



**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
<b>Energy</b>	
KCal	58 KCal
KJ	241 KJ
<b>Fat</b>	1.7g
of which saturated	0.61g
<b>Carbohydrates</b>	6.24g
of which sugar	2.18g
<b>Fibre</b>	1.49g
<b>Protein</b>	3.87g
<b>Salt</b>	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
<b>Energy</b>	
KCal	54 KCal
KJ	227 KJ
<b>Fat</b>	0.84g
of which saturated	0.1g
<b>Carbohydrates</b>	9.86g
of which sugar	2.08g
<b>Fibre</b>	0.97g
<b>Protein</b>	2.19g
<b>Salt</b>	0.01g

**TUE  
11th**

## MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

### Nutritional Information

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

**WED  
5th**

## BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

### Nutritional Information

	Per 100g
<b>Energy</b>	
KCal	47 KCal
KJ	197 KJ
<b>Fat</b>	0.31g
of which saturated	0.24g
<b>Carbohydrates</b>	17.12g
of which sugar	1.83g
<b>Fibre</b>	2.17g
<b>Protein</b>	5.09g
<b>Salt</b>	0.01g

**WED  
12th**

## BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

### Nutritional Information

	Per 100g
<b>Energy</b>	
KCal	47 KCal
KJ	197 KJ
<b>Fat</b>	0.31g
of which saturated	0.24g
<b>Carbohydrates</b>	17.12g
of which sugar	1.83g
<b>Fibre</b>	2.17g
<b>Protein</b>	5.09g
<b>Salt</b>	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
<b>Energy</b>	
KCal	101 KCal
KJ	434 KJ
<b>Fat</b>	1.23g
of which saturated	0.61g
<b>Carbohydrates</b>	16.79g
of which sugar	2.51g
<b>Fibre</b>	1.39g
<b>Protein</b>	6.68g
<b>Salt</b>	< 0.01g

**THU  
13th**

## MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

### Nutritional Information

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

**FRI  
7th**

## CREAMED MIXED VEGETABLES

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

### Nutritional Information

	Per 100g
<b>Energy</b>	
KCal	26 KCal
KJ	110 KJ
<b>Fat</b>	0.17g
of which saturated	0g
<b>Carbohydrates</b>	4.86g
of which sugar	0.46g
<b>Fibre</b>	1.9g
<b>Protein</b>	1.43g
<b>Salt</b>	0.04g

**FRI  
14th**

## MEDITERRANEAN VEG & SWEET POTATO

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

### Nutritional Information

	Per 100g
<b>Energy</b>	
KCal	65 KCal
KJ	271 KJ
<b>Fat</b>	11g
of which saturated	2.63g
<b>Carbohydrates</b>	14.11g
of which sugar	2.63g
<b>Fibre</b>	3.19g
<b>Protein</b>	1.89g
<b>Salt</b>	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**



TEA TIME  
INFANT



JUNE  
2019  
MENU

## STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

**MON  
17th**

### 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

**MON  
24th**

## BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

**TUE  
18th**

### 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

**TUE  
25th**

## CREAMED MIXED VEGETABLES

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

### 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

## BEEF RAGU & BUTTERNUT SQUASH

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

**WED  
19th**

### 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

**WED  
26th**

## BEEF PILAF

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

### 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

## TURKEY PILAF

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

**THU  
20th**

### 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

**THU  
27th**

## MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

### 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

## MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

**FRI  
21st**

### 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

**FRI  
28th**

## MEDITERRANEAN VEG & SWEET POTATO

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

### 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

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