

# FRI 1st

MON

4th

### **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



## **MACCARONI & CHEESF**

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 allengens: gluten & milk (lactose)



# **PENNE IN TOMATO** & BASIL SAUCE

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

Ingredients in bold script contain allergens; gluten



## **BUTTERNUT SQUASH & SWEET POTATO SOUP**

6th Ingredients: 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



MARCH

### **TURKEY PILAF**

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

#### **Nutritional Information** Per 100g **Energy** KCal KJ 93 KCal 394 Kj 1.05g 0.22g Fat of which saturated Carbohydrates 36.16a 3.6g 2.31g 6.74g Fibre Protein < 0.01a

**Nutritional Information** 

**Nutritional Information** 

**Nutritional Information** 

**Energy** KCal

of which saturated

Carbohydrates

Fat

Fibre

Protein

**Energy** KCal KJ

Fibre

Protein

**Energy** KCal

of which saturated

Carbohydrates

Fat

Fibre

Protein

Fat of which saturated

Carbohydrates

Per 100g

617 Kj 9.12g

5.36g 10.94g 2.52g

0.43g

6.14g 0.23a

Per 100g

104 KCal 440 Ki

1.83g 0.28g

32.29g 2.99g

2.2g

6.7g 0.02g

Per 100g

54 KCal 227 Ki

0.1g 0.1g

13.67g 1.7g 1.73g

1.27g 0.01a

147 KCal

# VEGETARLE SOUP

# FRI 8th

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

# L.D. BEANS MON

11th

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

## **PENNE IN TOMATO** & BASIL SAUCE

TUE 12th

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

Ingredients in bold script contain allergens; gluten

# WED 13th

THU

14th

### **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
<b>Energy</b> 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

### **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

#### Salt 0.04g **Nutritional Information**

**Nutritional Information** 

**Energy** KCal KJ

Fibre

Protein

Fat of which saturated

Carbohydrates of which sugar

Per 100g

26 KCal 110 Ki

0.17g 0g

4.86g 0.46g

1.9g

1.43g

#### Per 100g **Energy** KCal KJ 147KCal 618 Ki Fat of which saturated 5.6g 0.63g Carbohydrates of which sugar 21.68g 1.4g 1.42g Fibre 2.58g 0.38g Protein Sal+

#### **Nutritional Information**

Energy	-
KCal	104 KC
KJ	104 KCa 440 Kj
Fat	1.83g 0.28g
of which saturated	
Carbohydrates of which sugar	32.29g 2.99g
of which sugar	2.99g~
Fibre	2.2g
Protein	6.7g
Salt	0.02g

#### **Nutritional Information**

Enormy	Per 100g
<b>Energy</b> KCal	120 KCal
KJ	505 Kj
Fat	3.6g <sup>*</sup>
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

reactification at time	Illiacion
Energy	Per 100g
<b>Energy</b> KCal	123 KCa
KJ	518 Kj
Fat	3.7a
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g ~
Fibre	2.31g
Protein	5 72a

0.04c

#### 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



Salt



15th

# **BUTTERNUT SQUASH &**

Ingredients: 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

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	54 KCal	
(J	227 Kj	
Fat	0.1g 0.1g	
of which saturated		
Carbohydrates	13 <u>.</u> 67g	

**Nutritional Information** 

**Nutritional Information** 

1.73g

1.27g

0.01g

Per 100a

26 KCal 110 Kj

0.17g 0g

4.86g 0.46g

1.9g 1.43g

0.04g

Per 100g

113 KCal

2.32q

1.11g 16.58g

0.2.19g

< 0.01a.

Per 100g

93 KCal

394 Kj

1.05g 0.22g

36.16a

3.6g 2.31g

6.74g < 0.01a

1.36g 5.7g.

