



**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

STANDARD



**JUNE
2019
MENU**

MON 3rd - BANK HOLIDAY MONDAY

BROCCOLI & CORN PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, broccoli, water, carrots, tomato puree, **milk**, maize corn, lentils, spinach, **wheat flour**, **butter (milk)**, olive oil, onions, potato starch, garlic, basil.

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 115KCal |
| KJ | 488 KJ |
| Fat | 2.15g |
| <i>of which saturated</i> | 0.88g |
| Carbohydrates | 38.42g |
| <i>of which sugar</i> | 3.57g |
| Fibre | 2.13g |
| Protein | 6.87g |
| Salt | < 0.01g |

**TUE
4th**

BEEF CASSEROLE & MINI ROAST

Ingredients: Potatoes, beef (Irish), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 124 KCal |
| KJ | 520 KJ |
| Fat | 3.82g |
| <i>of which saturated</i> | 0.93g |
| Carbohydrates | 14.46g |
| <i>of which sugar</i> | 1.51g |
| Fibre | 2.16g |
| Protein | 5.66g |
| Salt | 0.04g |

**WED
5th**

LAMB NAVARIN & MASH

Ingredients: Potatoes, Lamb, carrots, chopped tomatoes, swede, water, peas, onions, garlic, turmeric, olive oil.

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 74KCal |
| KJ | 309 KJ |
| Fat | 2.3g |
| <i>of which saturated</i> | 1.06g |
| Carbohydrates | 8.79g |
| <i>of which sugar</i> | 2.2g |
| Fibre | 1.62g |
| Protein | 5.51g |
| Salt | < 0.01g |

**THU
6th**

COD PROVENCAL & RICE

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

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 89 KCal |
| KJ | 376 KJ |
| Fat | 1.29g |
| <i>of which saturated</i> | 0.61g |
| Carbohydrates | 16.02g |
| <i>of which sugar</i> | 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, coconut milk, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree.

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 108KCal |
| KJ | 453KJ |
| Fat | 1.58g |
| <i>of which saturated</i> | 0.74g |
| Carbohydrates | 11.29g |
| <i>of which sugar</i> | 1.01g |
| Fibre | 1.30g |
| Protein | 7.332g |
| Salt | 0.01g |

**TUE
11th**

PASTA BOLOGNAISE

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

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 124KCal |
| KJ | 526 KJ |
| Fat | 2.45g |
| <i>of which saturated</i> | 0.7g |
| Carbohydrates | 36.7g |
| <i>of which sugar</i> | 3.34g |
| Fibre | 2.15g |
| Protein | 9.6 g |
| Salt | < 0.01g |

**WED
12th**

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, beef (Irish), tomatoes, water, swede, carrot, mixed peppers, onions, potato starch, olive oil, garlic, paprika, parsley, chives.

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 114KCal |
| KJ | 479 KJ |
| Fat | 3.38g |
| <i>of which saturated</i> | 0.86g |
| Carbohydrates | 13.49g |
| <i>of which sugar</i> | 1.31g |
| Fibre | 1.74g |
| Protein | 5.16g |
| Salt | < 0.01g |

**THU
13th**

LAMB BREYANI

Ingredients: Rice, lamb, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree.

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 104KCal |
| KJ | 439KJ |
| Fat | 2.92g |
| <i>of which saturated</i> | 1.46g |
| Carbohydrates | 15.57g |
| <i>of which sugar</i> | 1.26g |
| Fibre | 1.37g |
| Protein | 5.37g |
| Salt | <0.01g |

**FRI
14th**

CREAMY FISH PIE

Ingredients: Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream (milk)**, potato starch, dill, garlic

Ingredients in bold script contain allergens; **ish and lactose**

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 78KCal |
| KJ | 331 KJ |
| Fat | 2g |
| <i>of which saturated</i> | 0.86g |
| Carbohydrates | 11.28g |
| <i>of which sugar</i> | 1.75g |
| Fibre | 1.24g |
| Protein | 4.47g |
| 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





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JUNE
2019
MENU

MON
17th

TURKEY KORMA & RICE

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

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

TUE
18th

COTTAGE PIE

Ingredients: Potatoes, beef (Irish), water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.

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.

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

THU
20th

PORK WITH MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, pork, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic.

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

FRI
21st

TUNA PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, tomato puree, **tuna**, carrots, **milk**, water, maize corn, onions, spinach, **wheat flour, butter (milk)**, potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; **gluten, fish and milk (lactose)**

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| 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 | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 79KCal |
| KJ | 330 KJ |
| Fat | 1.85g |
| of which saturated | 0.68g |
| Carbohydrates | 9.18g |
| of which sugar | 1.344g |
| Fibre | 1.2g |
| Protein | 5.06g |
| Salt | 0.1g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| 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 | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 80 KCal |
| KJ | 377 KJ |
| Fat | 1.54g |
| of which saturated | 0.39g |
| Carbohydrates | 11.12g |
| of which sugar | 1.87g |
| Fibre | 1.33g |
| Protein | 6.02g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 115KCal |
| KJ | 487 KJ |
| Fat | 2.27g |
| of which saturated | 0.85g |
| Carbohydrates | 35.45g |
| of which sugar | 3.59g |
| Fibre | 2.06g |
| Protein | 78.37g |
| Salt | < 0.01g |

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).

TUE
25th

PORK & POTATO PIE

Ingredients: Potatoes, pork, water, carrots, peas, maize corn, swedes, potato starch, onions, tomato puree, olive oil, oregano, garlic.

WED
26th

VEG PASTA BAKE

Durum wheat pasta, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour, butter (milk)**, potato starch, olive oil, garlic, basil.

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

THU
27th

GREEK HOTPOT & MASH

Ingredients: Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley.

FRI
28th

COD PROVENCAL & RICE

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

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

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 | 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 | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 86KCal |
| KJ | 363 KJ |
| Fat | 1.51g |
| of which saturated | 0.37g |
| Carbohydrates | 12.65g |
| of which sugar | 1.47g |
| Fibre | 1.38g |
| Protein | 6.1g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 100KCal |
| KJ | 423 KJ |
| Fat | 2g |
| of which saturated | 0.89g |
| Carbohydrates | 34.16g |
| of which sugar | 0.8g |
| Fibre | 2.15g |
| Protein | 6.46g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 83KCal |
| KJ | 350KJ |
| Fat | 1.72g |
| of which saturated | 0.65g |
| Carbohydrates | 11.09g |
| of which sugar | 1.16g |
| Fibre | 1.13g |
| Protein | 4.18g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| 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 | < 0.01g |





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NO BEEF /PORK



**JUNE
2019
MENU**

MON 3rd - BANK HOLIDAY MONDAY

**TUE
4th**

BROCCOLI & CORN PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, broccoli, water, carrots, tomato puree, **milk**, corn, lentils, spinach, **wheat flour**, **butter (milk)**, olive oil, onions, potato starch, garlic, basil.

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 115KCal |
| KCal | 488 KJ |
| Fat | 2.15g |
| of which saturated | 0.88g |
| Carbohydrates | 38.42g |
| of which sugar | 3.57g |
| Fibre | 2.13g |
| Protein | 6.87g |
| Salt | < 0.01g |

**WED
5th**

TURKEY CASSEROLE & MINI ROAST

Ingredients: Potatoes, turkey, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 114 KCal |
| KJ | 479 KJ |
| Fat | 2.76g |
| of which saturated | 0.44g |
| Carbohydrates | 14.46g |
| of which sugar | 1.51g |
| Fibre | 2.16g |
| Protein | 7.21g |
| Salt | 0.04g |

**THU
6th**

LAMB NAVARIN & MASH

Ingredients: Potatoes, Lamb, carrots, chopped tomatoes, swede, water, peas, onions, garlic, turmeric, olive oil.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 74KCal |
| KJ | 309 KJ |
| Fat | 2.3g |
| of which saturated | 1.06g |
| Carbohydrates | 8.79g |
| of which sugar | 2.2g |
| Fibre | 1.62g |
| Protein | 5.51g |
| Salt | < 0.01g |

COD PROVENCAL & RICE

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

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 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, coconut milk, coriander, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree.

