

After School Menu November 2017.xlsm



- 1 Wed **BEEF RAGU & RICE**
Rice, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, potato starch, onions, olive oil, garlic puree.
Nutritional Information Per 100g: Energy 228KCal (966Kj). Fat 3.38g (of which saturated fat 0.72g).
Carbohydrates 43.01g (of which sugar 1.4g). Fibre 0.83g. Protein 7.47g. Salt < 0.01g.
- 2 Thu **SAUSAGES, SAUTE POTATOES & PEAS & CORN**
Sausage 30% (pork 70%, rusk, wheat flour, salt, processing aid E503, water, spice extracts, stabilizer E451, flavour enhancer E621, antioxidant E301, preservative E221, sulphur dioxide, hydrolysed vegetables, soya), potatoes sunflower oil, vegetable oil, peas, corn.
Ingredients in bold script contain allergens; gluten, soya & sulphur dioxide.
Nutritional Information Per 100g: Energy 135KCal (549Kj). Fat 7.1g (of which saturated fat 2.35g).
Carbohydrates 13.82g (of which sugar 1.16g). Fibre 1.68g. Protein 3.87g. Salt 1.3g.
- 3 Fri **FISH FINGERS, MASHED POTATOES & MIXED VEG**
Potatoes, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), Carrots,peas,corn,beans.
Ingredients in bold script contain allergens; fish and gluten.
Nutritional Information Per 100g: Energy 98KCal 414Kj). Fat 2.28g (of which saturated fat 0.25g).
Carbohydrates 15.91g (of which sugar 1.14g). Fibre 1.19g. Protein 4.35g Salt 0.4g.
- 6 Mon **L.D. BAKED TURKEY BURGER WITH GRAVY, MASHED POTATOES& MIXED VEGETABLES**
Potatoes, Turkey, (seasoning onion,salt &pepper), carrot,peas,corn, gravy (potato starch, riceflour, salt,sugar,caramlised sugar,maltodextrin,yeast extract,flavourings,onion,herbs (coriander,sage,bayleaf)sunflower oil,citric acid,garlic)
Nutritional Information Per 100g: Energy 74KCal (310Kj). Fat 0.42g (of which saturated fat 0.12g).
Carbohydrates 9.82 g (of which sugar0.4g). Fibre0.91g. Protein 8.28g. Salt < 0.5g.
- 7 Tue **MEATBALLS IN PASTA**
Durum wheat pasta 42%, chopped tomatoes, pork meatballs 17% [pork 81%, breadcrumbs (wheat flour, water, yeast), celery, mustard, onions, water, dextrose (maize)], carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.
Ingredients in bold script contain allergens; gluten, celery and mustard.
Nutritional Information Per 100g: Energy 132KCal (559Kj). Fat 3.98g (of which saturated fat 1.29g).
Carbohydrates 38.37g (of which sugar 2.91g). Fibre 2.05g. Protein 8.88g. Salt 0.2g.
- 8 Wed **PASTA BOLOGNAISE**
Durum wheat pasta, beef (Irish), tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 372KCal (891Kj). Fat 2.64g (of which saturated fat 0.69g).
Carbohydrates 17.05g (of which sugar 2.67g). Fibre 1.56 g. Protein 7.49g. Salt 0.21g.
- 9 Thu **SAUSAGES, MASHED POTATOES WITH MIXED VEGETABLES**
