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L D BEANS **MON & WAFFLES**

1st Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

CREAM OF VEGETABLE SOUP TUE

2nd Ingredients: Water, carrot, swede, French beans, broad beans, potatoes, peas, onion, garlic, potato starch.

WED **BEEF PILAF** 3rd

4th

FRI

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

CURRIED CHICKEN THU & SAUTÉ

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

Ingredients in bold script contain allergens: mustard

PASTA NAPOLI

Ingredients: Durum wheat pasta, chopped tomatoes, 5th tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic.

Ingredients in bold script contain allergens; gluten

MACCARONI & CHEESE

Ingredients: Durum wheat macaroni 43%, milk, water, wheat MON flour, white & red cheddar cheese [milk, salt, starter culture, 8th vegetable rennet, potato starch, colouring (annatto)], onions, butter.

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

Nutritional Information		
Energy KCal	Per 100g	
KCal K.J	147KCal	
	618 Kj	
Fat of which saturated	5.6g 0.63g	
Carbohydrates	21.68g	
of which sugar	1.4g	
Fibre	1.42g	
Protein	2.58g 0.38g	
Salt	0.369	

TUE

9th

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

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 KCal KJ	Per 100g 123 KCal
NJ	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	
Nutritional Into Energy KJ Fat of which saturated Carbohydrates of which sugar Fibre	Prmation Per 100g 93 KCal 394 Kj 1.05g 0.22g 36.16g 3.6g 2.31g
Protein Salt	6.74g < 0.01g

Nutritional Info	ormation
Energy	Per 100g
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

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.

PENNE IN TOMATO & BASIL WED SAUCE 10th

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

Ingredients in bold script contain allergens; gluten

TURKEY PILAF

THU Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, 11th basil, garlic.

BUTTERNUT SQUASH & SWEET POTATO SOUP

FRI Ingredients: Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, mustard seed, **12th** carrot, onion, game, parsiey, consister, carrot, and black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; mustard

L.D. BEANS & WAFFLES

MON Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced **15th** 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



	NGdi
	KJ
	Fat of which saturated
	Carbohvdrates
nto	of which sugar
	Fibre
	Protein
	Salt

Energy KCal KJ

Fibre Protein

Salt

Energy

Fat of which saturated

Carbohydrates

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

Nutritional Information

Nutritional Information

Per 100a

3.6g

1.8g 1.85g

5.06g 0.04g

Per 100g

0.289 32.29g 2.99g 2.2g 6.7g 0.02g

Nutritional Info	ormation
Energy	Per 100g
Energy KCal	54 KCal
KJ	227 Kj
Fat	0.1g 0.1g
of which saturated	
Carbohydrates of which sugar	13.67g 1.7g
Fibre	1.73g
Protein	1.27g
	1.279

Protein	1.27g
Salt	0.01g
Nutritiona	l Information
Energy	Per 100g
Energy KCal	147KCal
KJ	618 Kj
Fat	5.6a

21.680

2.580

Carbohydrates of which sugar

Fibre

Protein Salt



BUTTERNUT SQUASH & SWEET POTATO SOUP

Ingredients: Ingredients: Sweet potato, butternut squash, water, TUE carrot, onion, garlic, parsley, coriander, cumin, mustard seed, 16th black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, aarlic.

Ingredients in bold script contain allergens; mustard

TURKEY PILAF

WED Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, 17th basil, garlic.

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) chicken, peppers, corn, **THU** onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger. 18th

Ingredients in bold script contain allergens; mustard

PASTA NAPOLI

FRI Ingredients: Durum wheat pasta, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, 19th courgettes, onion, potato starch, olive oil, basil, garlic.

Ingredients in bold script contain allergens; gluten

L.D. BEANS & WAFFLES

MON Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced 22nd tomato, onion, garlic, tomato puree, water, paprika, sugar.

PENNE IN TOMATO & BASIL SAUCE

TUE Ingredients: Durum wheat pasta, chopped tomatoes, tomato **23rd** puree, onion, water, potato starch, garlic, basil.