Fibre

Salt

Protein

**Energy** KCal

Fibre

Proteir

Fat

Fibre

Salt

**Protein** 

of which saturated

Carbohydrates

of which saturated

Carbohydrates

#### MON 25th

## **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.

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

#### Per 100g **Energy** KCal KJ 147 KCal 617 Kj 9.12g 5.36g 10.94g 2.52g 0.43g Fat of which saturated Carbohydrates of which sugar Fibre 6.14g 0.23g Protein Sal+

**Nutritional Information** 

**Nutritional Information** 

**Nutritional Information** 

**Nutritional Information** 

Fat of which saturated

Carbohydrates

Protein

**Energy** KCal

Fibre

Salt

Protein

**Energy** KCal

of which saturated

**Carbohydrates** of which sugar

Fat

Fibre

Salt

Protein

**Energy** KCal KJ

Fibre

Salt

**Protein** 

Fat of which saturated

Carbohydrates

Fat of which saturated

**Carbohydrates** of which sugar

Per 100g

120 KCa

505 Kj

3.6g 0.8g 14.96g

1.8g 1.85g 5.06g 0.04g

Per 100g

104 KCal 440 Kj

1.83g 0.28g

32.29g 2.99g

2.2g

6.7g

0.02a

Per 100g

101 KCa 434 Ki

1.23g 0.61g

16.79g

2.51g 1.39g

6.68g < 0.01g

Per 100g

26 KCal 110 Ki

0.17g 0g

4.86g 0.46g

1.9g 1.43g

0.04a

**Nutritional Information** 

## HSE/FSAI Approval no

4018

ĒС

TUE 19th

# MON 18th - BANK HOLIDAY

# VEGETABLE SOUP

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

# TUE 26th

# **BEEF RAGU**

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

## **PENNE IN TOMATO** 27th & BASIL SAUCE

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

Ingredients in bold script contain allergens; gluten

**TURKEY PILAF** 

## WED **20th**

THU

**21st** 

### **BEEF PILAF**

**CURRIED CHICKEN** 

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

### **Nutritional Information** Per 100g

**Energy** KCal 123 KCal 518 Kj 3.7g 0.61g of which saturated Carbohydrates 15.94g 1.27g Fibre 2.31g 5.72g Salt 0.04a

**Nutritional Information** 

of which saturated

Carbohydrates

of which sugar

Fibre

Protein

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

## THU 28th

# basil, garlic.

# FRI **29th**

### **CREAM OF VEGETABLE SOUP**

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



# **22nd**

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





## **PASTA NAPOLI**

& SAUTÉ

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

Ingredients: Potatoes (sunflower oil) chicken, peppers, corn,

pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

onions, olive oil, garlic, coriander, cumin, mustard seed, black



# FRI

1st

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

PASTA NAPOLI



### **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 allengens; gluten & milk (lactose)



### **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

7th

## **BUTTERNUT SQUASH &** SWEET POTATO SOUP

Ingredients: 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



### **TURKEY PILAF**

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

#### **Nutritional Information**

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

**Nutritional Information** 

**Energy** KCal KJ

of which saturated

Carbohydrates of which sugar

Fat

Fibre

Salt

Protein

Per 100g

147 KCal

617 Kj

9.12g

5.36g 10.94g 2.52g 0.43g 6.14g 0.23g

# FRI 8th

MON

11th

WED

13th

14th

## **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.

Ingredients: Waffles (potato 81% dehydrated potato,

sunflower oil, potato starch, salt, pepper extract), Cannellini

beans, diced tomato, onion, garlic, tomato puree, water,

L.D. BEANS

& WAFFLES

paprika, sugar.

# Protein

Fibre

**Energy** KCal

Carbohydrates of which sugar

Fat of which saturated

### 3.67g. 0.8g. Salt **Nutritional Information**

**Nutritional Information** 

Per 100g

146KCa

611Ki

8.21g 2.77g 15.29g

0.83

1.17g.