Sausage 30% (pork 70%, rusk, wheat flour, salt, processing aid E503, water, spice extracts, stabilizer E451, flavour enhancer E621, antioxidant E301, preservative E221, sulphur dioxide, hydrolysed vegetables, soya), potatoes sunflower oil, vegetable oil, carrot,peas,corn,beans.
Ingredients in bold script contain allergens; gluten, soya & sulphur dioxide.
Nutritional Information Per 100g: Energy 131KCal (549Kj). Fat 7.1g (of which saturated fat 2.35g).
Carbohydrates 13.82g (of which sugar 1.16g). Fibre 1.68g. Protein 3.87g. Salt 1.3g.
- 10 Fri **FISH FINGERS, SAUTE POTATOES & CARROTS**
Potatoes, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil),sunflower oil, dextrose, carrots.
Ingredients in bold script contain allergens; fish and gluten.
Nutritional Information Per 100g: Energy 141KCal (594Kj). Fat 4.56g (of which saturated fat .54g).
Carbohydrates 19.73g (of which sugar 1.33g). Fibre 1.91g. Protein 4.89g. Saltg 0.4g
- 13 Mon **MEXICAN CHICKEN & RICE**
Rice, chicken, tomatoes, carrots, maize corn, tomato puree, water, peppers, onions, potato starch, olive oil, garlic, parsley, chives,salt.
Nutritional Information Per 100g: Energy 109KCal (463Kj). Fat 1.54g (of which saturated fat 0.82g).
Carbohydrates 17.65g (of which sugar 1.45g). Fibre 1.3g. Protein 6.81g. Salt 0.04g
- 14 Tue **BEEF PATTI IN GRAVY WITH MASHED POTATOES & MIXED VEG**
Potatoes, Beef (Irish) seasoning (salt, onion powder, soya fibre, 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,carrots,peas,beans/
Ingredients in bold script contain allergens; soya and sulphur dioxide.
Nutritional Information Per 100g: Energy 84KCal (355Kj). Fat 2.68g (of which saturated fat 1.14g).
Carbohydrates 12.15g (of which sugar 1.08g). Fibre 1.11g. Protein 3.57. Salt 0.7g.
- 15 Wed **TUSCAN SAUSAGE AND PASTA**
Durum wheat pasta 43%, Sausage 20% (pork 20%, rusk, wheat flour, salt, processing aid E503, water, spice extracts, stabilizer E451, flavour enhancer E621, antioxidant E301, preservative E221, sulphur dioxide, hydrolysed vegetables, soya), tomatoes, carrots, water, tomato puree, onions, potato starch, garlic.
Ingredients in bold script contain allergens; gluten, soya, sulphur dioxide.
Nutritional Information Per 100g: Energy 227KCal 963Kj). Fat 6.58 g (of which saturated fat 2.13).
Carbohydrates 34.79g (of which sugar 3.04g). Fibre 2.15g. Protein 7.63g. Salt 1.3g.
- 16 Thu **CARIBBEAN TURKEY CURRY & RICE**
Rice, turkey, coconut milk, butternut squash, peppers, onions, water, olive oil, pineapple, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, paprika, garlic,salt.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy KCal 123 (521 Kj). Fat3.42 g (of which saturated fat 1.98g).
Carbohydrates 17.06g (of which sugar 0.81g). Fibre 1.91g. Protein 7.17g. Salt < 0.04g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Enterprise Unit No 2, Savilles Cross, Rathdrum, Co Wicklow

