

MON 3rd - BANK HOLIDAY MONDAY

Approval no IE 4018 FC

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BEEF RAGU & MINI ROAST

TUE Ingredients: Potatoes, sunflower oil, beef (Irish), chopped 4th tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

PENNE IN TOMATO & BASIL

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

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots,

peppers, spinach, water, onions, potato starch, olive oil,

Ingredients in bold script contain allergens; gluten

TURKEY PILAF

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

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

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

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.

BUTTERNUT SQUASH TUE & SWEET POTATO SOUP

11th Ingredients: Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; mustard

PENNE IN TOMATO & BASIL WED SAUCE

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

Ingredients in bold script contain allergens; gluten

CURRIED CHICKEN & SAUTÉ

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

Ingredients in bold script contain allergens; mustard

CREAM OF VEGETABLE SOUP

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

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

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

Nutritional I	nformation
Energy	Per 100g
Energy KCal	104 KCa
KJ	440 Kj
Fat	1.83g

f which saturated	0.28g
arbohydrates	32.29g
which sugar	2.99g
bre	2.2g
rotein	6.7g
alt	0.02g
ar u	0.029

KCal 12	
Fat 3. of which saturated 0. Carbohydrates 15. of which sugar 1. Fibre 2. Protein 5.	r 100g 3 KCal 8 Kj 7g 51g 51g 51g 27g 31g 72g 72g 04g

Nutritional Information

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



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



THU

13th

MON

10th

CREAM OF VEGETABLE SOUP FRI Ingredients: Water, carrot, swede, French beans, broad beans, potatoes, peas, onion, garlic, potato starch. 7th

basil, garlic.

SAUCE

WED

5th

THU

6th



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MACCARONI & CHEESE

Ingredients: Durum wheat macaroni 43%, milk, water, wheat flour, white & red cheddar cheese [milk, salt, starter culture, MON vegetable rennet, potato starch, colouring (annatto)], onions, 17th butter.

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

PENNE IN TOMATO & BASIL SAUCE

18th Ingredients: Durum wheat pasta, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil.

Ingredients in bold script contain allergens; gluten

BEEF RAGU WED & MINI ROAST

TUE

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 Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, 20th garlic.

BUTTERNUT SQUASH & SWEET POTATO SOUP

FRI Ingredients: Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, mustard seed, black 21st pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; mustard

Nutritional Info	ormation	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 147 KCal 617 Kj 9.12g 5.36g 10.94g 2.52g 0.43g 6.14g 0.23g	MON 24th

Nutritional Info		
Energy KCal FJ of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 104 KCal 440 Kj 1.83g 0.28g 32.29g 2.99g 2.29g 2.2g 6.7g 0.02g	TUE 25th

Nutritional Information Per 100g Energy KCal 120 KCa 505 Kj Carbohydrates 14.96a 1.8g 1.85c Fibre Protein 0.04q Salt

WED

26th

THU

27th

Nutritional Information		
Energy KCal	Per 100g	
	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 KCal	Per 100g		
KCal KJ	54 KCal 227 Kj		
Fat	0.1g		
of which saturated	0.1ğ		
Carbohydrates of which sugar	13.67g 1.7g		
Fibre	1.73g		
Protein	1.27g		
Salt	0.010		

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.

CREAM OF VEGETABLE SOUP

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

TURKEY PILAF

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

CURRIED CHICKEN & SAUTÉ

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

Ingredients in bold script contain allergens; mustard

PASTA NAPOLI

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

Ingredients in bold script contain allergens; gluten

Per 100g **Energy** KCal KJ 5.6g 0.63g 21.68g Carbohydrates .4g .42a Fibre Protein 2.58g 0.38g Salt

Nutritional Information

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

Nutritional Information	ation
	ation

Enerav	Per 100g
Energy KCal	101 KCal
<j< th=""><th>434 Kj</th></j<>	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	
Energy KCal	<u>123 KCal</u>	
KJ	518 Kj	
Fat of which saturated	3.7g 0.61g	
Carbohydrates	15.94g 1.27g	
of which sugar		
Fibre	2.31g	
Protein	5.72g	
Salt	0.04a	

Nutritional Info	rmation
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

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

0.1g urated 0.1g ttes 13.67g 1.7g 1.73g 1.27g 0.01g	RI 8ti
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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 TUE powder, vegetable oi).

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.

