



AFTER SCHOOL 1

NOVEMBER  
2018  
MENU

THU  
1st

## 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**

FRI  
2nd

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

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

MON  
5th

## SWEET & SOUR CHICKEN WITH RICE

Ingredients: Rice, Chicken, 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, salammoniac) Carrot, Corn kernels, Onion, Pineapple.

## PASTA WITH TOMATO & BASIL & GOJONS

Ingredients: **Durum wheat pasta**, Chicken Breast Fillet(71%), Breadcrumbs 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**.

WED  
7th

## TURKEY CASSEROLE & MASH

Ingredients: Potatoes, turkey, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, 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, 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) Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.  
Ingredients in bold script contain allergens; **gluten & sulphates**

THU  
8th

### Nutritional Information

Energy	Per 100g
KCal	76 KCal
KJ	321 KJ
<b>Fat</b>	1.37g
<i>of which saturated</i>	0.59g
<b>Carbohydrates</b>	10.32g
<i>of which sugar</i>	1.14g
<b>Fibre</b>	1.1g
<b>Protein</b>	4.66g
<b>Salt</b>	< 0.01g

### Nutritional Information

Energy	Per 100g
KCal	141 KCal
KJ	593 KJ
<b>Fat</b>	4.25g
<i>of which saturated</i>	0.46g
<b>Carbohydrates</b>	20.17g
<i>of which sugar</i>	1.25g
<b>Fibre</b>	1.62g
<b>Protein</b>	5.23g
<b>Salt</b>	0.04g

### Nutritional Information

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

### Nutritional Information

Energy	Per 100g
KCal	111KCal
KJ	471KJ
<b>Fat</b>	2.7g
<i>of which saturated</i>	0.35g
<b>Carbohydrates</b>	33.71g
<i>of which sugar</i>	2.68g
<b>Fibre</b>	1.87g
<b>Protein</b>	7.74g
<b>Salt</b>	< 0.01g

### Nutritional Information

Energy	Per 100g
KCal	120 KCal
KJ	505 KJ
<b>Fat</b>	3.6g
<i>of which saturated</i>	0.8g
<b>Carbohydrates</b>	14.96g
<i>of which sugar</i>	1.8g
<b>Fibre</b>	1.55g
<b>Protein</b>	5.06g
<b>Salt</b>	0.04g

### Nutritional Information

Energy	Per 100g
KCal	76 KCal
KJ	321 KJ
<b>Fat</b>	1.37g
<i>of which saturated</i>	0.59g
<b>Carbohydrates</b>	10.32g
<i>of which sugar</i>	1.14g
<b>Fibre</b>	1.1g
<b>Protein</b>	4.66g
<b>Salt</b>	< 0.01g

FRI  
9th

## 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 oil), Peas.

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

MON  
12th

## PASTA BOLOGNAISE

Ingredients: **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**

TUE  
13th

## TURKEY CURRY & RICE

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

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

WED  
14th

## BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

Ingredients: 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), french beans.

Ingredients in bold script contain allergens; **soya and sulphur dioxide**

THU  
15th

## CHICKEN GOJONS, MINI WAFFLES, PEAS & CORN

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Chicken Breast Fillet(71%), Breadcrumbs 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

Energy	Per 100g
KCal	89 KCal
KJ	376 KJ
<b>Fat</b>	1.29g
<i>of which saturated</i>	0.61g
<b>Carbohydrates</b>	16.02g
<i>of which sugar</i>	1.67g
<b>Fibre</b>	1.27g
<b>Protein</b>	4.24g
<b>Salt</b>	< 0.01g

### Nutritional Information

Energy	Per 100g
KCal	141KCal
KJ	597 KJ
<b>Fat</b>	3.74g
<i>of which saturated</i>	1.6g
<b>Carbohydrates</b>	10.32g
<i>of which sugar</i>	2.88g
<b>Fibre</b>	1.29g
<b>Protein</b>	7.27g
<b>Salt</b>	< 0.01g