After School Menu November 2017.xlsm



- 17 Fri **CHICKEN GOUGONS, MASHED POTATOES & CARROTS**
Potatoes, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder, emulsifier, xanthan gum) rapeseed oil. Carrots.
Ingredients in bold script contain allergens; egg.
Nutritional Information Per 100g: Energy 88KCal (372Kj). Fat 1.6g (of which saturated fat 0.13g).
Carbohydrates 14.27g (of which sugar 0.99g). Fibre 1.54g. Protein 4.93g. Salt 0.02g
- 20 Mon **MEATBALLS IN GRAVY WITH MASHED POTATOES, PEAS & CORN**
Potatoes, pork meatballs [pork 81%, **breadcrumbs** (wheat flour, water, yeast), **celery**, **mustard**, onions, water, dextrose (maize)], Peas, Corn , gravy (Potato starch, rice flour, salt, sugar, caramelised sugar, Maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic.
Ingredients in bold script contain allergens; gluten, celery and mustard, soya.
Nutritional Information Per 100g: Energy 84KCal (354Kj). Fat 2.8g (of which saturated fat 1g).
Carbohydrates 12.27 (of which sugar 0.84g). Fibre 0.78g. Protein 3.27g. Salt 0.7g.
- 21 Tue **BEEF CASSEROLE & MASHED POTATO**
Potatoes, beef (Irish), carrots, water, peas, onions, swedes, gravy (Potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, Citric acid, garlic.
Nutritional Information Per 100g: Energy KCal (Kj). Fat g (of which saturated fat g).
Carbohydrates 14.04g (of which sugar 1.49g). Fibre 2.12g. Protein 5.56g. Salt 0.4g.
- 22 Wed **CHICKEN GOUGONS, MASHED POTATOES AND CARROTS**
Potatoes, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder, emulsifier, xanthan gum) rapeseed oil. Carrots
Ingredients in bold script contain allergens; egg.
Nutritional Information Per 100g: Energy 88KCal (372Kj). Fat 1.6g (of which saturated fat .13g).
Carbohydrates 14.27g (of which sugar .99g). Fibre 1.54g. Protein 4.93g. Salt 0.02g
- 23 Thu **LASAGNE**
Beef (Irish), durum wheat lasagne, tomatoes, carrots, tomato puree, water, milk, peppers, onions, spinach, flour, butter, potato starch, olive oil, garlic, oregano.
Ingredients in bold script contain allergens; gluten and milk (lactose).
Nutritional Information Per 100g: Energy 136KCal (573Kj). Fat 3.81g (of which saturated fat 1.52g).
Carbohydrates 16.14g (of which sugar 2.77g). Fibre 1.32g. Protein 8.18. Salt 0.04g.
- 24 Fri **FISH FINGERS, MASHED POTATOES AND CARROTS**
Potatoes, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), Carrots,
Ingredients in bold script contain allergens; fish and gluten.
Nutritional Information Per 100g: Energy 111KCal 467Kj). Fat 2.54g (of which saturated fat 0.22g).
Carbohydrates 18.04g (of which sugar 0.87g). Fibre 1.17g. Protein 4.86. Salt 0.3g.
- 27 Mon **MILD CHILLI CON CARNE & RICE**
Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder)salt.
Nutritional Information Per 100g: Energy 117KCal (491Kj). Fat 2.41g (of which saturated fat 1.16g).
Carbohydrates 17.13g (of which sugar 1.84g). Fibre 1.45g. Protein 5.83g. Salt 0.04.
- 28 Tue **MEATBALL HASH**
Saute potatoes, pork meatballs 17% [pork 81%, **breadcrumbs** (wheat flour, water, yeast), **celery**, **mustard**, onions, water, dextrose (maize)], peppers, onions, peas, olive oil, sunflower oil, garlic, chives.
Ingredients in bold script contain allergens; gluten, celery and mustard.
Nutritional Information Per 100g: Energy 137KCal (574Kj). Fat 6.89g (of which saturated fat 1.55g).
Carbohydrates 13.99g (of which sugar 1.25g). Fibre 2.31g. Protein 4.51g. Salt 0.3g.
- 29 Wed **BEEF PATTI IN GRAVY WITH MASHED POTATOES AND PEAS**
Potatoes, Beef (Irish) seasoning (salt, onion powder, **soya fibre**, 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 sulphur dioxide.
Nutritional Information Per 100g: Energy 84KCal (355Kj). Fat 2.68g (of which saturated fat 1.14g).
Carbohydrates 12.15 (of which sugar 1.08g). Fibre 1.11g. Protein 3.57. Salt 0.7g.
- 30 Thu **TURKEY CURRY & RICE**
Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, sultanas, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, Salt.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 117KCal (492Kj). Fat 1.41 (of which saturated fat 0.74).
Carbohydrates 16.73g (of which sugar 0.84g). Fibre 1.18g. Protein 10.41g Salt 0.21g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Enterprise Unit No 2, Savilles Cross, Rathdrum, Co Wicklow