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 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 | 0.01g |

**TUE
11th**

PASTA BOLOGNAISE

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

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 117KCal |
| KJ | 491 KJ |
| Fat | 1.56g |
| of which saturated | 0.03g |
| Carbohydrates | 36.68g |
| of which sugar | 3.34g |
| Fibre | 2.15g |
| Protein | 10.9g |
| Salt | < 0.01g |

**WED
12th**

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, olive oil, turkey, peppers, onions, potato starch, olive oil, garlic, paprika, parsley, chives.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 104 KCal |
| KJ | 520 KJ |
| Fat | 2.34g |
| of which saturated | 0.39g |
| Carbohydrates | 13.49g |
| of which sugar | 1.31g |
| Fibre | 1.74g |
| Protein | 6.69g |
| Salt | < 0.01g |

**THU
13th**

LAMB BREYANI SAUCE & RICE

Ingredients: Rice, lamb, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree.

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 104KCal |
| KJ | 439KJ |
| Fat | 2.92g |
| of which saturated | 1.46g |
| Carbohydrates | 15.57g |
| of which sugar | 1.26g |
| Fibre | 1.37g |
| Protein | 5.37g |
| Salt | <0.01g |

**FRI
14th**

CREAMY FISH PIE

Ingredients: Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream (milk)**, potato starch, dill, garlic

Ingredients in bold script contain allergens; **fish and Milk (lactose)**

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 78KCal |
| KJ | 331 KJ |
| Fat | 2g |
| of which saturated | 0.86g |
| Carbohydrates | 11.28g |
| of which sugar | 1.75g |
| Fibre | 1.24g |
| Protein | 4.47g |
| 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





MON 17th

TURKEY KORMA & RICE

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

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 | < 0.01g |

TUE 18th

COTTAGE PIE

Ingredients: Potatoes, turkey, water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 70KCal |
| KCal | 350 KJ |
| Fat | 1.79g |
| of which saturated | 0.19g |
| Carbohydrates | 9.6g |
| of which sugar | 1.46g |
| Fibre | 1.25g |
| Protein | 6.65g |
| Salt | <0.01g |

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.

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 | < 0.01g |

THU 20th

TURKEY, MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, turkey, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic.

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

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 76 KCal |
| KCal | 377 KJ |
| Fat | 0.86g |
| of which saturated | 0.2g |
| Carbohydrates | 11.12g |
| of which sugar | 1.87g |
| Fibre | 1.33g |
| Protein | 6.5g |
| Salt | < 0.01g |

FRI 21st

TUNA PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, tomato puree, **tuna**, carrots, **milk**, water, maize corn, onions, spinach, **wheat flour**, **butter (milk)**, potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; **gluten, fish and milk (lactose)**

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 115KCal |
| KCal | 487 KJ |
| Fat | 2.27g |
| of which saturated | 0.85g |
| Carbohydrates | 35.45g |
| of which sugar | 3.59g |
| Fibre | 2.06g |
| Protein | 78.37g |
| Salt | < 0.01g |

MON 24th

MILD CHILLI CON CARNE & RICE

Ingredients: Rice, turkey, 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).

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 106KCal |
| KCal | 445 KJ |
| Fat | 1.33g |
| of which saturated | 0.67g |
| Carbohydrates | 17.13g |
| of which sugar | 1.84g |
| Fibre | 1.45g |
| Protein | 7.42g |
| Salt | < 0.01g |

TUE 25th

TURKEY & POTATO PIE

Ingredients: Potatoes, turkey, water, carrots, peas, maize corn, swedes, potato starch, onions, tomato puree, olive oil, oregano, garlic.

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 82 KCal |
| KCal | 336 KJ |
| Fat | 1.19g |
| of which saturated | 0.19g |
| Carbohydrates | 12.59g |
| of which sugar | 1.47g |
| Fibre | 1.38g |
| Protein | 6.71g |
| Salt | < 0.01g |

WED 26th

VEG PASTA BAKE

Durum wheat pasta, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour**, **butter (milk)**, potato starch, olive oil, garlic, basil.

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

| Nutritional Information | |
|-------------------------|---------|
| | Per |
| Energy | 100KCal |
| KCal | 423 KJ |
| Fat | 2g |
| of which saturated | 0.89g |
| Carbohydrates | 34.16g |
| of which sugar | 0.8g |
| Fibre | 2.15g |
| Protein | 6.46g |
| Salt | < 0.01g |

THU 27th

GREEK HOTPOT & MASH

Ingredients: Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley.

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 72KCal |
| KCal | 321KJ |
| Fat | 0.73g |
| of which saturated | 0.19g |
| Carbohydrates | 10.87g |
| of which sugar | 1.16g |
| Fibre | 1.12g |
| Protein | 6.29g |
| Salt | < 0.01g |

FRI 28th

COD PROVENCAL & RICE

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

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

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 89 KCal |
| KCal | 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



**LITTLE
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VEGETARIAN



**JUNE
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MENU**

MON 3rd - BANK HOLIDAY MONDAY

**TUE
4th**

BROCCOLI & CORN PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, broccoli, water, carrots, tomato puree, **milk**, corn, lentils, spinach, **wheat flour**, **butter (milk)**, olive oil, onions, potato starch, garlic, basil.

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 115KCal |
| KCal | 488 KJ |
| Fat | 2.15g |
| of which saturated | 0.88g |
| Carbohydrates | 38.42g |
| of which sugar | 3.57g |
| Fibre | 2.13g |
| Protein | 6.87g |
| Salt | < 0.01g |

**WED
5th**

VEGETABLE CASSEROLE & MINI ROAST

Ingredients: Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic, sunflower oil, dextrose.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 111KCal |
| KCal | 466 KJ |
| Fat | 3.17g |
| of which saturated | 0.51g |
| Carbohydrates | 20.148g |
| of which sugar | 2.03g |
| Fibre | 1.67g |
| Protein | 4.03g |
| Salt | < 0.06g |

**THU
6th**

VEGETABLE NAVARIN

Ingredients: Potatoes, carrots, chopped tomatoes, swedes, peas, onions, broad beans, french beans, potato starch, olive oil, turmeric, garlic.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 50 KCal |
| KCal | 318 KJ |
| Fat | 0.2g |
| of which saturated | 0.04g |
| Carbohydrates | 10.94g |
| of which sugar | 1.22g |
| Fibre | 1.77g |
| Protein | 1.81g |
| Salt | < 0.01g |

**FRI
7th**

VEGETABLE PROVENCAL & RICE

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 89KCal |
| KCal | 378 KJ |
| Fat | 1.19g |
| of which saturated | 0.64g |
| Carbohydrates | 19.37g |
| of which sugar | 2.74g |
| Fibre | 1.75g |
| Protein | 3g |
| Salt | < 0.01g |

**MON
10th**

BUTTERNUT SQUASH & BEAN CURRY & RICE

Ingredients: Rice, butternut squash, coconut milk, diced potato, peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree, coconut milk, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, paprika.

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 92KCal |
| KCal | 504K |
| Fat | 3.6g |
| of which saturated | 1.6g |
| Carbohydrates | 13.99g |
| of which sugar | 1.5g |
| Fibre | 1.2g |
| Protein | 2.07g |
| Salt | 0.01g |

**TUE
11th**

VEG PASTA BOLOGNAISE

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

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 93 KCal |
| KCal | 394 KJ |
| Fat | 1.09g |
| of which saturated | 0.17g |
| Carbohydrates | 35.21g |
| of which sugar | 3.96g |
| Fibre | 2.28g |
| Protein | 6.26g |
| Salt | < 0.01g |

**WED
12th**

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, tomatoes, water, swede, peas, split red lentils, carrot, mixed peppers, onions, potato starch, olive oil, garlic puree, paprika, parsley, chives.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 92KCal |
| KCal | 389 KJ |
| Fat | 2.24g |
| of which saturated | 0.37g |
| Carbohydrates | 17.31g |
| of which sugar | 1.71g |
| Fibre | 2.36g |
| Protein | 3.13g |
| Salt | 0.04g |

**THU
13th**

VEGETABLE BREYANI SAUCE & RICE

Ingredients: Rice, chopped tomatoes, carrot, red split lentils, water, peas, spinach, red peppers, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 79 KCal |
| KCal | 335 KJ |
| Fat | 0.83g |
| of which saturated | 0.61g |
| Carbohydrates | 18.84g |
| of which sugar | 1.19g |
| Fibre | 1.38g |
| Protein | 3.45g |
| Salt | < 0.01g |

**FRI
14th**

CREAMY VEGETABLE PIE

Ingredients: Potatoes, carrots, maize corn, **milk**, peas, water, broad beans, **cream (milk)**, onions, potato starch, parsley, garlic.

