



**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

Energy	Per 100g
KCal	54 KCal
KJ	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

Energy	Per 100g
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

Energy	Per 100g
KCal	113 KCal
KJ	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

Energy	Per 100g
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
KCal	65 KCal
KJ	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

Energy	Per 100g
KCal	34 KCal
KJ	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

Energy	Per 100g
KCal	58 KCal
KJ	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

Energy	Per 100g
KCal	47 KCal
KJ	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

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
Protein	6.68g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
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

Energy	Per 100g
KCal	54 KCal
KJ	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



**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
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

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KCal	101 KCal
KJ	434 KJ
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Nutritional Information

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KJ	9.12 KJ
Fat	5.36g
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Carbohydrates	2.52g
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Fibre	6.14g
Protein	0.93g
Salt	0.23g

Nutritional Information

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KCal	65 KCal
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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.



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Protein	3.87g
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