kj

 Fat
 7.13g

 of which saturated
 1,44g

 Carbohydrates
 0,91g

 Fibre
 1,82g

 Protein
 2,68g

 Salt
 0,02g

TUE 29th

TURKEY PILAF

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

Nutritional Information

| Energy | Fee 180g |

2.13g 0.19 g 17.64g 0.65g 1.04g 4.39g

Nutritional Information

Nutritional Information

Energy

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar Per 100a

256 KCal 1088 Ki

7.08g 0.99g

40.13g 2.15g

6.2g

2.76g

0.01g

THU 31st

MEATBALL HASH

Ingredients: Saute potatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic, citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chilli powder, blackpepper.peppers, corn, onions, peas, olive oil, sunflower oil, garlic, chives.

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

CURRIED CHICKEN & RICE

Ingredients: Rice, chicken, peppers,corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

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

| The color of the

Nutritional Information

Salt

0.01g

| Energy | KCal | 147 KCal | 149 KCal | 149

Nutritional Information

Energy	Per 100g
Energy KCal	93 KCal
KJ	394 Kj
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

 KCal
 115 KCal

 KJ
 481 Kj

 Fat
 0.6g

 Of which saturated
 0.6g

 Carbohydrates
 14.92g

 of which sugar
 1.42g

 Fibre
 2.67g

 Protein
 2.62g

 Salt
 0.4q

Nutritional Information Frequency Per 100g

| Energy | KCal | 111 KCal | KCal | KCal | Kar |





Approval no

4018

EC

STIR FRIED BEEF

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



PENNE IN TOMATO THU & BASIL SAUCE

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

Ingredients in bold script contain allergens; gluten



MEDITERRANEAN

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

7th

MON VEGETABLE HASH

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

BEEF PILAF

TUE 8th

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

JANUARY

2019

MACCARONI & WED CHEESE

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

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

Nutritional Information Per 100g 165 KCal 690 Ki Fat of which saturated 7.97g 1.93g 17.32g 0.38g Carbohydrates 1.62g Protein 5.38a 0.01g

Nutritional Information

Per 100g
149 KCal
635 Kj
2.04g
0.3g
27.69g 3.14g
3.14g~
1.89g
4.87g
0.02g

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

CREAM OF **VEGETABLE SOUP**

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

Nutritional Information

Fat of which saturated

Carbohydrates of which sugar

Energy KCal KJ

Protein

Salt

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

Nutritional Information

Nutritional Information

Per 100g

31 KCal 131 Kj

0.6g 0.22g

4.88g 0.99g

1.67g

1.65g

0.04g

Per 100g

111 KCal 467 Kj

3.46g 0.94g

1.88g

FRI 11th

VEGETABLE HASH

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

CURRIED CHICKEN

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

Ingredients in bold script contain allergens; mustard

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.

Carbohydrates of which sugar 13.69g 0.89g Fibre 6.94g Protein Salt 0.01g

Fat of which saturated

Nutritional Information

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

PASTA NAPOLI

WED 16th 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

Nutritional Information

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

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





STIR FRIED BEEF

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



FRI 18th

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.



MEDITERRANEAN

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

BUTTERNUT SQUASH & SWEET POTATO SOUP

TUE Ingredients: Ingredients: Sweet potato, butternut squash, **22nd** water, carrot, onion, garlic, parsley, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

WED **23rd**

TURKEY PILAF

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

PENNE WITH STIRFRIED THU VEGETABLES

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

Ingredients in bold script contain allergens; gluten

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

25th Ingredients: Rice, chicken, peppers, corn, onions, olive oil,

CURRIED CHICKEN

garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek. cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

Per 100g 147KCal 618 Kj

Fat of which saturated 5.6g 0.63a Carbohydrates of which sugar 21.68g 1.4g 1.42g 2.58g Fibre Protein 0.38a

Nutritional Information

Energy KCal

MON **28th**

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)

Nutritional Information Per 100g

Energy KCal 148 KCa 623 Ki 7.13g 1.44a of which saturated Carbohydrates 19.6g 0.91g 1.82g Fibre 2.68g 0.02a

Nutritional Information

Nutritional Information

Energy KCal KJ

Fibre

Salt

Protein

Fat of which saturated

of which saturated

Carbohydrates

Fibre

Protein

Carbohydrates

Per 100g

54 KCal 227 Ki

13.67g 1.7g

1.73g

1.27g 0.01a

Per 100g

93 KCal

394 Kj

1.05g 0.22g

36.16g 3.6g

2.31g

6.74g

< 0.01g

0.1g 0.1g

TUE 29th

VEGETABLE SOUP

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

30th

VEGETABLE HASH

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

THU 31st

CURRIED CHICKEN

Ingredients: Rice, chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek. cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

Nutritional Information

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

Nutritional Information Per 100a

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information Per 100a Energy

KCai KJ	111 KCa 467 Kj
Fat of which sa	
Carbohyd of which su	rates 13.69g <i>igar</i> 0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g





WED STIR FRIED BEEF and & RICE

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



Ingredients: Butternut Squash, lentils, peas, water.