After School (2) Menu November 2017.xlsm



- 1 Wed **BEEF RAGU & RICE**
Rice, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, potato starch, onions, olive oil, garlic puree, salt.
Nutritional Information Per 100g: Energy 228KCal (966Kj). Fat 3.38g (of which saturated fat 0.72g).
Carbohydrates 43.01g (of which sugar 1.4g). Fibre 0.83g. Protein 7.47g. Salt < 0.01g.
- 2 Thu **PASTA BOLOGNAISE**
Durum wheat pasta, beef (Irish), tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 209KCal (891Kj). Fat 2.65g (of which saturated fat 0.69g).
Carbohydrates 17.05 g (of which sugar 2.69 g). Fibre 1.56 g. Protein 7.52 g. Salt < 0.21g.
- 3 Fri **FISH FINGERS, MASHED POTATOES & MIXED VEG**
Potatoes, **Fish Fingers** (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), Carrots,peas,corn,beans.
Ingredients in bold script contain allergens; fish and gluten.
Nutritional Information Per 100g: Energy 98KCal 414Kj). Fat 2.28g (of which saturated fat 0.25g).
Carbohydrates 15.91g (of which sugar 1.14g). Fibre 1.19g. Protein 4.35g Salt 0.4g.
- 6 Mon **L.D. BAKED TURKEY BURGER WITH GRAVY, MASHED POTATOES& MIXED VEGETABLES**
Potatoes, Turkey, (seasoning onion,salt &pepper), carrot,peas,corn, gravy (potato starch, riceflour, salt,sugar,caramlised sugar,maltodextrin,yeast extract,flavourings,onion,herbs (coriander,sage,bayleaf)sunflower oil,citric acid,garlic)
Nutritional Information Per 100g: Energy 74KCal (310Kj). Fat 0.42g (of which saturated fat 0.12g).
Carbohvdrates 9.82 a (of which suaar0.4a). Fibre0.91a. Protein 8.28a. Salt < 0.5a.
- 7 Tue **MEATBALLS & PASTA**
Durum wheat pasta 42%, chopped tomatoes, pork meatballs 17% [pork 81%, **breadcrumbs** (wheat flour, water, yeast), **celery**, mustard, onions, water, dextrose (maize)], carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.
Ingredients in bold script contain allergens; gluten, celery and mustard.
Nutritional Information Per 100g: Energy 1240KCal (525Kj). Fat 3.68g (of which saturated fat 1.2g).
Carbohvdrates 36.06a (of which suaar 3.03a). Fibre 2.07a. Protein 8.59a. Salt 0.3a.
- 8 Wed **PASTA BOLOGNAISE**
Durum wheat pasta, beef (Irish), tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 209KCal (891Kj). Fat 2.64g (of which saturated fat 0.69g).
Carbohvdrates 17.05a (of which suaar 2.67a). Fibre 1.56 a. Protein 7.49a. Salt 0.21a.
- 9 Thu **FISH FINGERS, MASHED POTATOES & MIXED VEG**
Potatoes, **Fish Fingers** (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), peas,corn,carrot,beans.
Ingredients in bold script contain allergens; fish and gluten.
Nutritional Information Per 100g: Energy 98KCal 414Kj). Fat 2.28g (of which saturated fat 0.25g).
Carbohydrates 15.91g (of which sugar 1.14g). Fibre 1.19g. Protein 4.35g Salt 0.4g.
- 10 Fri **COD PROVENCAL & RICE**
Rice, **cod**, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic,salt.
Ingredients in bold script contain allergens; fish.
Nutritional Information Per 100g: Energy 208 KCal (885Kj). Fat 2.42g (of which saturated fat 0.26g).
Carbohvdrates 42.8g (of which sugar 1.65g). Fibre 0.85g. Protein 6.59g. Salt < 0.01g.
- 13 Mon **MEXICAN CHICKEN & RICE**
Rice, chicken, tomatoes, carrots, maize corn, tomato puree, water, peppers, onions, potato starch, olive oil, garlic, parsley, chives,salt.
Nutritional Information Per 100g: Energy 109KCal (463Kj). Fat 1.54g (of which saturated fat 0.82g).
Carbohydrates 17.65g (of which sugar 1.45g). Fibre 1.3g. Protein 6.81g. Salt 0.04g
- 14 Tue **BEEF PATTI IN GRAVY WITH MASHED POTATOES & MIXED VEGETABLES**
Potatoes, Beef (Irish) seasoning (salt, onion powder, **soya fibre**, dextrose, Hydrolysed **soya protein**, natural flavouring), mixed vegetables, gravy (potato starch, malodextrin,vegetable oil, salt, colour E150c, **wheat flour**, flavour enhancer, E621 & E 635, flavourings, emulsifier E322, sugar, herb & spice extract, onion extract), peas,corn,carrot,beans.
Ingredients in bold script contain allergens; gluten, soya and sulphur dioxide.
Nutritional Information Per 100g: Energy 121KCal (510Kj). Fat 3.98g (of which saturated fat 2.07g).
Carbohvdrates 18.2a (of which suaar 1.68a). Fibre 1.2a. Protein 3.71. Salt 0.8a.
- 15 Wed **PASTA NAPOLI**
Durum wheat pasta, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 78KCal (333Kj). Fat 1.01g (of which saturated fat 0.23g).
Carbohydrates 28.11g (of which sugar 2.85g). Fibre 2.15g. Protein 5.56g. Salt < 0.01g.
- 16 Thu **CARIBBEAN TURKEY CURRY & RICE**
Rice, turkey, coconut milk, butternut squash, peppers, onions, water, olive oil, pineapple, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, paprika, garlic,salt.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy KCal 123 (521 Kj). Fat3.42 g (of which saturated fat 1.98g).
Carbohvdrates 17.06a (of which suaar 0.81a). Fibre 1.91a. Protein 7.17a. Salt < 0.04a.

