

THU

1st

FRI

2nd

MON

5th

TUE

6th

WED

7th

NOVEMBER 2018

SAUSAGE. MASH & FRENCH BEANS

Ingredients: Potatoes, 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) French Beans.

Ingredients in bold script contain allergens; gluten & sulphates

FISH FINGERS, WAFFLES & L.D. BAKED BEANS

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika,

Ingredients in bold script contain allergens; fish & gluten

SWEET & SOUR CHICKEN WITH RICE

Ingredients: Rice, Chicken, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concetrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, xanthan gum, paprika concentrate, salammoniac) Carrot, Corn kernels, Onion,

PASTA WITH TOMATO & BASIL & GOUJONS

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

Ingredients in bold script contain allergens; egg & gluten.

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, turkey, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans...

SAUSAGE. WAFFLES & L.D. BEANS

Ingredients: Potatoes, Sausage (pork 74% Rusk (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, THU iron, niacin, thiamin) salt, spices (white pepper, black pepper, **8th** salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 Sodium sulphate, flavour enhancer E621, stabiliser E450, E451) Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar. Ingredients in bold script contain allergens; **gluten & sulphates**

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 76 KCal 321 Kj 1.37g 0.59g 10.32g 1.14g 1.1g 4.66g < 0.01g	

Nutritional Information Per 100g **Energy** KCal KJ 141 KCal 593 Ki Fat of which saturated 4.25g 0.46g Carbohydrates of which sugar 20.17g 1.25g 1.62g Fibre 5.23g Protein 0.04a

Nutritional Information		
Energy KCal KJ Fat of which saturated	Per 100g 130KCal 519 Kj 1.189	
of which saturated Carbohydrates of which sugar Fibre Protein Salt	0.80g 23.13g 6.68g 1.02g 6.94g 0.31g	

Nutritional Information	
Energy	Per 100g
Energy KCal	111KCal
KJ	471Kj
Fat	2.7g ´
of which saturated	0.35g
Carbohydrates	33.71g
of which sugar	2.68g
Fibre	1.87g
Protein	7.74ğ
Salt	< 0.Ŏ1g

Nutritional Information		
Energy KCal	Per 100g 120 KCal	
KJ .	505 Kj	
Fat of which saturated	3.6g 0.8g	
Carbohydrates of which sugar	14.96g 1.8g	
Fibre	1.55g	
Protein	5.06g 0.04a	
Salt	0.049	

Nutritional Information

Fnergy	Per 100g
Energy KCal	76 KCal
KJ	321 Kj
Fat	1.37g´
of which saturated	0.59g
Carbohydrates	10.32g
of which sugar	1.14g
Fibre	1.1g
Protein	4.66g
Salt	< 0.01g

FISH FINGERS, MINI **ROAST & PEAS** FRI

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), Peas.

Ingredients in bold script contain allergens; fish &

PASTA BOLOGNAISE

MON Ingredients: Durum wheat pasta, beef (Irish), tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, 12th olive oil, salt, oregano, garlic.

Ingredients in bold script contain allergens; gluten

TURKEY CURRY

13th

TUE Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; mustard

BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

WED

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, sova fibre, dextrose, Hydrolysed sova protein, natural 14th 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), french beans.

Ingredients in bold script contain allergens; soya and sulphor

CHICKEN GOUJONS, MINI WAFFLES. PEAS & CORN

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) 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. Peas, Corn.

Ingredients in bold script contain allergens; egg

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

reacticional informacion	
Fnergy	Per 100g
Energy KCal	89 KCal
KJ	376 Kj
Fat	1.29g´
of which saturated	0.61g
Carbohydrates	16.0Žg
of which sugar	1.67g ̃
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

Nutritional Information

	Nutritional Information	
	Energy	Per 100g
	Energy KCal K.J	141KCal
	Fat	597 Kj 3.74a
	of which saturated	1.6g
	Carbohydrates	10.32g
	of which sugar Fibre	2.88 1.29g
	Protein	7.27g
	Salt	< 0.01g
,		

Nutritional Info	ormation
Energy	Per 100g
Energy KCal	117KCal
KJ	491Kj
Fat	1.41g
of which saturated	0.74g
Carbohydrates	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.4Žg
Salt	0.04g

1	Nutritional Information		
	Energy KCal	Per 100g	
	KCal KJ	76 KCal 321 Kj	
	Fat of which saturated	1.37g [°] 0.59a	
	Carbohydrates of which sugar	10.32g 1.14g	
	Fibre	1.1g	
	Protein Salt	4.66g < 0.01g	

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar	Per 100g 155 KCal 649 Kj 6.13g 0.64g 19.44q	
Fibre Protein Salt	1.23g 2.04g 5.77g 0.27g	





HSE/FSAI

Approval no

4018

EC

FRI 16th

MON

19th

FISH CAKES, SAUTÉ, CARROT

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 powder), Carrots.