Ingredients in bold script contain allergens; **Milk (lactose)**

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

VEGETABLE KORMA & RICE

Ingredients: Rice, coconut milk, butternutsquash, peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 118 KCal |
| KJ | 559 KJ |
| Fat | 2.63g |
| of which saturated | 1.45g |
| Carbohydrates | 22.59g |
| of which sugar | 0.66g |
| Fibre | 1.94g |
| Protein | 2.36g |
| Salt | < 0.01g |

MON 24th

MILD CHILLI WITH VEG & RICE

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 92 KCal |
| KJ | 389 KJ |
| Fat | 1.26g |
| of which saturated | 0.65g |
| Carbohydrates | 20.43g |
| of which sugar | 2.48g |
| Fibre | 1.91g |
| Protein | 3.4g |
| Salt | < 0.01g |

TUE 18th

COTTAGE VEGETABLE PIE

Ingredients: Potatoes, carrots, swedes, peas, lentils, water, onions, potato starch, tomato puree, olive oil, oregano, garlic.

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 65KCal |
| KJ | 273KJ |
| Fat | 1.28g |
| of which saturated | 0.32g |
| Carbohydrates | 15.24g |
| of which sugar | 1.94g |
| Fibre | 2.04g |
| Protein | 4.05g |
| Salt | < 0.01g |

TUE 25th

MIXED VEGETABLE & POTATO PIE

Ingredients: Potatoes, carrots, corn, swede, peas, lentils, water, onions, tomato puree, olive oil, potato starch, oregano, garlic.

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 75KCal |
| KJ | 316 KJ |
| Fat | 1.5g |
| of which saturated | 0.34g |
| Carbohydrates | 16.99g |
| of which sugar | 1.95g |
| Fibre | 2.2g |
| Protein | 4.4g |
| Salt | < 0.01g |

WED 19th

MEDITERRANEAN STYLE VEG PASTA

Ingredients: **Durum wheat pasta**, tomatoes, carrots, peppers, maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil.

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 100KCal |
| KJ | 426 KJ |
| Fat | 1.36g |
| of which saturated | 0.19g |
| Carbohydrates | 37.74g |
| of which sugar | 3.11g |
| Fibre | 2.28g |
| Protein | 6.53g |
| Salt | < 0.01g |

WED 26th

VEG PASTA BAKE

Durum wheat pasta, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour**, **butter** (**milk**),, potato starch, olive oil, garlic, basil.

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 100KCal |
| KJ | 423 KJ |
| Fat | 2g |
| of which saturated | 0.89g |
| Carbohydrates | 34.16g |
| of which sugar | 0.8g |
| Fibre | 2.15g |
| Protein | 6.46g |
| Salt | < 0.01g |

THU 20th

MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, carrots, water, swedes, sweet potato, lentils, peas, onions, **apricots** 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic.

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 61 KCal |
| KJ | 256 KJ |
| Fat | 0.26 g |
| of which saturated | 0.11g |
| Carbohydrates | 15.31g |
| of which sugar | 2.2g |
| Fibre | 1.87g |
| Protein | 2.67g |
| Salt | < 0.01g |

THU 27th

GREEK VEGETABLE HOTPOT & MASH

Ingredients: Potatoes, tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley.

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 55KCal |
| KJ | 232 KJ |
| Fat | 0.6g |
| of which saturated | 0.13g |
| Carbohydrates | 11.72g |
| of which sugar | 1.36g |
| Fibre | 1.26g |
| Protein | 1.35g |
| Salt | < 0.01g |

FRI 21st

VEGETABLE PASTA BAKE

Durum wheat pasta, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour**, **butter** (**milk**),, potato starch, olive oil, garlic, basil.

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 100KCal |
| KJ | 423 KJ |
| Fat | 2g |
| of which saturated | 0.89g |
| Carbohydrates | 34.16g |
| of which sugar | 0.8g |
| Fibre | 2.15g |
| Protein | 6.46g |
| Salt | < 0.01g |

FRI 28th

VEGETABLE PROVENCAL & RICE

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 89KCal |
| KJ | 378 KJ |
| Fat | 1.19g |
| of which saturated | 0.64g |
| Carbohydrates | 19.37g |
| of which sugar | 2.74g |
| Fibre | 1.75g |
| Protein | 3g |
| 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



**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

**INFANT STANDARD
CHOPPED/ PUREED**



**JUNE
2019
MENU**

MON 3rd - BANK HOLIDAY MONDAY

**TUE
4th**

BROCCOLI, MIXED VEG & POTATO

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 31 KCal |
| KJ | 132 KJ |
| Fat | 0.44g |
| of which saturated | 0.13g |
| Carbohydrates | 7.25g |
| of which sugar | 1.11g |
| Fibre | 0.78g |
| Protein | 1.15g |
| Salt | < 0.01g |

**WED
5th**

BEEF CASSEROLE & MASH

Ingredients: Potatoes, carrots, beef (Irish) water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 69 KCal |
| KJ | 283 KJ |
| Fat | 1.49g |
| of which saturated | 0.65g |
| Carbohydrates | 7.39g |
| of which sugar | 1.82g |
| Fibre | 1.68g |
| Protein | 5.06g |
| Salt | < 0.01g |

**THU
6th**

LAMB NAVARIN & MASH

Ingredients: Potatoes, carrots, lamb, chopped tomatoes, swede, water, peas, onions, olive oil.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 60 KCal |
| KJ | 253 KJ |
| Fat | 1.96g |
| of which saturated | 0.93g |
| Carbohydrates | 7g |
| of which sugar | 1.94g |
| Fibre | 1.45g |
| Protein | 4.56g |
| Salt | < 0.01g |

**FRI
7th**

TURKEY & VEG WITH TOMATO & POTATO

Ingredients: Potatoes, carrots, turkey, water, courgettes, peppers, tomatoes, onions olive oil.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 72 KCal |
| KJ | 306 KJ |
| Fat | 0.7g |
| of which saturated | 0.34g |
| Carbohydrates | 11.27g |
| of which sugar | 1.48g |
| Fibre | 1.53g |
| Protein | 5.81g |
| Salt | < 0.01g |

**MON
10th**

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

**TUE
11th**

BOLOGNAISE SAUCE & POTATO

Ingredients: Potato carrots, beef (Irish) water, courgettes, tomatoes, onions, tomato puree, olive oil.

**WED
12th**

HUNGARIAN GOULASH & POTATO

Ingredients: Potatoes, carrots, beef (Irish), water, swedes, peppers, , onions, olive oil, tomato puree.

**THU
13th**

LAMB BREYANI

Ingredients: Potatoes, lamb, carrot, peas, chopped tomatoes, water, onions, olive oil.