Per 100g

104 KCal 440 Kj

1.83g 0.28g

32.29g 2.99g

2.2g

6.7g

0.02g

Per 100g

120 KCal 505 Kj

3.6g 0.8g 14.96g

1.8g 1.85g 5.06g 0.04g

#### Per 100g **Energy** KCal 147KCal 618 Kj

5.6g 0.63g 21.68g Fat of which saturated Carbohydrates of which sugar 1.4g 1.42g 2.58g 0.38g Fibre **Protein** Salt

**Nutritional Information** 

**Nutritional Information** 

Fat of which saturated

Carbohydrates of which sugar

Fibre

**Energy** KCal

Fibre

Salt

**Protein** 

Fat of which saturated

Carbohydrates of which sugar

# **Nutritional Information**

**Energy** KCal 104 KCal 440 Kj 1.83g 0.28g Fat of which saturated 32.29g 2.99g Carbohydrates Fibre 2.2g 6.7g 0.02g Protein

#### **Nutritional Information** Per 100g **Energy** KCal 54 KCal 227 Kj

Fat 0.1g 0.1g of which saturated Carbohydrates 13.67g 1.7g 1.73g Fibre 1.27g Protein Salt 0.01g

#### **Nutritional Information**

Per 100g 101 KCal 434 Kj 1.23g 0.61g of which saturated Carbohydrates 16.79g 2.51g 1.39g 6.68g Fibre **Protein** < 0.01c

# TUE 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

# **BEEF RAGU**

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**

Per 100g **Energy** KCal 123 KCal 518 Kj 3.7g 0.61g Fat of which saturated Carbohydrates 15.94g 1.27g 2.31g Fibre 5.72g **Protein** Salt 0.04g

# **CURRIED CHICKEN** THU & 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

#### 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





Approval no

4018

ĒС

MARCH

#### SAUSAGE & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Sausage (pork 74% Rusk 15th (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** Per 100g **Energy** KCal KJ 146KCal

611Kj Fat of which saturated 8.21g Carbohydrates of which sugar 15.29g 0.83 Fibre Protein 3.67g Salt

### **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,

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

#### Per 100g 147 KCal 617 Kj 9.12g 5.36g 10.94g Fat of which saturated Carbohydrates of which sugar 2.52g 0.43g Fibre 6.14g **Protein** Salt

**Nutritional Information** 

#### MON 18th - BANK HOLIDAY

#### **FISH FINGERS & MASH**

TUE 19th

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.

## **Nutritional Information** Per 100g

103KCa Fat of which saturated Carbohydrates Protein

# WED

**27th** 

TUE 26th

MON

25th

**TURKEY PILAF** 

**BEEF RAGU** 

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

## **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

# WED BEEF PILAF

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

# Nutritional Information

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

FRI

**29th** 

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, 28th basil, garlic.

# **CURRIED CHICKEN** THU & SAUTÉ

21st 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

#### **Nutritional Information**

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

#### **Nutritional Information**

Fnergy	Per 100g
<b>Energy</b> KCal	93 KCal
KJ	394 Kj
Fat	1.05g <sup>°</sup>
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

### **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)

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

#### 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**

	nerav	
K	<b>nergy</b> Cal	120 KC
K.		505 Kj
Fa		3.6a ´
	f which saturated	0.8g
С	<b>arbohydrates</b> f which sugar	14.96g
01	f which sugar	1.8g
Fi	ibre	1.85g
Pi	rotein	5.06g
Si	alt	0.04g

### **Nutritional Information**

KCal S KJ	104 KCa 440 Kj
Fat	
of which saturated	1.83g 0.28g
Carbohydrates of which sugar	32.29g 2.99g
Fibre	2.99g 2.2g
Protein	6.7g
Salt	0.02a

Per 100g

#### Nutritional Information

Energy	
<b>Energy</b> 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 < 0.01g
Salt	< 0.01g

## Nutritional Information

neray	i ei ioog
nergy Cal	146KCa
IJ	611Kj
at	8.21g
of which saturated	2.77g
arbohydrates	15.29ॅa
f which sugar	0.83
ibre	1.17g.
rotein	3.67g.
alt	0.8g.



**PASTA NAPOLI** 

ngredients: Durum wheat pasta, chopped tomatoes, **22nd** tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic, salt.

Ingredients in bold script contain allergens; gluten