Ingredients in bold script contain allergens; fish, gluten & mustard

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper,

Nutritional Information Per 100g **Energy** KCal 139KCal 585 Ki 4.53g Fat 0.53g 20.19g of which saturated Carbohydrates 1.46g 2.23g 3.54g 0.05g Fibre Protein

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Energy KCal

of which saturated

Carbohydrates

Fat

Fibre

Salt

Protein

Energy KCal

Fibre

Salt

Fat

Fibre

Protein

Energy KCal

Fibre

Protein

Energy

Protein

Salt

Fat of which saturated

Carbohydrates

of which saturated

Carbohydrates

Protein

of which saturated

of which saturated

Carbohydrates

of which sugar

Carbohydrates

Per 100g

119KCa

499 Ki

3.1g 1.94g 17.28g

0.55g

1.12g 6.5g 0.04g

Per 100g

84 KCal

445 Kj

1.76g[°]

0.63g 10.85g

1.31g

1.46g 5.04g 0.01g

Per 100g

120KCal

480 Kj 1.45g

0.27g 37.25g 2.69g

2.04a

11.78g 0.04a

Per 100g

1.09g

9.26q

0.24a

Per 100g

141 KCa 593 Kj

4.25g 0.46g

20.17g 1.25g

1.62g

5.23a

0.04a

26th

MILD CHILLI CON MON CARNE & RICE

Ingredients: 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,

MEATBALLS GRAVY. MASH & CARROTS

TUE

Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chilli powder, blackpepper, 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,

Ingredients in bold script contain allergens; gluten, soya and sulphor dioxide

Per 100g 117KCal 491 Kj Fat of which saturated 2.41g 1.16g 17.13g Carbohydrates of which sugar 1.84g Fibre 1.45g 5.83g Protein 0.040 Salt

Nutritional Information

Per 100g

84KCal

355 K

0.04g

Per 100g

129 KCal 541 Kj

Nutritional Information

Energy KCal Fat

2.68g 1.14g of which saturated Carbohydrates of which sugar 12.15g 1.08g Fibre 1.11g Protein 3.57g Salt 0.07g

fenugrek, cardamon, turmeric, chilli powder, ginger, salt. Ingredients in bold script contain allergens; mustard

& RICE

TUE **20th**

WED

21st

BEEF CASSEROLE

TURKEY KORMA

Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic) ,carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, oregano, garlic.

garlic, parsley, chives, salt.

TURKEY ARRABIATA WED

28th

Ingredients: Durum wheat pasta, turkey chopped tomatoes, onion, tomato puree, olive oil, potato starch, salt, garlic, basil, chilli powder.

Ingredients in bold script contain allergens: gluten

Per 100g **Energy** KCal 116 KCal K.J 487 Ki 1.82g 0.35g Fat of which saturated Carbohydrates 29.87g 2.28g Fibre 13.46g Protein

Nutritional Information

PASTA WITH CHICKEN

Ingredients: Durum wheat pasta, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil,

Ingredients in bold script contain allergens; gluten

CHICKEN GOUJONS. **SAUTÉ & MIXED VEG**

THU

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, egg white powder, emulsifier, xanthan gum) rapeseed oil, peas, corn, swede.

FISH CAKES, MINI ROAST,

Nutritional Information

Salt

Fat of which saturated 4g 0.53g Carbohydrates 17.88g 1.53g Fibre 2.04g Protein 4.65g 0.05g

Ingredients in bold script contain allergens; egg

L.D. BAKED TURKEY BURGER. **GRAVY. SAUTÉ & CARROTS**

THU **22nd**

23rd

Ingredients: Potatoes, Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, rice flour, salt, sugar, caramlised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), carrots

120 KCal 546 Kj **PEAS & CORN** 3.99g 0.61g 11.93g 0.88g

30th

Ingredients: Potatoes (sunflower oil) 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 powder), Peas, corn.

Ingredients in bold script contain allergens; fish, gluten & mustard

FISH FINGERS. MINI ROAST & L.D. BAKED BEANS

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), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Ingredients in bold script contain allergens; fish & gluten

TO CHANGE

Unit 2 Rathdrum Enterprise Centre, Corballis Upper, Rathdrum,

Nutritional Information	
Energy	Per 100g
KCal	98 KCal
KJ	419 Kj
Fat	1.18g
of which saturated Carbohydrates of which sugar	0.21g 34.44g 3.45g
Fibre	2.09g
Protein	8.27g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT

Co Wicklow

auaranteed

NOVEMBER



NOVEMBER

2018

MENU

BEEF PASTA BAKE

Ingredients: Durum wheat pasta, beef (Irish), chopped tomatoes, tomato puree, carrots, water, spinach, courgettes milk, water, onions, spinach, wheat flour, butter (milk), potato starch, olive oil, garlic, chives, salt.