**FRI
14th**

CHICKEN PIE

Ingredients: Potatoes, carrots, chicken swede, peas, water, tomato puree, onion, olive oil.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 58 KCal |
| KJ | 240 KJ |
| Fat | 0.47g |
| of which saturated | 0.18g |
| Carbohydrates | 7.39g |
| of which sugar | 1.82g |
| Fibre | 1.68g |
| Protein | 6.57g |
| Salt | < 0.01g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 67 KCal |
| KJ | 281 KJ |
| Fat | 1.91g |
| of which saturated | 0.75g |
| Carbohydrates | 6.85g |
| of which sugar | 2.08g |
| Fibre | 1.21g |
| Protein | 4.43g |
| Salt | < 0.01g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 67 KCal |
| KJ | 281 KJ |
| Fat | 2.06g |
| of which saturated | 0.76g |
| Carbohydrates | 6.22g |
| of which sugar | 1.67g |
| Fibre | 1.15g |
| Protein | 4.54g |
| Salt | < 0.01g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 65 KCal |
| KJ | 272 KJ |
| Fat | 2.18g |
| of which saturated | 1.02g |
| Carbohydrates | 7.46g |
| of which sugar | 2.01g |
| Fibre | 1.52g |
| Protein | 4.96g |
| Salt | < 0.01g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 55 KCal |
| KJ | 231 KJ |
| Fat | 0.55g |
| of which saturated | 0.33g |
| Carbohydrates | 6.39g |
| of which sugar | 1.89g |
| Fibre | 1.36g |
| Protein | 6g |
| 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





INFANT STANDARD
CHOPPED/ PUREED



JUNE
2019
MENU

TURKEY CASSEROLE & MASH

MON
17th

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

COTTAGE PIE

TUE
18th

Ingredients: Potatoes, beef (Irish), carrots, water, peas, onions, swede, water, potato starch, tomato puree, olive oil.

CHICKEN CASSEROLE & MASH

WED
19th

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

TURKEY, MIXED VEG WITH APRICOT & POTATO

THU
20th

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, olive oil.

MIXED VEGETABLES WITH TOMATO & POTATO

FRI
21st

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 62 KCal |
| KJ | 260 KJ |
| Fat | 1.04g |
| of which saturated | 0.30g |
| Carbohydrates | 7.07g |
| of which sugar | 1.91g |
| Fibre | 1.40g |
| Protein | 6.59g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 67KCal |
| KJ | 280 KJ |
| Fat | 1.87g |
| of which saturated | 0.66g |
| Carbohydrates | 6.71g |
| of which sugar | 2.00g |
| Fibre | 1.49g |
| Protein | 4.60g |
| Salt | 0.4g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 59KCal |
| KJ | 249KJ |
| Fat | 0.46g |
| of which saturated | 0.28g |
| Carbohydrates | 7.83g |
| of which sugar | 2.33g |
| Fibre | 1.68g |
| Protein | 5.79g |
| Salt | < 0.01g. |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 66 KCal |
| KJ | 277 KJ |
| Fat | 1.05g |
| of which saturated | 0.28g |
| Carbohydrates | 8.2g |
| of which sugar | 2.42g |
| Fibre | 1.58g |
| Protein | 6.67g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 46 KCal |
| KJ | 194 KJ |
| Fat | 0.93g |
| of which saturated | 0.22g |
| Carbohydrates | 8.78g |
| of which sugar | 2.38g |
| Fibre | 1.81g |
| Protein | 1.39g |
| Salt | < 0.01g |

BEEF, VEGETABLES, TOMATO & POTATO

MON
24th

Ingredients: Potato, carrots, beef (Irish), water, courgettes, tomatoes, onions, tomato puree, olive oil.

TURKEY & VEGETABLE PIE

TUE
25th

Ingredients: Potatoes, turkey, carrot, swede, peas, french beans, broad beans, water.

VEGETABLE BOLOGNAISE & POTATO

WED
26th

Ingredients: Carrots, potatoes, butternut squash, lentils, water, tomatoes, peppers, lentils, onions, olive oil

GREEK HOTPOT & POTATO

THU
27th

Ingredients: Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

CHICKEN PROVENCAL & MASH

FRI
28th

Ingredients: Potatoes, chicken, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 67KCal |
| KJ | 279 KJ |
| Fat | 2.03g |
| of which saturated | 0.73g |
| Carbohydrates | 6.1g |
| of which sugar | 1.7g |
| Fibre | 1.25g |
| Protein | 4.65g |
| Salt | 0.01g. |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 59 KCal |
| KJ | 248 KJ |
| Fat | 1.02g |
| of which saturated | 0.26g |
| Carbohydrates | 6.51g |
| of which sugar | 1.66g |
| Fibre | 1.81g |
| Protein | 6.43g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 46 KCal |
| KJ | 194 KJ |
| Fat | 0.83g |
| of which saturated | 0.26g |
| Carbohydrates | 11.27g |
| of which sugar | 2.07g |
| Fibre | 1.74g |
| Protein | 2.4g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 68 KCal |
| KJ | 284 KJ |
| Fat | 2.08g |
| of which saturated | 0.8g |
| Carbohydrates | 6.19g |
| of which sugar | 1.7g |
| Fibre | 1.19g |
| Protein | 4.7g |
| Salt | <0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 58KCal |
| KJ | 246KJ |
| Fat | 1.02g |
| of which saturated | 0.38g |
| Carbohydrates | 6.8g |
| of which sugar | 1.69g |
| Fibre | 1.23g |
| Protein | 5.51g |
| 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





**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

**NO BEEF/PORK
CHOPPED/ PUREED**



**JUNE
2019
MENU**

MON 3rd - BANK HOLIDAY MONDAY

**TUE
4th**

BROCCOLI, MIXED VEG & POTATO

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 31KCal |
| KJ | 132KJ |
| Fat | 0.44g |
| of which saturated | 0.13g |
| Carbohydrates | 7.25g |
| of which sugar | 1.11g |
| Fibre | 0.78g |
| Protein | 1.15g |
| Salt | < 0.01g |

**WED
5th**

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, carrots, turkey, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 72KCal |
| KJ | 306KJ |
| Fat | 0.7g |
| of which saturated | 0.34g |
| Carbohydrates | 11.27g |
| of which sugar | 1.48g |
| Fibre | 1.53g |
| Protein | 5.81g |
| Salt | < 0.01g |

**THU
6th**

LAMB NAVARIN & MASH

Ingredients: Potatoes, carrots, lamb, chopped tomatoes, swede, water, peas, onions, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 60 KCal |
| KJ | 253 KJ |
| Fat | 1.96g |
| of which saturated | 0.93g |
| Carbohydrates | 7g |
| of which sugar | 1.94g |
| Fibre | 1.45g |
| Protein | 4.56g |
| Salt | < 0.01g |

**FRI
7th**

TURKEY & VEG WITH TOMATO & POTATO

Ingredients: Potatoes, carrots, turkey, water, courgettes, peppers, tomatoes, onions olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 72 KCal |
| KJ | 306 KJ |
| Fat | 0.7g |
| of which saturated | 0.34g |
| Carbohydrates | 11.27g |
| of which sugar | 1.48g |
| Fibre | 1.53g |
| Protein | 5.81g |
| Salt | < 0.01g |

**MON
10th**

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

**TUE
11th**

BOLOGNAISE SAUCE & POTATO

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

**WED
12th**

HUNGARIAN GOULASH & POTATO

Ingredients: Potatoes, carrots, turkey, water, swedes, peppers, , onions, olive oil, tomato puree.

**THU
13th**

LAMB BREYANI

Ingredients: Potatoes, lamb, carrot, peas, chopped tomatoes, water, onions, olive oil.

