



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

TEA TIME



JULY 2019 MENU

MON 1st

L.D. BEANS & WAFFLES

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

TUE 2nd

CREAM OF VEGETABLE SOUP

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

WED 3rd

BEEF PILAF

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

THU 4th

CURRIED CHICKEN & SAUTÉ

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

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

FRI 5th

PASTA NAPOLI

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

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

MON 8th

MACCARONI & CHEESE

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

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

Nutritional Information

	Per 100g
Energy 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

	Per 100g
Energy KCal	26 KCal
KJ	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

Nutritional Information

	Per 100g
Energy KCal	113 KCal
KJ	477Kj
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.219g
Fibre	1.36g
Protein	5.7g
Salt	< 0.01g.

Nutritional Information

	Per 100g
Energy KCal	123 KCal
KJ	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

Nutritional Information

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

Nutritional Information

	Per 100g
Energy KCal	147 KCal
KJ	617 KJ
Fat	9.12g
of which saturated	5.36g
Carbohydrates	10.94g
of which sugar	2.52g
Fibre	0.43g
Protein	6.14g
Salt	0.23g

TUE 9th

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.

WED 10th

PENNE IN TOMATO & BASIL SAUCE

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

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

THU 11th

TURKEY PILAF

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

FRI 12th

BUTTERNUT SQUASH & SWEET POTATO SOUP

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

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

MON 15th

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.

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

Nutritional Information

	Per 100g
Energy KCal	104 KCal
KJ	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

Nutritional Information

	Per 100g
Energy KCal	101 KCal
KJ	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

Nutritional Information

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

Nutritional Information

	Per 100g
Energy 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





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TUE 16th

BUTTERNUT SQUASH & SWEET POTATO SOUP

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

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

WED 17th

TURKEY PILAF

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

THU 18th

CURRIED CHICKEN & SAUTÉ

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

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

FRI 19th

PASTA NAPOLI

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

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

MON 22nd

L.D. BEANS & WAFFLES

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

TUE 23rd

PENNE IN TOMATO & BASIL SAUCE

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

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

Nutritional Information

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

Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

Nutritional Information

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

	Per 100g
Energy	147 KCal
KCal	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

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

WED 24th

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.

THU 25th

CURRIED CHICKEN & SAUTÉ

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

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

FRI 26th

CREAM OF VEGETABLE SOUP

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

MON 29th

MACCARONI & CHEESE

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

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

TUE 30th

PENNE IN TOMATO & BASIL SAUCE

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

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

WED 31st

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.

Nutritional Information

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

Nutritional Information

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	147 KCal
KCal	617 KJ
Fat	9.12g
of which saturated	5.36g
Carbohydrates	10.94g
of which sugar	2.52g
Fibre	0.43g
Protein	6.14g
Salt	0.23g

Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
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Nutritional Information

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



All beef used is of
Irish origin

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



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**TEA TIME
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**JULY
2019
MENU**

**MON
1st**

L.D. BEANS & WAFFLES

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

**TUE
2nd**

SAUSAGE & SAUTÉ

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

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

**WED
3rd**

BEEF PILAF

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

**THU
4th**

CURRIED CHICKEN & SAUTÉ

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

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

**FRI
5th**

PASTA NAPOLI

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

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

**MON
8th**

MACCARONI & CHEESE

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

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

Nutritional Information

	Per 100g
Energy	147KCal
KCal	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

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

Nutritional Information

	Per 100g
Energy	113 KCal
KCal	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

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	93 KCal
KCal	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

	Per 100g
Energy	147 KCal
KCal	617 KJ
Fat	9.12g
of which saturated	5.36g
Carbohydrates	10.94g
of which sugar	2.52g
Fibre	0.43g
Protein	6.14g
Salt	0.23g

**TUE
9th**

FISH FINGERS & MINI ROAST

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 oil).

Ingredients in bold script contain allergens; **fish and gluten.**

**WED
10th**

PENNE IN TOMATO & BASIL SAUCE

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

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

**THU
11th**

TURKEY PILAF

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

**FRI
12th**

SAUSAGE & WAFFLES

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

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

**MON
15th**

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.

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	103KCal
KCal	437KJ
Fat	2.13g
of which saturated	0.19 g
Carbohydrates	17.64g
of which sugar	0.65g
Fibre	1.04g
Protein	4.39g
Salt	< 0.01g.

Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	146KCal
KCal	611KJ
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Nutritional Information

	Per 100g
Energy	147KCal
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Carbohydrates	21.68g
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**JULY
2019
MENU**

**TUE
16th**

FISH FINGERS & MASH

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 oil).

Ingredients in bold script contain allergens; **fish and gluten**.

**WED
17th**

TURKEY PILAF

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

**THU
18th**

CURRIED CHICKEN & SAUTÉ

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

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

**FRI
19th**

PASTA NAPOLI

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

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

**MON
22nd**

L.D. BEANS & WAFFLES

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

**TUE
23rd**

PENNE IN TOMATO & BASIL SAUCE

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

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

Nutritional Information

	Per 100g
Energy	103KCal
KCal	437Kj
Fat	2.13g
of which saturated	0.19g
Carbohydrates	17.64g
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Nutritional Information

	Per 100g
Energy	101 KCal
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Fat	1.23g
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Nutritional Information

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Energy	123 KCal
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Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

**WED
24th**

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.