Ingredients in bold script contain allergens: gluten and milk

FRI 2nd

1st

COD PROVENCAL & RICE

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

Ingredients in bold script contain allergens: fish

MON 5th

SWEET & SOUR CHICKEN WITH RICE

Ingredients: Rice, Chicken, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concetrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: quer qum, spices, flavourings, xanthan gum, paprika concentrate, salammoniac) Carrot, Corn kernels, Onion,

PASTA WITH TOMATO & BASIL & GOUJONS

TUE 6th

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

Ingredients in bold script contain allergens; eqq & gluten.

WED 7th

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, turkey, carrots, water, swedes, peas, 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).

LAMB NAVARIN &

THU Ingredients: Potatoes, lamb, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic), water, carrots, swedes, peas, onion, potato starch, olive oil, garlic, oregano.

Nutritional Information Energy KCal KJ 125 KCal 530 Kj 2.71g 1.23g 34.85g 3.55g 1.99g 9.15g 0.04g Carbohydrates of which sugar Fibre Protein

Nutritional Info	Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 95 KCal 401 Kj 1.35g 0.64g 17.31g 1.65g 1.31g 4.4g 0.4q		

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

F	Per 100g
Energy KCal	111KCal
KJ	471Kj
Fat	2.7g ° 0.35g
of which saturated	
Carbohydrates	33.71g
of which sugar	2.68g
Fibre	1.87g
Protein	7.74g
Salt	< 0.ŏ1g

Nutritional Information			
Energy KCal KJ Fat of which saturated	Per 100g 79 KCal 331 Kj 1.48g 0.39g		
Carbohydrates of which sugar Fibre Protein Salt	4.91g 2g 1.78g 11.62g 0.04g		

reactitional information		
Energy KCal	Per 100g	
KJ	77 KCal Ki	
Fat	3.6g	
of which saturated	0.8g	
Carbohydrates of which sugar	14.96g	
	1.8g	
Fibre	1.55g	
Protein	5.06g 0.04g	
Salt	0.04g	

Nutritional Information

FRI

FISH FINGERS, MINI **ROAST & PEAS**

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), Peas.

Ingredients in bold script contain allergens; fish &

PASTA BOLOGNAISE

MON Ingredients: Durum wheat pasta, beef (Irish), tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, 12th olive oil, salt, oregano, garlic.

Ingredients in bold script contain allergens; gluten

TURKEY CURRY

13th

TUE Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; mustard

BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

WED

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, **sova fibre**, dextrose, Hydrolysed **sova protein**, natural 14th 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), french beans.

Ingredients in bold script contain allergens; soya and sulphor

CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

THU Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil potato starch cole oil, potato starch, salt, pepper extract) Chicken Breast **15th** 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. Peas. Corn.

Ingredients in bold script contain allergens; egg

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

Per 100g 89 KCal 376 Kj 1.29g 0.61g 16.02g 1.67g 1.27g 4.24g < 0.01g Carbohydrates of which sugar

Fibre Protein

Salt

Nutritional Information

Nutritional Information			
Energy	Per 100g		
Energy KCal KJ	141KCal 597 Kj		
Fat of which saturated	3.74g 1.6g		
Carbohydrates of which sugar	10.32g 2.88		
Fibre	1.29g		
Protein	7.27g		
Salt	< 0.01g		

Nutritional Info	ormation
Fnergy	Per 100g
Energy KCal	117KCa
KJ	491Kj
Fat	1.41g
of which saturated	0.74g
Carbohydrates	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.4Žg
Salt	0.04a

Nutritional Information			
Energy KCal	Per 100g		
	76 KCal		
KJ	321 Kj		
Fat	1.37g		
of which saturated	0.59g		
Carbohydrates	10.3Žg		
of which sugar	1.14a		
Fibre	1.1g		
Protein	4.66g		
Salt	< 0.01g		

Nutritional Information		
Energy KGal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 155 KCal 649 Kj 6.13g 0.64g 19.44g 1.23g 2.04g 5.77g 0.27g	





HSE/FSAI

Approval no

4018

EC

NOVEMBER

FRI 16th

MON

19th

FISH CAKES, SAUTÉ, CARROT 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 powder), Carrots.