4th

MEDITERRANEAN FRI RICE

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

MON 7th

BUTTERNUT SQUASH

Ingredients: Butternut Squash, lentils, peas, water.

BEEF PILAF

TUE Ingredients: Rice, beef (Irish), tomatoes, tomato puree, **8th** carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

JANUARY 2019

WED MANGO & PEAR 9th PUDDING

Ingredients: Mango, pear, water.

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

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

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

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

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

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

CREAMED MIXED VEGETABLES

10th Ingredients: Water, carrot, sweed, french beans, broad beans, potatoes, peas, onion, potato starch.

FRI 11th

THU

Ingredients: Butternut Squash, lentils, peas, water.

CHICKEN, VEG & RICE

14th

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

TUE 15th

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

WED 16th

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT **TO CHANGE**

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

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

Nutritional Info	ormation
Fneray	Per 100g
Energy KCal	47 KCal
KJ	197 Kj
Fat	0.31g 0.24g
of which saturated	
Carbohydrates of which sugar	17.12g 1.83g
Fibre	2.17g
Protein	5.09g
e ii	224

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

Nutritional Information	
Energy	Per 100g
Energy KCal K.J	47 KCal 197 Ki
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







THU 17th

STIR FRIED BEEF & RICE

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



FRI 18th

BEANS & MASH

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



MON **21st**

MEDITERRANEAN

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

22nd

Ingredients: Butternut Squash, Sweet potato & Water.

23rd

WED TURKEY PILAF

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



Ingredients: Apple, Pear, water.

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

11g 2.63g

14.11g 2.63g

3.19g

1.89g

0.09a

19.6g 0.91g

1.82g

2.68a

0.02g

Per 100g

54 KCal 227 Kj

13.67g 1.7g

1.73g

1.27g 0.01g

Per 100g

34 KCal 146 Kj

0.08g 0.04g

8.46g 8.33g

0.28g

2.76g

0.01g

Energy KCal KJ

of which saturated

Nutritional Information

Nutritional Information

Carbohydrates of which sugar

Fat

Fibre

Salt

Protein

Energy KCal KJ

Fibre

Salt

Protein

Energy KCal KJ

Fibre

Salt

Protein

Energy KCal KJ

of which saturated

Carbohydrates

Fat

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates

Carbohydrates of which sugar

FRI 25th

28th

CHICKEN, VEG

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

Fat of which saturated 3.46g 0.94g Carbohydrates of which sugar 13.69g 0.89g 1.88g Protein 6.94g Salt 0.01g

Nutritional Information

Nutritional Information

111 KCal 467 Kj

Per 100g

147 KCal 9.12 Kj

5.36g 10.94g

2.52g 0.43g

6.14g

0.93g

0.23g

Per 100g

65 KCal 271 Kj

11g 2.63g

14.11g 2.63g

3.19g

1.89g

0.09g

Energy KCal

Nutritional Information Per 100g **MANGO & PEAR** 65 KCal 271 Kj MON

Ingredients: Mango, pear, water.

Energy KCal Fat of which saturated Carbohydrates of which sugar

Nutritional Information

Fibre

Salt

Protein

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

Nutritional Information

Fat of which saturated

Carbohydrates of which sugar

Fibre

Protein

Per 100g **CREAMED MIXED** 148 KCal 623 Kj VEGETABLES TUE 29th Fat of which saturated 7.13g 1.44g

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

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

Nutritional Information

rei ioog
93 KCal
394 Ki
1.05g [°]
0.22g
36.16g
3.6g
2.31g
6.74g
< 0.01g

Nutritional Information

THU 31st

WED

30th

CHICKEN, VEG & RICE

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

Nutritional Information

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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







BEEF PATTI IN GRAVY WITH MASHED POTATŒS & PEAS

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, soya 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		
Energy	Per 100g	
KCal	97 KCal	
KJ	409 Kj	
Fat	2.15g	
of which saturated	0.16g	
Carbohydrates	16.22g	
of which sugar	1.07g	
Fibre	1.77.g	
Protein	3.71g	
Salt	0.03g	

SAUSAGES, MINI WAFFLES MIXED VEGETARI FS

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 l.67g l.27g Protein Salt



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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