**FRI
14th**

CHICKEN PIE

Ingredients: Potatoes, carrots, chicken, swede, peas, water, tomato puree, onion, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 58 KCal |
| KJ | 240 KJ |
| Fat | 0.47g |
| of which saturated | 0.18g |
| Carbohydrates | 7.39g |
| of which sugar | 1.82g |
| Fibre | 1.68g |
| Protein | 6.57g |
| Salt | < 0.01 |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 57 KCal |
| KJ | 240 KJ |
| Fat | 0.93g |
| of which saturated | 0.30g |
| Carbohydrates | 6.85g |
| of which sugar | 2.08g |
| Fibre | 1.21g |
| Protein | 5.88g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 57 KCal |
| KJ | 239 KJ |
| Fat | 0.98g |
| of which saturated | 0.27g |
| Carbohydrates | 6.30g |
| of which sugar | 1.79g |
| Fibre | 1.16g |
| Protein | 6.1g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 65KCal |
| KJ | 272KJ |
| Fat | 2.18g |
| of which saturated | 1.02g |
| Carbohydrates | 7.46g |
| of which sugar | 2.01g |
| Fibre | 1.52g |
| Protein | 4.96g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 55KCal |
| KJ | 231 KJ |
| Fat | 0.55g |
| of which saturated | 0.33g |
| Carbohydrates | 6.39g |
| of which sugar | 1.89g |
| Fibre | 1.36g |
| Protein | 6g |
| 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



**MON
17th**

TURKEY CASSEROLE & MASH

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 62 KCal |
| KJ | 260 KJ |
| Fat | 1.04g |
| of which saturated | 0.30g |
| Carbohydrates | 7.07g |
| of which sugar | 1.91g |
| Fibre | 1.40g |
| Protein | 6.59g |
| Salt | < 0.01g |

**MON
24th**

TURKEY, VEGETABLES, TOMATO & POTATO

Ingredients: Potato, carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 56KCal |
| KJ | 235 KJ |
| Fat | 1g |
| of which saturated | 0.26g |
| Carbohydrates | 6.1g |
| of which sugar | 1.7g |
| Fibre | 1.25g |
| Protein | 6.16g |
| Salt | < 0.01g |

**TUE
18th**

TURKEY COTTAGE PIE

Ingredients: Potatoes, turkey, carrots, water, peas, onions, swede, water, potato starch, tomato puree, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 52KCal |
| KJ | 219 KJ |
| Fat | 0.98g |
| of which saturated | 0.23g |
| Carbohydrates | 6.71g |
| of which sugar | 2.0g |
| Fibre | 1.49g |
| Protein | 5.96g |
| Salt | < 0.01g |

**TUE
25th**

TURKEY & VEGETABLE PIE

Ingredients: Potatoes, turkey, carrot, swede, peas, french beans, broad beans, water.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 59 KCal |
| KJ | 248 KJ |
| Fat | 1.02g |
| of which saturated | 0.26g |
| Carbohydrates | 6.51g |
| of which sugar | 1.66g |
| Fibre | 1.81g |
| Protein | 6.43g |
| Salt | < 0.01g |

**WED
19th**

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 59KCal |
| KJ | 249KJ |
| Fat | 0.46g |
| of which saturated | 0.28g |
| Carbohydrates | 7.83g |
| of which sugar | 2.33g |
| Fibre | 1.68g |
| Protein | 5.79g |
| Salt | < 0.01g |

**WED
26th**

VEGETABLE BOLOGNAISE & POTATO

Ingredients: Carrots, potatoes, butternut squash, lentils, water, tomatoes, peppers, lentils, onions, olive oil

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 46 KCal |
| KJ | 194 KJ |
| Fat | 0.83g |
| of which saturated | 0.26g |
| Carbohydrates | 11.27g |
| of which sugar | 2.07g |
| Fibre | 1.74g |
| Protein | 2.4g |
| Salt | < 0.01g |

**THU
20th**

TURKEY, MIXED VEG WITH APRICOT & POTATO

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 66 KCal |
| KJ | 277 KJ |
| Fat | 1.05g |
| of which saturated | 0.28g |
| Carbohydrates | 8.2g |
| of which sugar | 2.42g |
| Fibre | 1.58g |
| Protein | 6.67g |
| Salt | < 0.01g |

**THU
27th**

GREEK HOTPOT & POTATO

Ingredients: Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 57 KCal |
| KJ | 234 KJ |
| Fat | 1.01g |
| of which saturated | 0.31g |
| Carbohydrates | 6.19g |
| of which sugar | 1.7g |
| Fibre | 1.19g |
| Protein | 6.28g |
| Salt | <0.01g |

**FRI
21st**

MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 46 KCal |
| KJ | 194 KJ |
| Fat | 0.93g |
| of which saturated | 0.22g |
| Carbohydrates | 8.78g |
| of which sugar | 2.38g |
| Fibre | 1.81g |
| Protein | 1.39g |
| Salt | < 0.01g |

**FRI
28th**

CHICKEN PROVENCAL & MASH

Ingredients: Potatoes, chicken, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 58KCal |
| KJ | 246KJ |
| Fat | 1.02g |
| of which saturated | 0.38g |
| Carbohydrates | 6.8g |
| of which sugar | 1.69g |
| Fibre | 1.23g |
| Protein | 5.51g |
| 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



**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

INFANT VEGETARIAN
CHOPPED/ PUREED



**JUNE
2019
MENU**

MON 3rd - BANK HOLIDAY MONDAY

**TUE
4th**

BROCCOLI, MIXED VEG & POTATO

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 31KCal |
| KJ | 132KJ |
| Fat | 0.44g |
| of which saturated | 0.13g |
| Carbohydrates | 7.25g |
| of which sugar | 1.11g |
| Fibre | 0.78g |
| Protein | 1.15g |
| Salt | < 0.01g |

**WED
5th**

VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, peas, swede, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 57KCal |
| KJ | 263KJ |
| Fat | 0.86g |
| of which saturated | 0.15g |
| Carbohydrates | 9.81g |
| of which sugar | 2.52g |
| Fibre | 2.99g |
| Protein | 3.16g |
| Salt | < 0.01g |

**THU
6th**

VEG NAVARIN & MASH

Ingredients: Potatoes, carrots, chopped tomatoes, swede, water, peas, onions, olive oil

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 38KCal |
| KJ | 161KJ |
| Fat | 0.26 |
| of which saturated | 0.13g |
| Carbohydrates | 8.15g |
| of which sugar | 2.26g |
| Fibre | 1.69g |
| Protein | 1.31g |
| Salt | < 0.01g |

**FRI
7th**

MIXED VEG WITH TOMATO & POTATO

Ingredients: Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 44 KCal |
| KJ | 187 KJ |
| Fat | 0.78g |
| of which saturated | 0.18g |
| Carbohydrates | 8.88g |
| of which sugar | 2.33g |
| Fibre | 1.74g |
| Protein | 1.31g |
| Salt | < 0.01g |

**MON
10th**

VEGETABLE CASSEROLE

Ingredients: Potatoes, carrots, water, peas, swede, French beans, broad beans, onion, olive oil, tomato puree.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 57KCal |
| KJ | 263KJ |
| Fat | 0.86g |
| of which saturated | 0.15g |
| Carbohydrates | 9.81g |
| of which sugar | 2.52g |
| Fibre | 2.99g |
| Protein | 3.16g |
| Salt | < 0.01g |

**TUE
11th**

VEGETABLE BOLOGNAISE & POTATO

Ingredients: Carrots, potatoes, butternut squash courgette, water, tomato, onion, olive oil

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 46 KCal |
| KJ | 194 KJ |
| Fat | 0.83g |
| of which saturated | 0.26g |
| Carbohydrates | 11.27g |
| of which sugar | 2.07g |
| Fibre | 1.74g |
| Protein | 2.4g |
| Salt | < 0.01g |

**WED
12th**

HUNGARIAN VEG GOULASH & POTATO

Ingredients: Potatoes, carrots, , water, swedes, peppers, onions, olive oil, tomato puree.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 39 KCal |
| KJ | 163 KJ |
| Fat | 0.86g |
| of which saturated | 0.21g |
| Carbohydrates | 7.34g |
| of which sugar | 1.97g |
| Fibre | 1.36g |
| Protein | 0.09g |
| Salt | < 0.01g |

**THU
13th**

VEG BREYANI & POTATO

Ingredients: Potatoes, carrots, peas, chopped tomatoes, water, onions, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 45 KCal |
| KJ | 190 KJ |
| Fat | 0.22g |
| of which saturated | 0.08g |
| Carbohydrates | 10.17g |
| of which sugar | 2.01g |
| Fibre | 1.74g |
| Protein | 1.49g |
| Salt | < 0.01g |

**FRI
14th**

VEGETABLE PIE

Ingredients: Potatoes, carrots, butternut squash, swede, peas, water, tomato puree, onion, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 43 KCal |
| KJ | 182 KJ |
| Fat | 0.84g |
| of which saturated | 0.19g |
| Carbohydrates | 8.39g |
| of which sugar | 2.15g |
| Fibre | 1.7g |
| Protein | 1.25g |
| 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





**MON
17th**

VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, courgette, tomato, sweet potato, peas, onions, tomato puree, olive oil.