Ingredients in bold script contain allergens; fish, gluten & mustard

Ingredients: Rice, Turkey, coconut milk, peppers, onions,

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

potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper,

Ingredients in bold script contain allergens; mustard

Nutritional Information Per 100g **Energy** KCal 139KCal 585 Ki 4.53g Fat 0.53g 20.19g of which saturated Carbohydrates 1.46g 2.23g 3.54g 0.05g Fibre Protein

Nutritional Information

Energy KCal

of which saturated

Carbohydrates

Fat

Fibre

Salt

Protein

Energy

Per 100g

119KCa

499 Ki

3.1g 1.94g 17.28g

0.55g

1.12g 6.5g 0.04g

Per 100g

84 KCal

26th

MILD CHILLI CON MON CARNE & RICE

Ingredients: 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).

MEATBALLS GRAVY. MASH

TUE

Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, rusk (wheat Ingrecients: Potatoes, meatroais 17% pork 37%, poet 37%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic, citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chillipowder, blackpepper, 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,

Per 100g 117KCal 491 Kj Fat of which saturated 2.41g 1.16g 17.13g Carbohydrates of which sugar 1.84g Fibre 1.45g 5.83g Protein 0.040 Salt

Nutritional Information

Nutritional Information Per 100g **Energy** KCal 84KCal 355 K 2.68g 1.14g Fat of which saturated 12.15g 1.08g Carbohydrates of which sugar Fibre 1.11g

Protein 3.57g Salt 0.07g

Nutritional Information

Energy	Per 100
Energy KCal	116 KCa
KJ	487 Kj
Fat	1.82g
of which saturated	0.35g
Carbohydrates	29.87g
of which sugar	2.28g
Fibre	1.67g
Protein	13.46g

Nutritional Information

Fat of which saturated

Carbohydrates

Fibre

Protein

Fibre

Salt

Protein

Per 100g

129 KCal 541 Kj

4g 0.53a

17.88g 1.53g

2.04g

4.65g

0.05g

KCal KJ	116 KCa 487 Kj
Fat of which saturated	1.82g 0.35g
Carbohydrates of which sugar	29.87g 2.28g
Fibre	1.67g
Protein	13.46g
Salt	0.04g

& CARROTS

28th

Ingredients in bold script contain allergens; gluten, soya and sulphor dioxide

TUE 20th

BEEF CASSEROLE

TURKEY KORMA

& RICE

Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic) ,carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, oregano, garlic.

445 Kj 1.76g[°] of which saturated 0.63g 10.85g Carbohydrates 1.31g 1.46g 5.04g 0.01g Fibre **Protein**

Nutritional Information

WED

Ingredients: Durum wheat pasta, turkey chopped tomatoes, onion, tomato puree, olive oil, potato starch, salt, garlic, basil, chilli powder.

Ingredients in bold script contain allergens: gluten

TURKEY ARRABIATA

WED **21st**

PASTA WITH CHICKEN & CORN

Ingredients: Durum wheat pasta, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

Ingredients in bold script contain allergens; gluten

Nutritional Information Per 100g 120KCal 480 Kj

1.45g Fat 0.27g 37.25g 2.69g of which saturated Carbohydrates of which sugar 2.04a Fibre 11.78g 0.04a Protein

CHICKEN	GO	UJ0	NS,
SAUTÉ 8	MI)	XED	VEG

THU

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, egg white powder, emulsifier, xanthan gum) rapeseed oil, peas, corn, swede.

Ingredients in bold script contain allergens; egg

PEAS & CORN

FISH CAKES, MINI ROAST,

L.D. BAKED TURKEY BURGER. **GRAVY. SAUTÉ & CARROTS**

THU **22nd**

Ingredients: Potatoes, Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, riceflour, salt, sugar, caramlised sugar, maltodextrin, yeast extract, flavourings onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), carrots

FISH FINGERS. MINI ROAST &

Energy KCal KJ Fat	120 KCal 546 Kj 3.99g
of which saturated	0.61g
Carbohydrates of which sugar	11.93g 0.88g
Fibre	1.09g
Protein	9.26g
Salt	0.24g

Nutritional Information

Nutritional Information

Ingredients: Potatoes (sunflower oil) 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 powder), Peas, corn.

Ingredients in bold script contain allergens; fish, gluten & mustard

30th

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

Per 100q 98 KCal 419 Kj Fat of which saturated 1.18g 0.21g 34.44g Carbohydrates of which sugar 3.45g 2.09g 8.27g < 0.01g

Nutritional Information

auaranteed

L.D. BAKED BEANS

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), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

23rd

Ingredients in bold script contain allergens; fish & gluten

Energy KCal 141 KCa 593 Kj Fat of which saturated 4.25g 0.46g Carbohydrates 20.17g 1.25g

Per 100g

1.62g Protein 5.23a Salt 0.04a