



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

AFTER SCHOOL 1



JUNE 2019 MENU

MON 3rd - BANK HOLIDAY MONDAY

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**

Nutritional Information

	Per 100g
Energy KCal	132 KCal
KJ	559 KJ
Fat	3.98g
of which saturated	1.29g
Carbohydrates	38.37g
of which sugar	2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g

TUE 4th

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, turkey, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans.

SAUSAGE, MINI WAFFLES & MIXED VEG

Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract 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) corn, peas, swede

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

Nutritional Information

	Per 100g
Energy KCal	75 KCal
KJ	315 KJ
Fat	0.76g
of which saturated	0.18g
Carbohydrates	11.24g
of which sugar	1.32g
Fibre	1.48g
Protein	6.47g
Salt	0.04g

WED 5th

THU 6th

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 oil), Peas.

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

Nutritional Information

	Per 100g
Energy KCal	146KCal
KJ	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 KCal	89 KCal
KJ	376 KJ
Fat	1.29g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

FRI 7th

MON 10th

CHICKEN CURRY & RICE

Ingredients: Rice, chicken (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**

Nutritional Information

	Per 100g
Energy KCal	108KCal
KJ	453KJ
Fat	1.58g
of which saturated	0.74g
Carbohydrates	11.29g
of which sugar	1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.04g

PASTA BOLOGNAISE

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

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

Nutritional Information

	Per 100g
Energy KCal	124KCal
KJ	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates	36.7g
of which sugar	3.34g
Fibre	2.15g
Protein	9.6 g
Salt	0.04g

TUE 11th

BEEF PATTIS, GRAVY, MASH & CARROTS

Ingredients: Potatoes, Beef (Irish) 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, garlic), Carrots

Ingredients in bold script contain allergens; **soya and sulphor**

WED 12th

THU 13th

SAUSAGE, MINI WAFFLES & MIXED VEG

Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract 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) Mixed Veg.

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

Nutritional Information

	Per 100g
Energy KCal	146KCal
KJ	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

CHICKEN GOUJONS MASH & CORN

Ingredients: Potatoes, 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, Corn

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



**MON
17th**

TURKEY KORMA & RICE

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

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

Nutritional Information

	Per 100g
Energy	120KCal
KCal	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.3g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04g

**MON
24th**

MILD CHILLI CON CARNE & RICE

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder, salt).

Nutritional Information

	Per 100g
Energy	117KCal
KCal	491 KJ
Fat	2.41g
of which saturated	1.16g
Carbohydrates	17.13g
of which sugar	1.84g
Fibre	1.45g
Protein	5.83g
Salt	0.04g

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**TUE
18th**

BEEF CASSEROLE & MASH

Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, oregano, garlic.

Nutritional Information

	Per 100g
Energy	84 KCal
KCal	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

**TUE
25th**

MEATBALLS GRAVY, MASH & CARROTS

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, garlic) carrots.

Nutritional Information

	Per 100g
Energy	84KCal
KCal	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	0.07g

AFTER SCHOOL 1

**WED
19th**

PASTA WITH CHICKEN & CORN

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**

Nutritional Information

	Per 100g
Energy	122KCal
KCal	516 KJ
Fat	1.56g
of which saturated	0.43g
Carbohydrates	36.87g
of which sugar	2.73g
Fibre	1.99g
Protein	11.71g
Salt	0.04g

**WED
26th**

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**

Nutritional Information

	Per 100g
Energy	116 KCal
KCal	487 KJ
Fat	1.82g
of which saturated	0.35g
Carbohydrates	29.87g
of which sugar	2.28g
Fibre	1.67g
Protein	13.46g
Salt	0.04g

**THU
20th**

L.D. BAKED TURKEY BURGER, GRAVY, SAUTE & CARROTS

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

Nutritional Information

	Per 100g
Energy	120 KCal
KCal	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

**THU
27th**

CHICKEN GOUJONS, WAFFLES & MIXED VEG

Ingredients: Waffles (potatoes81%, dehydrated potato, sunflour oilpotato 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, swede.

Nutritional Information

	Per 100g
Energy	138 KCal
KCal	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.05g

**FRI
21st**

FISH CAKES, MINI ROAST, PEAS & CORN

Ingredients: Potatoes (sunflower oil) **Fish Cake (white fish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) 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**), Peas, corn.

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

Nutritional Information

	Per 100g
Energy	98 KCal
KCal	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

**FRI
28th**

FISH CAKES, MINI ROAST & PEAS

Ingredients: Potatoes, **Fish Cake (white fish 32%)**breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) 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**), Peas.

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





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AFTER SCHOOL 2

MON 3rd - BANK HOLIDAY MONDAY

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**

Nutritional Information

	Per 100g
Energy KCal	132 KCal
KJ	559 KJ
Fat	3.98g
of which saturated	1.29g
Carbohydrates	38.37g
of which sugar	2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g

TUE 4th

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, turkey, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans.