**TUE
18th**

VEGETABLE COTTAGE PIE

Ingredients: Potatoes, carrots, swedes, peas, butternut squash, lentils, water, onions, potato starch, tomato puree, olive oil.

**WED
19th**

VEG CASSEROLE & MASH

Ingredients: Potatoes, sweet potato, water, peas, swedes, French Beans, broad beans, onions, olive oil, tomato puree.

**THU
20th**

MIXED VEG WITH APRICOT & POTATO

Ingredients: Potatoes, carrots, butternut squash, water, peas, onions, apricots, olive oil.

**FRI
21st**

MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 49KCal |
| KJ | 206KJ |
| Fat | 0.83g |
| of which saturated | 0.21g |
| Carbohydrates | 9.36g |
| of which sugar | 2.40g |
| Fibre | 1.75g |
| Protein | 1.48g |
| Salt | < 0.01g |

**MON
24th**

MIXED VEG WITH TOMATO & POTATO

Ingredients: Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 43KCal |
| KJ | 180KJ |
| Fat | 0.83g |
| of which saturated | 0.18g |
| Carbohydrates | 7.73g |
| of which sugar | 2.31g |
| Fibre | 1.72g |
| Protein | 1.52g |
| Salt | < 0.01g |

**TUE
25th**

VEGETABLE PIE

Ingredients: Potatoes, carrot, swede, peas, French beans, broad beans, water.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 42KCal |
| KJ | 182KJ |
| Fat | 0.19g |
| of which saturated | 0.09g |
| Carbohydrates | 9.06g |
| of which sugar | 2.7g |
| Fibre | 1.95g |
| Protein | 1.69g |
| Salt | < 0.01g. |

**WED
26th**

VEG BOLOGNAISE SAUCE & POTATO

Ingredients: Carrot, potato, butternut squash, lentils, water, tomatoes, peppers, lentils, onions

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 50 KCal |
| KJ | 211 KJ |
| Fat | 0.93g |
| of which saturated | 0.22g |
| Carbohydrates | 9.71g |
| of which sugar | 2.86g |
| Fibre | 1.88g |
| Protein | 1.46g |
| Salt | < 0.01g |

**THU
27th**

GREEK HOTPOT & POTATO

Ingredients: Potatoes, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 46 KCal |
| KJ | 194 KJ |
| Fat | 0.93g |
| of which saturated | 0.22g |
| Carbohydrates | 8.78g |
| of which sugar | 2.38g |
| Fibre | 1.81g |
| Protein | 1.39g |
| Salt | < 0.01g |

**FRI
28th**

VEGETABLE PROVENCAL & MASH

Ingredients: Potatoes, carrots, water, tomatoes, peppers, spinach, lentils, onions, tomato puree, olive oil.

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 55 KCal |
| KJ | 231 KJ |
| Fat | 1.14g |
| of which saturated | 0.4g |
| Carbohydrates | 14.41g |
| of which sugar | 1.96g |
| Fibre | 1.7g |
| Protein | 4.28g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 41 KCal |
| KJ | 171 KJ |
| Fat | 0.87g |
| of which saturated | 0.19g |
| Carbohydrates | 7.12g |
| of which sugar | 1.78g |
| Fibre | 1.95g |
| Protein | 1.47g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 46 KCal |
| KJ | 194 KJ |
| Fat | 0.93g |
| of which saturated | 0.22g |
| Carbohydrates | 8.78g |
| of which sugar | 2.38g |
| Fibre | 1.81g |
| Protein | 1.39g |
| Salt | < 0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 39 KCal |
| KJ | 167 KJ |
| Fat | 0.89g |
| of which saturated | 0.26g |
| Carbohydrates | 7.31g |
| of which sugar | 2g |
| Fibre | 1.41g |
| Protein | 1.09g |
| Salt | <0.01g |

Nutritional Information

| Energy | Per 100g |
|--------------------|----------|
| KCal | 48 KCal |
| KJ | 205 KJ |
| Fat | 0.88g |
| of which saturated | 0.32g |
| Carbohydrates | 12.91g |
| of which sugar | 2.01 |
| Fibre | 1.83 |
| Protein | 3.81g |
| 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



**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, black pepper, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

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

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**

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**

**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, cardamom, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

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

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**

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**

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**

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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 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, cardamom, turmeric, chilli powder, ginger, salt.

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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, black pepper, 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

| Energy | Per 100g |
|----------------------|----------|
| 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.

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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 (potatoes 81%, dehydrated potato, sunflower oil, potato 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

| Energy | Per 100g |
|----------------------|----------|
| 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**, (**wheat flour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), Peas, corn.

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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

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**, (**wheat flour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), Peas.

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

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

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



**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

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, oregano, salt, chillies, chilli powder, black pepper, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

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

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, turkey, 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.

LAMB NAVARIN & MASH

Ingredients: Potatoes, lamb, gravy (potato starch, rice flour, 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.

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

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

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, cardamom, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

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

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**

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, bay leaf) sunflower oil, citric acid, garlic), Carrots

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

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**

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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 |



**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, cardamom, turmeric, chilli powder, ginger, salt.

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

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.

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**

THU 20th

L.D. BAKED TURKEY BURGER, GRAVY, SAUTÉ & 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

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**, (**wheat flour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), Peas, corn.

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

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).

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, oregano, salt, chillies, chilli powder, black pepper, 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; **gluten, soya and sulphur dioxide**

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**

THU 27th

CHICKEN GOUJONS, WAFFLES & MIXED VEG

Ingredients: Waffles (potatoes 81%, dehydrated potato, sunflower oil, potato 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.

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**

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 | 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |



**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

AFTER SCHOOL VEG

MON 3rd - BANK HOLIDAY MONDAY

**TUE
4th**

BROCCOLI & CORN PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, broccoli, water, carrots, tomato puree, **milk**, maize corn, lentils, spinach, **wheat flour, butter (milk)**, olive oil, onions, potato starch, garlic, basil, salt.

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 115KCal |
| KJ | 488 KJ |
| Fat | 2.15g |
| <i>of which saturated</i> | 0.88g |
| Carbohydrates | 38.42g |
| <i>of which sugar</i> | 3.57g |
| Fibre | 2.13g |
| Protein | 6.87g |
| Salt | 0.4g |

**WED
5th**

VEGETABLE CASSEROLE & MINI ROAST

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 111KCal |
| KJ | 466 KJ |
| Fat | 3.17g |
| <i>of which saturated</i> | 0.51g |
| Carbohydrates | 20.148g |
| <i>of which sugar</i> | 2.03g |
| Fibre | 1.67g |
| Protein | 4.03g |
| Salt | < 0.04g |

**THU
6th**

VEGETABLE NAVARIN & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, carrots, chopped tomatoes, swedes, peas, onions, broad beans, French beans, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic)

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 90 KCal |
| KJ | 470 KJ |
| Fat | 3.64g |
| <i>of which saturated</i> | 0.44g |
| Carbohydrates | 12.81g |
| <i>of which sugar</i> | 0.74g |
| Fibre | 1.61g |
| Protein | 1.45g |
| Salt | 0.4g |

**FRI
7th**

VEGETABLE PROVENCAL & MINI ROAST

Ingredients: Potatoes (sunflower oil), tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic.

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 89KCal |
| KJ | 378 KJ |
| Fat | 1.19g |
| <i>of which saturated</i> | 0.64g |
| Carbohydrates | 19.37g |
| <i>of which sugar</i> | 2.74g |
| Fibre | 1.75g |
| Protein | 3g |
| Salt | < 0.01g |

**MON
10th**

BUTTERNUT SQUASH & BEAN CURRY & RICE

Ingredients: Rice, butternut squash, coconut milk, diced potato, peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, paprika, salt.