Ingredients in bold script contain allergens; gluten

Nutritional Information	
Energy KCal	Per 100g
KCal 77 K.J	54 KCal 227 Kj
Fat	0.1g
of which saturated	0.1ğ
Carbohydrates of which sugar	13.67g 1.7g
Fibre	1.7g 1.73g
Protein	1.27g
Salt	0.01g

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

THU

Nutritional Information	
Energy	Per 100g
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	
Energy KCal 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 < 0.01g

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

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

BEEF RAGU & MINI ROAST

WED Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red 24th peppers, spinach, onions, potato starch, olive oil, garlic.

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, mustard seed, black 25th pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

FRI **CREAM OF VEGETABLE SOUP** 26th

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

MACCARONI & CHEESE MON

Ingredients: Durum wheat macaroni 43%, milk, water, wheat 29th 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)

PENNE IN TOMATO & BASIL TUE 30th SAUCE

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

Ingredients in bold script contain allergens; gluten

BEEF RAGU & MINI ROAST

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



WED

31st

1.8g 1.85g 5.06g Fibre Protein

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Nutritional Information

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

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

Nutritional Information

Energy	Per 100g
Energy KCal	147 KCa
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

Nutritional Information Per 100a Energy

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

Nutritional Information

Energy KCal

Salt

Carbohydrates

Per 100g

120 KCal 505 Kj

14.96g



MON L.D. BEANS & WAFFLES 1st

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

SAUSAGE & SAUTÉ

TUE Ingredients: Potatoes (sunflower oil) ,Sausage (pork 74% Rusk (Wheat flour, potato starch, pork protein extract, waterice 2nd (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 **BEEF PILAF** 3rd

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

THU 4th

FRI

5th

8th

CURRIED CHICKEN & SAUTÉ

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

Ingredients in bold script contain allergens; mustard

PASTA NAPOLI

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

Ingredients in bold script contain allergens: gluten

MACCARONI & CHEESE

MON 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	
Energy	Per 100g
Energy KCal	147KCal
	618 Kj
Fat	5.6g
	0.63g
Carbohydrates	21.68g
	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

TUE

9th

THU

11th

MON

15th

Nutritional Information

KJ 6111Kj 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.
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Nutritional Information	
Energy	Per 100g
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 Info	ormation	
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 123 KCal 518 Kj 3.7g 0.61g 15.94g 1.27g 2.31g 5.72g 0.04g	FRI 12th

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

Nutritional Information		
Energy	Per 100g	
Energy KCal	147 KCal	
Fat	9.12a	
	5.36g	
Carbohydrates	10.94g	
	2.52g	
Fibre	0.43g	
Protein	6.14g	
Salt	0.23g	

FISH FINGERS & MINI ROAS

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.

PENNE IN TOMATO & BASIL WED 10th SAUCE

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

Ingredients in bold script contain allergens; gluten

TURKEY PILAF

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

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.

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		
Energy	Per 100g	
KCal	103KCal	
KJ	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

Energy	Per 100g
Energy KCal	104 KCal
Fat	1.83g
	0.28g
Carbohydrates	32.29g 2.99g
	2.99g ⁻
Fibre	2.2g
Protein	
Salt	0.02g

Nutritional Info	rmation
Energy	Per 100g
Energy KCal	101 KCal
	434 Ki
Fat	1.23a
	0.61g
Carbohydrates	
	2.51a
Fibre	1.39g
Protein	6.68g

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

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





FISH FINGERS & MASH

Ingredients: Potatoes, Fish Fingers (cod, wheat flour, water, TUE potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, 16th vegetable oi).

Ingredients in bold script contain allergens; fish and gluten.

TURKEY PILAF

WED Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, 17th basil, garlic, salt.

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URRIED	CHICKEN	& SAUTÉ

Ingredients: Potatoes (sunflower oil), chicken, peppers, corn, THU onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, salt. 18th

Ingredients in bold script contain allergens; mustard

PASTA NAPOLI

Ingredients: Durum wheat pasta, chopped tomatoes, FRI tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic, salt. 19th

Ingredients in bold script contain allergens; gluten

L.D. BEANS & WAFFLES

MON Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract), Cannellini 22nd beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

PENNE IN TOMATO & BASIL SAUCE

TUE **23rd** Ingredients: Durum wheat pasta, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil salt.