WED 5th

Nutritional Information

	Per 100g
Energy KCal	75 KCal
KJ	315 KJ
Fat	0.76g
of which saturated	0.18g
Carbohydrates	11.24g
of which sugar	1.32g
Fibre	1.48g
Protein	6.47g
Salt	0.04g

LAMB NAVARIN & MASH

Ingredients: Potatoes, lamb, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), water, carrots, swedes, peas, onion, potato starch, olive oil, garlic, oregano.

THU 6th

Nutritional Information

	Per 100g
Energy KCal	72 KCal
KJ	302KJ
Fat	1.71g
of which saturated	0.78g
Carbohydrates	10.62g
of which sugar	1.55g
Fibre	1.43g
Protein	4.45g
Salt	0.04g

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 oil)**, Peas.

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

FRI 7th

Nutritional Information

	Per 100g
Energy KCal	89 KCal
KJ	376 KJ
Fat	1.29g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

MON 10th

CHICKEN CURRY & RICE

Ingredients: Rice, chicken (Irish) carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger,garam masala, garlic puree, salt.

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

Nutritional Information

	Per 100g
Energy KCal	108KCal
KJ	453KJ
Fat	1.58g
of which saturated	0.74g
Carbohydrates	11.29g
of which sugar	1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.04g

PASTA BOLOGNAISE

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

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

TUE 11th

BEEF PATTIS, GRAVY, MASH & CARROTS

Ingredients: Potatoes, Beef (Irish) 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, garlic), Carrots

Ingredients in bold script contain allergens; **soya and sulphur dioxide**

WED 12th

FISH CAKES, MINI ROAST MIXED VEG

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

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

THU 13th

CHICKEN GOUJONS MASH & CORN

Ingredients: Potatoes, 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, Corn

Nutritional Information

	Per 100g
Energy KCal	124KCal
KJ	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates	36.7g
of which sugar	3.34g
Fibre	2.15g
Protein	9.6 g
Salt	0.04g

Nutritional Information

	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
Fibre	1.1g
Protein	4.66g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy KCal	139KCal
KJ	585 KJ
Fat	4.53g
of which saturated	0.53g
Carbohydrates	20.19g
of which sugar	1.46g
Fibre	2.23g
Protein	3.54g
Salt	0.05g

Nutritional Information

	Per 100g
Energy KCal	89 KCal
KJ	376 KJ
Fat	1.29g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
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



JUNE 2019 MENU



AFTER SCHOOL 2



**JUNE
2019
MENU**

**MON
17th**

TURKEY KORMA & RICE

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

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

Nutritional Information

	Per 100g
Energy KCal	120KCal
KJ	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.3g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04g

**MON
24th**

MILD CHILLI CON CARNE & RICE

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder, salt).

Nutritional Information

	Per 100g
Energy KCal	117KCal
KJ	491 KJ
Fat	2.41g
of which saturated	1.16g
Carbohydrates	17.13g
of which sugar	1.84g
Fibre	1.45g
Protein	5.83g
Salt	0.04g

**TUE
18th**

BEEF CASSEROLE & MASH

Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, oregano, garlic.

Nutritional Information

	Per 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

**TUE
25th**

MEATBALLS GRAVY, MASH & CARROTS

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, garlic) carrots.

Nutritional Information

	Per 100g
Energy KCal	84KCal
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	0.07g

**WED
19th**

PASTA WITH CHICKEN & CORN

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**

Nutritional Information

	Per 100g
Energy KCal	122KCal
KJ	516 KJ
Fat	1.56g
of which saturated	0.43g
Carbohydrates	36.87g
of which sugar	2.73g
Fibre	1.99g
Protein	11.71g
Salt	0.04g

**WED
26th**

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**

Nutritional Information

	Per 100g
Energy KCal	116 KCal
KJ	487 KJ
Fat	1.82g
of which saturated	0.35g
Carbohydrates	29.87g
of which sugar	2.28g
Fibre	1.67g
Protein	13.46g
Salt	0.04g

**THU
20th**

L.D. BAKED TURKEY BURGER, GRAVY, SAUTE & CARROTS

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

Nutritional Information

	Per 100g
Energy 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

**THU
27th**

CHICKEN GOUJONS, WAFFLES & MIXED VEG

Ingredients: Waffles (potatoes81%, dehydrated potato, sunflour oilpotato 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, swede.

Nutritional Information

	Per 100g
Energy KCal	138 KCal
KJ	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.05g

**FRI
21st**

FISH CAKES, MINI ROAST, PEAS & CORN

Ingredients: Potatoes (sunflower oil) **Fish Cake (white fish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) 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**), Peas, corn.

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

Nutritional Information

	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

**FRI
28th**

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**

Nutritional Information

	Per 100g
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	0.4g

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

