

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

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

10th

### CREAM OF VEGETABLE SOUP

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

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

**Nutritional Information** 

3rd

## 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

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

**Nutritional Information** 

**Nutritional Information** 

**Nutritional Information** 

of which saturated Carbohydrates

0.02g

Per 100g

148 KCal 623 Ki

7.13g 1.44g

19.6g 0.91g

1.82g

2.68g

0.02a

Per 100g

115 KCal 481 Kj 4.73g 0.6g

14.92g 1.42g

2.67g

2.62g

0.4q

Per 100g

113 KCal

477Kj

2.32g

1.11g 16.58g

0.2.19g

5.7g. < 0.01g.

1.36g

Salt

Fibre

Salt

Fat

Fibre

Salt

Protein

of which saturated Carbohydrates

of which saturated

Carbohydrates

of which sugar

Fibre

Salt

Protein

**Protein** 

**Nutritional Information** 

### FRI 11th

### **VEGETABLE HASH**

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

#### **Nutritional Information** 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

## **MEDITERRANEAN**

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

## **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

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

**Nutritional Information** 

7th

### **MON VEGETABLE HASH**

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

## **BEEF RAGU & MINI ROAST**

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

Nutritional information	
Energy	Per 100g
<b>Energy</b> KCal	120 KCal
KJ	505 Ki
Fat	3.6g <sup>°</sup>
of which saturated	0.8g

Carbohydrates 1.8g 1.85g 5.06g 0.04g Fibre Protein Salt

**BEEF PILAF** 

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

### 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 2.31g Fibre 6.74g < 0.01a Protein

### **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** 

Energy	Per 100g
<b>Energy</b> 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

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



Salt

# **JANUARY**



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,

### 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
<b>Energy</b> KCal KJ	165 KCal 690 Kj
<b>Fat</b> of which saturated	7.97g 1.93g
Carbohydrates of which sugar	17.32g 0.38g
Fibre	1.62g
Protein	5.38g
Salt	0.01a

**Nutritional Information** 

Energy KCal

Fibre

Protein

**Energy** KCal KJ

Eibre

Salt

Protein

Fat of which saturated

of which saturated

Carbohydrates

Fibre

Salt

**Energy** KCal

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates

Protein

Carbohydrates

Fat of which saturated

Carbohydrates of which sugar

## **CURRIED CHICKEN**

25th 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

#### Per 100g 147KCal 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

618 Kj

5.6g 0.63a

21.68g

1.4g 1.42g 2.58g

0.38a

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

Per 100a

256 KCal 1088 Kj

7.08g 0.99g

40.13g 2.15g

6.2g

2.76g

0.01g

< 0.01g

0.1g 0.1g

**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** 

**Nutritional Information** 

### 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

### 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 111 KCal 467 Ki Fat of which saturated 3.46g 0.94g

**Nutritional Information** 

Carbohydrates of which sugar 13.69g 0.89g Fibre 1.88g 6.94g Protein 0.01g Salt

### **Nutritional Information**

Energy	Per 100g
<b>Energy</b> KCal	147 KC
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	0.23g
	9

#### **Nutritional Information**

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

### **Nutritional Information**

Per 100g
115 KCa
481 Kj
4.73g
0.6g
14.92g
1.42g ̃
2.67g
2.62g
0.4g

#### **Nutritional Information** Per 100a Energy

KCai	TTTKC
KJ	467 Kj
Fat	3.46g 0.94g
of which saturated	
Carbohydrates of which sugar	13.69g 0.89g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g





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

### MED 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** Per 100g 165 KCal 690 Ki Fat of which saturated 7.97g 1.93a Carbohydrates 17.32g 0.38g 1.62g 5.38g 0.01g Salt

### **Nutritional Information**

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

#### **Nutritional Information**

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

### **Nutritional Information**

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

#### **Nutritional Information**

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

#### **Nutritional Information**

Energy	Per 100g
<b>Energy</b> KCal	147 KCal
KJ	9.12 Kj
Fat	5.36g
of which saturated	10.94g
Carbohydrates	2.52g 0.43g
of which sugar	
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**