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

FRI

7th

WED

SAUSAGE & WAFFLES

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

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

	ation	hforr	tritional In	Nut
TUE 1+b	er 100g D3KCal 37Kj 13g 17 g 7,64g 65g 04g 39g 0.01g.		hich saturated oohydrates hich sugar e	Carbo
	.04g .39g			Fibre Prote

MON

10th

THU

13th

FRI

14th

Nutritional Information		
Energy	Per 100g	
Energy KCal KJ	104 KCal 440 Ki	
Fat		
	1.83g 0.28g	
Carbohydrates of which sugar	32.29g 2.99g	
Fibre	2.779 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 Inf	ormation
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar	Per 100g 146KCal 611Kj 8.21g 2.77g 15.29g 0.83
Fibre	1.17g. 3.67g.
Protein Salt	0.8g.

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.

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 oi).

Ingredients in bold script contain allergens; fish and gluten.

PENNE IN TOMATO & BASIL WED SAUCE 12th

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

Ingredients in bold script contain allergens; gluten

CURRIED CHICKEN & SAUTÉ

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

Ingredients in bold script contain allergens: mustard

PASTA NAPOLI

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

Ingredients in bold script contain allergens; gluten

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

Nutritional Inf	ormation
Energy	Per 100g
Energy KCal	103KCal
	437Ki
Fat	2.13a
	0 19 a
Carbohydrates	17.64a
	0.65a
Fibre	1.04a
Protein	4.39g
Salt	< 0.01q.

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

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

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



4% Rusk erice hite e, cayenne) enhancer	For Fat of which saturated Carbohydrates of which sugar Fibre Protein S-b	8.21g 2.77g 15.29g 0.83 1.17g 3.67g 0.8g
	Salt	0.8g.



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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, MON butter.

17th Ingredients in bold contain allergens; gluten & milk (lactose)

PENNE IN TOMATO **& BASIL SAUCE**

TUE Ingredients: Durum wheat pasta, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil, salt. 18th

Ingredients in bold script contain allergens; gluten

BEEF RAGU & MINI ROAST

WED Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red **19th** peppers, spinach, onions, potato starch, olive oil, garlic, salt.

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, THU peppers, spinach, water, onions, potato starch, olive oil, 20th basil, garlic.

SAUSAGE & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Sausage (pork 74% Rusk FRI (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white 21st (calcium carbonate, itor), indexit, discuss, calculated pepper, black pepper, salt, thyme, sage, nutree, mace, cayenne) Seasoning containing (E221 Sodium sulphate, flavour enhancer E621, stabiliser E450, E451)

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

Nutritional Info	rmation	
Energy KGal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 147 KCal 617 Kj 9.12g 5.36g 10.94g 2.52g 0.43g 6.14g 0.23g	MON 24th

Nutritional Info		
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 104 KCal 440 Kj 1.83g 0.28g 32.29g 2.99g 2.2g 6.7g 0.02g	TUE 25th

Nutritional Infor	mation	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 120 KCal 505 Kj 3.6g 0.8g 14.96g 1.8g 1.85g 5.06g 0.04g	WED 26th

Nutritional Inf	ormation	
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 101 KCal 434 Kj 1.23g 0.61g 16.79g 2.51g 1.39g 6.68g < 0.01g	1

Nutritional Info	ormation
Energy KCal	Per 100g
	146KCal 611Ki
Fat of which saturated	
Carbohydrates	2.77g 15.29g
Fibre Protein	1.17g. 3.67g.
Salt	

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.

SAUSAGE & SAUTÉ

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

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

BEEF PILAF

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

CURRIED CHICKEN & SAUTÉ

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

Ingredients in bold script contain allergens; mustard

PASTA NAPOLI

RI

Ingredients: Durum wheat pasta, chopped tomatoes, Bth 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 Inf	ormation
Energy	Per 100g
Energy KCal	147KCal
Fat	5.6g
	0.63g
Carbohydrates	21.68a
	1.4g Ŭ
Fibre	1.4Žg
Protein	2.58g
Salt	0.38g

Nutritional Information

Energy KCal	Per 100g
Fat	
Carbohydrates	15.29q
	0.83
Fibre	
Protein	
Salt	0.8g.

Nutritional	1.1.1	-	a tion
		(•)	1211101

Per 100g
113 KCal
477Kj
2.32g
16.58g
0.2.19ğ
5.7g.

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

Nutritional Information

Per 100g
93 KCal
1.05a
0.22g
36.16g
3.6g Č
< 0.01g



THU 27th

6.68g < 0.01g	
al Information	
Per 100g 146KCal 611Kj 8 21a	

140ICCal	
	F
15.29g	28
0.83	20