Ingredients in bold script contain allergens; gluten

Nutritional Information		
Energy	Per 100g	
Energy KCal KJ	103KCal	
Fat	437Kj 2.13a	
of which saturated	0.19 a	
Carbohydrates of which sugar	17.64g	
Fibre	0.65g	
Protein	4 39a	
Salt	< 0.01q.	

Nutritional Information

Nutritional Information

Carbohydrates of which sugar

Fibre Salt

Energy

Fibre

Salt

Energy

Fibre

Fat

Fibre

Salt

Protein

Protein

Nutritional Informa-

Nutritional Information

Per 100g

Carbohydrates

Per 100c

Per 100g

BEEF RAGU & MINI ROAST

Ingredients: Potatoes, sunflower oil, beef (Irish), chopped WED tomatoes, water, tomato puree, carrots, sweetcorn, red **24th** peppers, spinach, onions, potato starch, olive oil, garlic, salt.

CURRIED CHICKEN & SAUTÉ

THU Ingredients: Potatoes (sunflower oil) , chicken, peppers,corn, onions, olive oil, garlic, coriander, cumin, mustard seed, black **25th** pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, salt.

Ingredients in bold script contain allergens; mustard

Carbohydrates Fibre Protein Salt **Nutritional Information** Per 100g Energy

Nutritional Information

Per 100g

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 Inf	ormation
Energy KCal	Per 100g 26 KCal 110 Kj
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	

Nutritional Info	ormation
Energy KCal	Per 100g
Fat	
	5.36a
Carbohydrates	10.94g
	2.52g
Fibre	0.43g
Protein	6.14g
Salt	

Nutritional	Information
	Per 100a

Energy	Per 100g
Energy KCal	104 KCal
Fat	1.83g
Carbohydrates	32.29g 2.99g
	2.99g ⁻
Fibre	
Protein	
Salt	

Nutritional Information

Energy KCal	Per 100g
	120 KCa
	505 Kj
Fat	
	0.8g
Carbohydrates	
	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

FRI **CREAM OF VEGETABLE SOUP** 26th

potatoes, peas, onion, garlic, potato starch, salt.

ACCARONI & CHEESE

dients: Durum wheat macaroni 43%, milk, water, wheat white & red cheddar cheese [milk, salt, starter culture, **29th** vegetable rennet, potato starch, colouring (annatto)], onions, butter.

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

TUE PENNE IN TOMATO 30th & BASIL SAUCE

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

BEEF RAGU & MINI ROAST 31st

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



MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

	M
MON	Ingre
OOLL	flour,

Nutritional Information Per 100g

WED

Per 100g

Ingredients in bold script contain allergens; gluten



Ingredients: Water, carrot, swede, French beans, broad beans,



MIXED BEAN HOT POT MON

Ingredients: Potato, beans, water, peppers, tomato 1st puree, onions, potato starch, olive oil, oregano.

CREAMED MIXED **TUE VEGETABLES**

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

BEEF PILAF WED

THU

4th

Ingredients: Rice, beef (Irish), tomatoes, tomato puree, 3rd carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.



MEDITERRANEAN VEG & SWEET POTATO

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

STEWED APPLE MON & PEAR 8th Ingredients: Apple, Pear, water.

Energy KCal	Per 10
Carbohydrates of which sugar	

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Per 100

Energy Per 100	
Energy KCal 34 KCa	
KJ 146 Kj Fat 0.08g	
Fat 0.08g of which saturated 0.04g	
Carbohydrates 8.46g	
Fibre 0.28g	
Salt 0.01g	

BEEF RAGU & BUTTERNUT SQUASH

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

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

TURKEY PILAF

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

MASHED BUTTERNUT **QUASH & SWEET POTATO**

gredients: Butternut Squash, Sweet potato & Water.

