



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

AFTER SCHOOL VEG



MARCH 2019 MENU

FRI 1st

CREAMY VEGETABLE PIE

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

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

MON 4th

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 5th

MIXED VEGETABLE & POTATO PIE

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

WED 6th

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 7th

GREEK VEGETABLE HOTPOT & MASH

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

Nutritional Information

	Per 100g
Energy	75KCal
KCal	316 KJ
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.32g
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	92 KCal
KCal	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	75KCal
KCal	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	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

Nutritional Information

	Per 100g
Energy	55 KCal
KCal	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

VEGETABLE PROVENCAL & WAFFLES

FRI 8th

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic).

VEGETABLE KORMA & RICE

MON 11th

Ingredients: Rice, coconut milk, butternut-squash, peppers, beans, peas, onions, water, pineapple, 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**

COTTAGE VEGETABLE PIE

TUE 12th

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).

MEDITERRANEAN STYLE VEG PASTA

WED 13th

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**

MIXED VEG & APRICOT WITH MASH

THU 14th

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

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

Nutritional Information

	Per 100g
Energy	87 KCal
KCal	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

Nutritional Information

	Per 100g
Energy	118 KCal
KCal	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	65KCal
KCal	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.

Nutritional Information

	Per 100g
Energy	100KCal
KCal	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	109KCal
KCal	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

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





FRI 15th

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	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

MON 25th

SWEET & SOUR VEG WITH RICE

Ingredients: Rice, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concentrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, xanthan gum, paprika concentrate, sal ammoniac) sweet potato, carrot, peppers, corn kernels, Onion, Pineapple.

Nutritional Information

	Per 100g
Energy	130KCal
KCal	519 KJ
Fat	1.18g
of which saturated	0.80g
Carbohydrates	23.13g
of which sugar	6.68g
Fibre	1.02g
Protein	6.94g
Salt	0.31g

MON 18th - BANK HOLIDAY

TUE 19th

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

	Per 100g
Energy	39 KCal
KCal	165 KJ
Fat	0.82g
of which saturated	0.28g
Carbohydrates	8.84g
of which sugar	2.07g
Fibre	1.63g
Protein	2.41g
Salt	< 0.01g

TUE 26th

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

	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	0.4g

WED 20th

SWEET POTATO & VEG CASSEROLE & MASH

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

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	0.04g

WED 27th

VEGETABLE CASSEROLE & MASH

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 (corriander, sage leaf), sunflower oil, citric acid, garlic), sunflower oil, dextrose, salt.

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	< 0.04g

THU 21st

VEG PASTA BAKE

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

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

Nutritional Information

	Per 100g
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	0.4g

THU 28th

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 (corriander, sage leaf), sunflower oil, citric acid, garlic)

Nutritional Information

	Per 100g
Energy	75 KCal
KCal	210 KJ
Fat	0.2g
of which saturated	0.04g
Carbohydrates	10.94g
of which sugar	1.22g
Fibre	1.77g
Protein	1.81g
Salt	0.04g

FRI 22nd

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	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

FRI 29th

VEGETABLE & PASTA PIE

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

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

All beef used is of Irish origin

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