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 92KCal |
| KJ | 504KJ |
| Fat | 3.6g |
| <i>of which saturated</i> | 1.6g |
| Carbohydrates | 13.99g |
| <i>of which sugar</i> | 1.5g |
| Fibre | 1.2g |
| Protein | 2.07g |
| Salt | 0.01g |

**TUE
11th**

VEG PASTA BOLOGNAISE

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

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 93 KCal |
| KJ | 394 KJ |
| Fat | 1.09g |
| <i>of which saturated</i> | 0.17g |
| Carbohydrates | 35.21g |
| <i>of which sugar</i> | 3.96g |
| Fibre | 2.28g |
| Protein | 6.26g |
| Salt | 0.04g |

**WED
12th**

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, tomatoes, water, swede, peas, split red lentils, carrot, mixed peppers, onions, potato starch, olive oil, garlic puree, paprika, parsley, chives, salt.

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 92KCal |
| KJ | 389 KJ |
| Fat | 2.24g |
| <i>of which saturated</i> | 0.37g |
| Carbohydrates | 17.31g |
| <i>of which sugar</i> | 1.71g |
| Fibre | 2.36g |
| Protein | 3.13g |
| Salt | 0.04g |

**THU
13th**

VEGETABLE BREYANI SAUCE & RICE

Ingredients: Rice, chopped tomatoes, carrot, red split lentils, water, peas, spinach, red peppers, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 79 KCal |
| KJ | 335 KJ |
| Fat | 0.83g |
| <i>of which saturated</i> | 0.61g |
| Carbohydrates | 18.84g |
| <i>of which sugar</i> | 1.19g |
| Fibre | 1.38g |
| Protein | 3.45g |
| Salt | < 0.01g |

**FRI
14th**

CREAMY VEGETABLE PIE

Ingredients: Potatoes, carrots, maize corn, **milk**, peas, water, broad beans, **cream (milk)**, onions, potato starch, parsley, garlic.

Ingredients in bold script contain allergens; **milk (lactose)**

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 75KCal |
| KJ | 316 KJ |
| Fat | 2.03g |
| <i>of which saturated</i> | 0.82g |
| Carbohydrates | 12.32g |
| <i>of which sugar</i> | 1.94g |
| Fibre | 1.87g |
| Protein | 2.55g |
| Salt | < 0.01g |



**JUNE
2019
MENU**

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





MON 17th

VEGETABLE KORMA & RICE

Ingredients: Rice, coconut milk, butternutsquash, peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.

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

TUE 18th

COTTAGE VEGETABLE PIE

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

WED 19th

MEDITERRANEAN STYLE VEG PASTA

Ingredients: **Durum wheat pasta**, tomatoes, carrots, peppers, maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil, salt.

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

THU 20th

MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, carrots, water, sweet potato, lentils, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic, salt.

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

FRI 21st

VEGETABLE RAGU & SAUTÉ

Potatoes (sunflower oil) tomatoes, tomato puree, carrots, water, peppers, onions, lentils, spinach, courgettes, potato starch, olive oil, garlic, basil.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 118 KCal |
| KJ | 559 KJ |
| Fat | 2.63g |
| of which saturated | 1.45g |
| Carbohydrates | 22.59g |
| of which sugar | 0.66g |
| Fibre | 1.94g |
| Protein | 2.36g |
| Salt | 0.04g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 64 KCal |
| KJ | 271 KJ |
| Fat | 1.26g |
| of which saturated | 0.31g |
| Carbohydrates | 15.14g |
| of which sugar | 1.92g |
| Fibre | 2.02g |
| Protein | 3.99g |
| Salt | 0.01g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 100 KCal |
| KJ | 426 KJ |
| Fat | 1.36g |
| of which saturated | 0.19g |
| Carbohydrates | 37.74g |
| of which sugar | 3.11g |
| Fibre | 2.28g |
| Protein | 6.53g |
| Salt | 0.04g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 109 KCal |
| KJ | 457 KJ |
| Fat | 1.45g |
| of which saturated | 0.27g |
| Carbohydrates | 34.79g |
| of which sugar | 2.8g |
| Fibre | 2.56g |
| Protein | 7.99g |
| Salt | 0.04g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 100 KCal |
| KJ | 423 KJ |
| Fat | 2g |
| of which saturated | 0.89g |
| Carbohydrates | 34.16g |
| of which sugar | 0.8g |
| Fibre | 2.15g |
| Protein | 6.46g |
| Salt | < 0.01g |

MON 24th

MILD CHILLI WITH VEG & RICE

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

TUE 25th

MIXED VEGETABLE & POTATO PIE

Ingredients: Potatoes, carrots, swede, peas, lentils, water, onions, tomato puree, olive oil, potato starch, oregano, garlic, salt.

WED 26th

VEG PASTA BAKE

Durum wheat pasta, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour, butter (milk)**, potato starch, olive oil, garlic, basil, salt.

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

THU 27th

GREEK VEGETABLE HOTPOT & WAFFLES

Ingredients: Waffles (potatoes 81%, dehydrated potato, sunflower oil, potato starch, salt, pepper extract), tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley, salt.

FRI 28th

VEGETABLE PROVENCAL & MINI ROAST

Ingredients: Potatoes (sunflower oil), tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 92 KCal |
| KJ | 389 KJ |
| Fat | 1.26g |
| of which saturated | 0.65g |
| Carbohydrates | 20.43g |
| of which sugar | 2.48g |
| Fibre | 1.91g |
| Protein | 3.4g |
| Salt | 0.04g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 75 KCal |
| KJ | 316 KJ |
| Fat | 1.5g |
| of which saturated | 0.34g |
| Carbohydrates | 16.99g |
| of which sugar | 1.95g |
| Fibre | 2.2g |
| Protein | 4.4g |
| Salt | 0.04g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 100 KCal |
| KJ | 423 KJ |
| Fat | 2g |
| of which saturated | 0.89g |
| Carbohydrates | 34.16g |
| of which sugar | 0.8g |
| Fibre | 2.15g |
| Protein | 6.46g |
| Salt | 0.04g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 55 KCal |
| KJ | 232 KJ |
| Fat | 0.6g |
| of which saturated | 0.13g |
| Carbohydrates | 11.72g |
| of which sugar | 1.36g |
| Fibre | 1.26g |
| Protein | 1.35g |
| Salt | 0.04g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 87 KCal |
| KJ | 370 KJ |
| Fat | 1.14g |
| of which saturated | 0.66g |
| Carbohydrates | 19.15g |
| of which sugar | 2.17g |
| Fibre | 1.59g |
| Protein | 2.75g |
| 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



**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

TEA TIME



**JUNE
2019
MENU**

MON 3rd - BANK HOLIDAY MONDAY

**TUE
4th**

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.

**WED
5th**

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
6th**

TURKEY PILAF

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

**FRI
7th**

CREAM OF VEGETABLE SOUP

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

**MON
10th**

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
11th**

BUTTERNUT SQUASH & SWEET POTATO SOUP

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

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

**WED
12th**

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
13th**

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.