All beef used is of Irish origin

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Enterprise Unit No 2, Savilles Cross, Rathdrum, Co Wicklow

After School (2) Menu November 2017.xlsm



- 17 Fri **CHICKEN GOUGONS, MASHED POTATOES & CARROTS**
Potatoes, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder, emulsifier, xanthan gum) rapeseed oil. Carrots.
Ingredients in bold script contain allergens; egg.
Nutritional Information Per 100g: Energy 88KCal (372KJ). Fat 1.6g (of which saturated fat 0.13g).
Carbohydrates 14.27g (of which sugar 0.99g). Fibre 1.54g. Protein 4.93g. Salt 0.02g
- 20 Mon **MEATBALLS IN GRAVY WITH MASHED POTATOES, PEAS & CORN**
Potatoes, pork meatballs [pork 81%, breadcrumbs (wheat flour, water, yeast), celery, mustard, onions, water, dextrose (maize)], Peas, Corn, gravy (Potato starch, rice flour, salt, sugar, caramelised sugar, Maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic.
Ingredients in bold script contain allergens; gluten, celery and mustard, soya.
Nutritional Information Per 100g: Energy 84KCal (354KJ). Fat 2.8g (of which saturated fat 1g).
Carbohydrates 12.27 (of which sugar 0.84g). Fibre 0.78g. Protein 3.27g. Salt 0.7g.
- 21 Tue **BEEF CASSEROLE & MASHED POTATO**
Potatoes, beef (Irish), carrots, water, peas, onions, swedes, gravy (Potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, Citric acid, garlic.
Nutritional Information Per 100g: Energy KCal (KJ). Fat g (of which saturated fat g).
Carbohydrates 14.04g (of which sugar 1.49g). Fibre 2.12g. Protein 5.56g. Salt 0.4g.
- 22 Wed **CHICKEN GOUGONS, MASHED POTATOES & CARROTS**
Potatoes, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder, emulsifier, xanthan gum) rapeseed oil. Carrots.
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Ingredients in bold script contain allergens; gluten and milk (lactose).
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- 24 Fri **FISH FINGERS, MASHED POTATOES & PEAS**
Potatoes, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), peas.
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Nutritional Information Per 100g: Energy 111KCal 467KJ). Fat 2.54g (of which saturated fat 0.22g).
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- 27 Mon **MILD CHILLI CON CARNE & RICE**
Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, salt, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder).
Nutritional Information Per 100g: Energy 230KCal (974J). Fat 3.47g (of which saturated fat 0.78g).
Carbohydrates 42.6 g (of which sugar 1.83g). Fibre 0.98g. Protein 7.98g. Salt 0.21g.
- 28 Tue **MEATBALL HASH**
Saute potatoes, pork meatballs 17% [pork 81%, breadcrumbs (wheat flour, water, yeast), celery, mustard, onions, water, dextrose (maize)], peppers, onions, peas, olive oil, sunflower oil, garlic, chives.
Ingredients in bold script contain allergens; gluten, celery and mustard.
Nutritional Information Per 100g: Energy 137KCal (574KJ). Fat 6.89g (of which saturated fat 1.55g).
Carbohydrates 13.99g (of which sugar 1.25g). Fibre 2.31g. Protein 4.51g. Salt 0.3g.
- 29 Wed **BEEF PATTI IN GRAVY WITH MASHED POTATOES AND PEAS**
Potatoes, Beef (Irish) seasoning (salt, onion powder, soya fibre, 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 sulphur dioxide.
Nutritional Information Per 100g: Energy 84KCal (355KJ). Fat 2.68g (of which saturated fat 1.14g).
Carbohydrates 12.15 (of which sugar 1.08a). Fibre 1.11a. Protein 3.57. Salt 0.7a.
- 30 Thu **TURKEY CURRY & RICE**
Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, sultanas, coriander, cumin, mustard seed, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, Salt.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 117KCal (492KJ). Fat 1.41 (of which saturated fat 0.74).
Carbohydrates 16.73a (of which sugar 0.84a). Fibre 1.18a. Protein 10.41a Salt 0.21a.

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