IXED	BEAN	HOT	POT
gredients: Po	otato, beans	s, water, p	peppers,

eppers, tomato Ing 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

Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 58 KCal 241 Kj 1.7g 0.61g 6.24g 2.18g 1.49g 3.87g 0.01g

Nutritional Information

Nutritional Info	rmation
Energy KCal	Per 100g 47 KCal
Fat of which saturated	
Carbohydrates of which sugar	
Fibre	
Protein Salt	

Nutritional	Information
Energy	Per 100g
KCal	101 KCal

arbohydrates	
ibre	

Nutritional Information

Energy	Per 100g
Energy KCal	
Fat	
Carbohydrates	
Fibre	
Protein	

Nutritional Information

nerov	Per 100g
nergy Cal	
arbohydrates	9.86g 2.08g
ibre	



FRI	S
FRI	Inc

MON

15th

THU

11th

TUE

9th

WED

10th

12th



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CREAMED MIXED VEGETABLES

16th Ingredients: Water, carrot, sweed, french beans, broad beans, potatoes, peas, onion, potato starch.

TURKEY PILAF

WEDIngredients: Rice, turkey, tomatoes, tomato puree, carrots, 17th peppers, spinach, water, onions, potato starch, olive oil.



FRI

MANGO & PEAR PUDDING

THUIngredients: Mango, pear, water. 18th

MEDITERRANEAN VEG & SWEET POTATO

Ingredients: Sweet potato, peppers, onion, peas, corn, 19th olive oil, garlic.



MIXED BEAN HOT POT

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

> **BUTTERNUT SQUASH** & LENTIL PIE

TUE Ingredients: Butternut Squash, lentils, peas, water. 23rd

	ormation
Energy KCal KJ Fat of which saturated	
Carbohydrates of which sugar Fibre	
Protein	

Nutritional Information

Energy	Per 100g
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
Bratein	6.68g
Fibre	1.39g
Protein	6.68g
	< 0.01g

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

Energy Per 100g KCal 65 KCal KJ 271 Kj Fat 11g of which saturated 2.63g Carbohydrates 14,11g of which sugar 2.63g Fibre 3.19a
Fibre 3.19g Protein 1.89g Salt 0.09g

Energy Per 100g KCal 54 KCal KJ 227 Kj Fat 0.1g of which saturated 0.1g Carbohydrates 9.86g of which sugar 2.08g Fibre 0.7g Protein 2.19g	Nutritional Information	
Salt 0.01g	Energy KCal KJ of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 54 KCal 227 Kj 0.84g 0.1g 9.86g 2.08g 0.97g 2.19g

Nutritional Info	ormation
Energy KCal	Per 100g
Fat	
of which saturated Carbohydrates	
Fibre Protein	

BEEF RAGU & BUTTERNUT WED SQUASH

24th Ingredients: Butternut Squash, beef (Irish), carrots, peppers, chopped tomatoes, water, spinach, tomato puree, onions.

THU 25th

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

VEGETABLES 26th

FRI

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

STEWED APPLE & PEAR MON

UT SQUASH BUTTERNI TUE & LENTIL PIE 30th

Ingredients: Butternut Squash, lentils, peas, water.

WED **BEEF RAGU & BUTTERNUT** 31st SQUASH

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



CREAMED MIXED

29th Ingredients: Apple, Pear, water.

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

lutritional Inf	ormation
inergy Cal at f which saturated iarbohydrates f which sugar ibre rotein	Per 100g 58 KCal 241 Kj 1.7g 0.61g 6.24g 2.18g 1.49g 3.87g
alt	

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

Nutritional Information

Energy KCal KJ	Per 100g 26 KCal 110 Kj
Fat of which saturated	
Carbohydrates of which sugar	
Fibre	
Protein	

Nutritional Info	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

Nutritional	Information
	Per 100g
Energy	

Energy	
Energy KCal	
Fat	
Carbohydrates	
Fibre	
Protein	

Nutritional Information

n ergy Cal	Per 100g 58 KCal 241 Kj
arbohydrates which sugar	
bre	
alt	