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

**FRI
14th**

CREAM OF VEGETABLE SOUP

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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

| Energy | Per 100g |
|----------------------|----------|
| 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

| 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 | 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 | 147 KCal |
| 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 | 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 | 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

| 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 | 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 |

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

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

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

MON 24th

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

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 147 KCal |
| KJ | 618 KJ |
| Fat | 5.6g |
| <i>of which saturated</i> | 0.63g |
| Carbohydrates | 21.68g |
| <i>of which sugar</i> | 1.4g |
| Fibre | 1.42g |
| Protein | 2.58g |
| Salt | 0.38g |

TUE 18th

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

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

TUE 25th

CREAM OF VEGETABLE SOUP

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

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 |

WED 19th

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 |
|---------------------------|----------|
| KCal | 120 KCal |
| KJ | 505 KJ |
| Fat | 3.6g |
| <i>of which saturated</i> | 0.8g |
| Carbohydrates | 14.96g |
| <i>of which sugar</i> | 1.8g |
| Fibre | 1.85g |
| Protein | 5.06g |
| Salt | 0.04g |

WED 26th

TURKEY PILAF

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

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 |

THU 20th

TURKEY PILAF

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

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 |

THU 27th

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**

Nutritional Information

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

FRI 21st

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**

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 54 KCal |
| KJ | 227 KJ |
| Fat | 0.1g |
| <i>of which saturated</i> | 0.1g |
| Carbohydrates | 13.67g |
| <i>of which sugar</i> | 1.7g |
| Fibre | 1.73g |
| Protein | 1.27g |
| Salt | 0.01g |

FRI 28th

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**

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 93 KCal |
| KJ | 394 KJ |
| Fat | 1.05g |
| <i>of which saturated</i> | 0.22g |
| Carbohydrates | 36.16g |
| <i>of which sugar</i> | 3.6g |
| Fibre | 2.31g |
| Protein | 6.74g |
| 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



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

**TEA TIME
AFTER SCHOOL**



**JUNE
2019
MENU**

MON 3rd - BANK HOLIDAY MONDAY

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).

**TUE
4th**

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

PENNE IN TOMATO & BASIL SAUCE

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

**WED
5th**

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.

**THU
6th**

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)

**FRI
7th**

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

**MON
10th**

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
11th**

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
12th**

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
13th**

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
14th**

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**.

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 | 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 | Per 100g |
|----------------------|----------|
| KCal | 103KCal |
| KJ | 437KJ |
| Fat | 2.13g |
| of which saturated | 0.19g |
| Carbohydrates | 17.64g |
| of which sugar | 0.65g |
| Fibre | 1.04g |
| Protein | 4.39g |
| Salt | < 0.01g. |

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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

| 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 | Per 100g |
|----------------------|----------|
| 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 |





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**.

**MON
17th**

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

PENNE IN TOMATO & BASIL SAUCE

**TUE
18th**

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

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

BEEF RAGU & MINI ROAST

**WED
19th**

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

TURKEY PILAF

**THU
20th**

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

SAUSAGE & WAFFLES

**FRI
21st**

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**.

Nutritional Information

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

Nutritional Information

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 120 KCal |
| KJ | 505 KJ |
| Fat | 3.6g |
| <i>of which saturated</i> | 0.8g |
| Carbohydrates | 14.96g |
| <i>of which sugar</i> | 1.8g |
| Fibre | 1.85g |
| Protein | 5.06g |
| 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 | 146KCal |
| KJ | 611KJ |
| Fat | 8.21g |
| <i>of which saturated</i> | 2.77g |
| Carbohydrates | 15.29g |
| <i>of which sugar</i> | 0.83 |
| Fibre | 1.17g |
| Protein | 3.67g |
| Salt | 0.8g |

L.D. BEANS & WAFFLES

**MON
24th**

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
25th**

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**.

BEEF PILAF

**WED
26th**

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

CURRIED CHICKEN & SAUTÉ

**THU
27th**

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**

PASTA NAPOLI

**FRI
28th**

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**

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 147KCal |
| KJ | 618 KJ |
| Fat | 5.6g |
| <i>of which saturated</i> | 0.63g |
| Carbohydrates | 21.68g |
| <i>of which sugar</i> | 1.4g |
| Fibre | 1.42g |
| Protein | 2.58g |
| Salt | 0.38g |

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 146KCal |
| KJ | 611KJ |
| Fat | 8.21g |
| <i>of which saturated</i> | 2.77g |
| Carbohydrates | 15.29g |
| <i>of which sugar</i> | 0.83 |
| Fibre | 1.17g |
| Protein | 3.67g |
| Salt | 0.8g |

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 113 KCal |
| KJ | 477KJ |
| Fat | 2.32g |
| <i>of which saturated</i> | 1.11g |
| Carbohydrates | 16.58g |
| <i>of which sugar</i> | 0.2.19g |
| Fibre | 1.36g |
| Protein | 5.7g |
| Salt | < 0.01g |

Nutritional Information

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

Nutritional Information

| Energy | Per 100g |
|---------------------------|----------|
| KCal | 93 KCal |
| KJ | 394 KJ |
| Fat | 1.05g |
| <i>of which saturated</i> | 0.22g |
| Carbohydrates | 36.16g |
| <i>of which sugar</i> | 3.6g |
| Fibre | 2.31g |
| Protein | 6.74g |
| 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



**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

MON 3rd - BANK HOLIDAY MONDAY

**TUE
4th**

BEEF RAGU & BUTTERNUT SQUASH

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

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 |

**MON
10th**

MIXED BEAN HOT POT

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

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 |

**TUE
11th**

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

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 |

**WED
5th**

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

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 |

**WED
12th**

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

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 |

**THU
6th**

TURKEY PILAF

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

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 |

**THU
13th**

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 43 KCal |
| KCal | 184 KJ |
| Fat | 0.13g |
| of which saturated | 0g |
| Carbohydrates | 10.74g |
| of which sugar | 8.87g |
| Fibre | 1.89g |
| Protein | 0.45g |
| Salt | 0.01g |

**FRI
7th**

CREAMED MIXED VEGETABLES

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

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 |

**FRI
14th**

MEDITERRANEAN VEG & SWEET POTATO

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

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 |

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



**TEA TIME
INFANT**



**JUNE
2019
MENU**



**JUNE
2019
MENU**

**MON
17th**

STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

**TUE
18th**

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

**WED
19th**

BEEF RAGU & BUTTERNUT SQUASH

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

**THU
20th**

TURKEY PILAF

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

**FRI
21st**

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

**MON
24th**

MIXED BEAN HOT POT

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

**TUE
25th**

CREAMED MIXED VEGETABLES

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

**WED
26th**

BEEF PILAF

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

**THU
27th**

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

**FRI
28th**

MEDITERRANEAN VEG & SWEET POTATO

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

Nutritional Information

| | |
|--------------------|---------|
| 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

| | |
|--------------------|----------|
| 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 | 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 | 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 |

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 | 0.21g |
| 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 |

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



MONDAY

BEEF PATTI IN GRAVY WITH MASHED POTATØES & PEAS

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) peas.

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 84 KCal |
| 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 | 0.7g |

MONDAY

TUESDAY

CHICKEN GOUJONS, SAUTÉ POTATØES & CARROTS

Ingredients: Potatoes, sunflower oil, 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. Carrots.

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 129 KCal |
| KJ | 541 KJ |
| Fat | 4g |
| of which saturated | 0.53g |
| Carbohydrates | 17.89g |
| of which sugar | 1.53g |
| Fibre | 2.04g |
| Protein | 4.65g |
| Salt | 0.05g |

TUESDAY

WEDNESDAY

FISH CAKES, MASHED POTATØES & CORN

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, niacin, thiamin) maize starch, salt, **mustard powder**), corn.

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 97 KCal |
| KJ | 409 KJ |
| Fat | 2.15g |
| of which saturated | 0.16g |
| Carbohydrates | 16.22g |
| of which sugar | 1.07g |
| Fibre | 1.77g |
| Protein | 3.71g |
| Salt | 0.03g |

WEDNESDAY

THURSDAY

SAUSAGES, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Waffles (potatoes81%, dehydrated potato, sunflower oilpotato starch, salt, pepper extract) Sausage 30% (pork 74% Rusk containing (**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, sulphites & sulphur**

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| KCal | 131 KCal |
| KJ | 549 KJ |
| Fat | 7.1g |
| of which saturated | 2.35g |
| Carbohydrates | 13.82g |
| of which sugar | 1.16g |
| Fibre | 1.68g |
| Protein | 3.87g |
| Salt | 1.3g |

THURSDAY

FRIDAY

FISH FINGERS, MINI ROAST & VEG OF THE DAY

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), veg of the day.

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

Nutritional Information

| Energy | Per 100g |
|----------------------|----------|
| 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 |

FRIDAY