⊏nergy	
KCal	31 KCal
KJ	31 KCal 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	0.042

#### **Nutritional Information**

Energy	rer roug
<b>Energy</b> KCal	115 KCal
KJ	481 Kj
Fat	4.73g
of which saturated	0.6g
Carbohydrates of which sugar	14.92g
	1.42g ̃
Fibre	2.67g
Protein	2.62g
Salt	0.4g
	ŭ

### **Nutritional Information**

Fnergy	rei ioog
<b>Energy</b> KCal	111 KCa
KJ	467 Kj
Fat	3.46g 0.94g
of which saturated	
Carbohydrates of which sugar	13.69g 0.89g
of which sugar	0.89g~
Fibre	1.88g
Protein	6.94g
Salt	0.01g

### **Nutritional Information**

Energy	Per 100g
<b>Energy</b> KCal	120 KCal
KJ	505 Kj
Fat	3.6g <sup>*</sup>
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

### **Nutritional Information**

Energy	Per 100g
<b>Energy</b> 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





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

FRI **25th** 

## 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** 

**Nutritional Information** 

**Nutritional Information** 

**Nutritional Information** 

Fat of which saturated

Carbohydrates of which sugar

Fibre

Salt

Protein

**Energy** KCal

Fibre

Salt

**Energy** KCal KJ

Fibre

Salt

Protein

Energy KCal KJ

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar

Fat of which saturated

Carbohydrates of which sugar

Protein

Fat of which saturated

Carbohydrates

Per 100a

147 KCal 9.12 Kj

5.36g 10.94g

2.52g 0.43g

6.14g

0.93g

0.23q

Per 100g

93 KCal 394 Ki

1.05g 0.22g 36.16g

3.6g 2.31g

6.74g

< 0.01q

Per 100a

115 KCal 481 Kj

4.73g 0.6g

14.92g 1.42g

2.67g

2.62g

Per 100g

3.46g 0.94g

13.69g 0.89g

1.88g

6.94g

0.01g

0.4a

### 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.

Nutritional Information	
Fnergy	Per 100g
<b>Energy</b> KCal	147KCal
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

**Nutritional Information** 

**Energy** KCal KJ

Fibre Protein

Salt

Fat of

Can of v

Pro

**Energy** KCal KJ

Fibre

Protein

Fat of which saturated

Carbohydrates

Fat of which saturated

Carbohydrates of which sugar

Per 100a

165 KCal 690 Kj

7.97g 1.93g 17.32g 0.38g 1.62g 5.38g

0.01g

### 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)



### MON **21st**

THU 17th

## **MEDITERRANEAN**

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

### **Nutritional Information** En KC KJ

arav	rei iuug
e <b>rgy</b> al	148 KCa 623 Kj
: which saturated	7.13g 1.44g
r <b>bohydrates</b> which sugar	19.6g 0.91g
re	1.82g
tein	2.68g
t	0.02g

### TURKEY PILAF

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

### **FISH FINGERS & SAUTÉ**

TUE **22nd** 

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.

### **Nutritional Information**

Thergy Cal Gal Tat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 103KCal 437Kj 2.13g 0.19 g 17.64g 0.65g 1.04g 4.39g < 0.01g.
ialt	< 0.01g.

**Nutritional Information** 

### WED **30th**

TUE

**29th** 

### **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.

## WED **23rd**

### TURKEY PILAF

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

# 93 KCal 394 Kj 1.05g 0.22g 36.16g 3.6g 2.31g

Per 100g

6.74g < 0.01g

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

# 2019

## PENNE WITH STIRFRIED

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

Ingredients in bold script contain allergens; gluten

### **Nutritional Information**

Energy	Per 100g
<b>Energy</b> KCal	256 KCal 1088 Kj
KJ	1088 Kj
Fat	7.08g
of which saturated	0.99ğ
Carbohydrates	40.13g 2.15g
of which sugar	2.15g~
Fibre	6.2g
Protein	2.76g
Salt	0.01g

### 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