**THU
25th**

CURRIED CHICKEN & SAUTÉ

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

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

**FRI
26th**

CREAM OF VEGETABLE SOUP

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

**MON
29th**

MACCARONI & CHEESE

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

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

**TUE
30th**

PENNE IN TOMATO & BASIL SAUCE

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

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

**WED
31st**

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

	Per 100g
Energy	120 KCal
KCal	505 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
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of which sugar	1.27g
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Protein	5.72g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

Nutritional Information

	Per 100g
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KCal	617 KJ
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Carbohydrates	10.94g
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Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

Nutritional Information

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



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



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

**TEA TIME
INFANT**



**JULY
2019
MENU**

MON 1st MIXED BEAN HOT POT

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

TUE 2nd CREAMED MIXED VEGETABLES

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

WED 3rd BEEF PILAF

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

THU 4th MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

FRI 5th MEDITERRANEAN VEG & SWEET POTATO

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

MON 8th STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

Nutritional Information

	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.84g
of which saturated	0.1g
Carbohydrates	9.86g
of which sugar	2.08g
Fibre	0.97g
Protein	2.19g
Salt	0.01g

Nutritional Information

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	113 KCal
KCal	477 KJ
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

	Per 100g
Energy	147 KCal
KCal	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

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

Nutritional Information

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

TUE 9th

BEEF RAGU & BUTTERNUT SQUASH

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

WED 10th

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

THU 11th

TURKEY PILAF

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

FRI 12th

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

MON 15th

MIXED BEAN HOT POT

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

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	58 KCal
KCal	241 KJ
Fat	1.7g
of which saturated	0.61g
Carbohydrates	6.24g
of which sugar	2.18g
Fibre	1.49g
Protein	3.87g
Salt	0.01g

Nutritional Information

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

Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

Nutritional Information

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

Nutritional Information

	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.84g
of which saturated	0.1g
Carbohydrates	9.86g
of which sugar	2.08g
Fibre	0.97g
Protein	2.19g
Salt	0.01g





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**TEA TIME
INFANT**



**JULY
2019
MENU**

**TUE
16th**

CREAMED MIXED VEGETABLES

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

**WED
17th**

TURKEY PILAF

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

**THU
18th**

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

**FRI
19th**

MEDITERRANEAN VEG & SWEET POTATO

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

**MON
22nd**

MIXED BEAN HOT POT

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

**TUE
23rd**

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

Nutritional Information

Energy	Per 100g
KCal	26 KCal
KJ	110 KJ
Fat	0.17g
<i>of which saturated</i>	0g
Carbohydrates	4.86g
<i>of which sugar</i>	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

Nutritional Information

Energy	Per 100g
KCal	101 KCal
KJ	434 KJ
Fat	1.23g
<i>of which saturated</i>	0.61g
Carbohydrates	16.79g
<i>of which sugar</i>	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

Nutritional Information

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

Nutritional Information

Energy	Per 100g
KCal	65 KCal
KJ	271 KJ
Fat	11g
<i>of which saturated</i>	2.63g
Carbohydrates	14.11g
<i>of which sugar</i>	2.63g
Fibre	3.19g
Protein	1.89g
Salt	0.09g

Nutritional Information

Energy	Per 100g
KCal	54 KCal
KJ	227 KJ
Fat	0.84g
<i>of which saturated</i>	0.1g
Carbohydrates	9.86g
<i>of which sugar</i>	2.08g
Fibre	0.97g
Protein	2.19g
Salt	0.01g

Nutritional Information

Energy	Per 100g
KCal	47 KCal
KJ	197 KJ
Fat	0.31g
<i>of which saturated</i>	0.24g
Carbohydrates	17.12g
<i>of which sugar</i>	1.83g
Fibre	2.17g
Protein	5.09g
Salt	0.01g

**WED
24th**

BEEF RAGU & BUTTERNUT SQUASH

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

**THU
25th**

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

**FRI
26th**

CREAMED MIXED VEGETABLES

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

**MON
29th**

STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

**TUE
30th**

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

**WED
31st**

BEEF RAGU & BUTTERNUT SQUASH

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

Nutritional Information

Energy	Per 100g
KCal	58 KCal
KJ	241 KJ
Fat	1.7g
<i>of which saturated</i>	0.61g
Carbohydrates	6.24g
<i>of which sugar</i>	2.18g
Fibre	1.49g
Protein	3.87g
Salt	0.01g

Nutritional Information

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

Nutritional Information

Energy	Per 100g
KCal	26 KCal
KJ	110 KJ
Fat	0.17g
<i>of which saturated</i>	0g
Carbohydrates	4.86g
<i>of which sugar</i>	0.46g
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Protein	1.43g
Salt	0.04g

Nutritional Information

Energy	Per 100g
KCal	34 KCal
KJ	146 KJ
Fat	0.08g
<i>of which saturated</i>	0.04g
Carbohydrates	8.46g
<i>of which sugar</i>	8.33g
Fibre	0.28g
Protein	2.76g
Salt	0.01g

Nutritional Information

Energy	Per 100g
KCal	47 KCal
KJ	197 KJ
Fat	0.31g
<i>of which saturated</i>	0.24g
Carbohydrates	17.12g
<i>of which sugar</i>	1.83g
Fibre	2.17g
Protein	5.09g
Salt	0.01g

Nutritional Information

Energy	Per 100g
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<i>of which saturated</i>	0.61g
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