





BEEF PATTI IN GRAVY WITH MASHED POTATŒS & PEAS

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, soya ribre, 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 sulphor dioxide

Nutritional Information Energy 355 Kj 2.68g of which saturated Carbohydrates of which sugar Fibre Protein Salt

CHICKEN GOUJONS, SAUTÉ POTATŒS & 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

FISH CAKES, MASHED **POTATŒS & CORN**

Ingredients: Potatoes, Fish Cake (white fish 32%) breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) 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, niacian, thiamin) maize starch, salt, mustard

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	1.77.g
Protein	3.71g
Salt	0.03g

SAUSAGES, MINI WAFFLES MIXED VEGETARLFS

Ingredients: Waffles (potatoes81%, dehydrated potato, sunflour 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	

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 oi), 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	



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