### Nutritional Information

Energy	Per 100g
KCal	117KCal
KJ	491KJ
<b>Fat</b>	1.41g
<i>of which saturated</i>	0.74g
<b>Carbohydrates</b>	16.74g
<i>of which sugar</i>	0.84g
<b>Fibre</b>	1.18g
<b>Protein</b>	10.42g
<b>Salt</b>	0.04g

### Nutritional Information

Energy	Per 100g
KCal	76 KCal
KJ	321 KJ
<b>Fat</b>	1.37g
<i>of which saturated</i>	0.59g
<b>Carbohydrates</b>	10.32g
<i>of which sugar</i>	1.14g
<b>Fibre</b>	1.1g
<b>Protein</b>	4.66g
<b>Salt</b>	< 0.01g

### Nutritional Information

Energy	Per 100g
KCal	155 KCal
KJ	649 KJ
<b>Fat</b>	6.13g
<i>of which saturated</i>	0.64g
<b>Carbohydrates</b>	19.44g
<i>of which sugar</i>	1.23g
<b>Fibre</b>	2.04g
<b>Protein</b>	5.77g
<b>Salt</b>	0.27g



**FRI 16th**

## 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, curcumin) 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, niacin, thiamin) maize starch, salt, **mustard powder**), Carrots.

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

**MON 19th**

## TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, salt.

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

**TUE 20th**

## BEEF CASSEROLE & MASH

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

**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**

**THU 22nd**

## L.D. BAKED TURKEY BURGER, GRAVY, SAUTÉ & CARROTS

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

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

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

### Nutritional Information

Energy	Per 100g
KCal	139KCal
KJ	585 KJ
<b>Fat</b>	4.53g
<i>of which saturated</i>	0.53g
<b>Carbohydrates</b>	20.19g
<i>of which sugar</i>	1.46g
<b>Fibre</b>	2.23g
<b>Protein</b>	3.54g
<b>Salt</b>	0.05g

### Nutritional Information

Energy	Per 100g
KCal	119KCal
KJ	499 KJ
<b>Fat</b>	3.1g
<i>of which saturated</i>	1.94g
<b>Carbohydrates</b>	17.28g
<i>of which sugar</i>	0.55g
<b>Fibre</b>	1.12g
<b>Protein</b>	6.5g
<b>Salt</b>	0.04g

### Nutritional Information

Energy	Per 100g
KCal	84 KCal
KJ	445 KJ
<b>Fat</b>	1.76g
<i>of which saturated</i>	0.63g
<b>Carbohydrates</b>	10.85g
<i>of which sugar</i>	1.31g
<b>Fibre</b>	1.46g
<b>Protein</b>	5.04g
<b>Salt</b>	0.01g

### Nutritional Information

Energy	Per 100g
KCal	120KCal
KJ	480 KJ
<b>Fat</b>	1.45g
<i>of which saturated</i>	0.27g
<b>Carbohydrates</b>	37.25g
<i>of which sugar</i>	2.69g
<b>Fibre</b>	2.04g
<b>Protein</b>	11.78g
<b>Salt</b>	0.04g

### Nutritional Information

Energy	Per 100g
KCal	120 KCal
KJ	546 KJ
<b>Fat</b>	3.99g
<i>of which saturated</i>	0.61g
<b>Carbohydrates</b>	11.93g
<i>of which sugar</i>	0.88g
<b>Fibre</b>	1.09g
<b>Protein</b>	9.26g
<b>Salt</b>	0.24g

### Nutritional Information

Energy	Per 100g
KCal	141 KCal
KJ	593 KJ
<b>Fat</b>	4.25g
<i>of which saturated</i>	0.46g
<b>Carbohydrates</b>	20.17g
<i>of which sugar</i>	1.25g
<b>Fibre</b>	1.62g
<b>Protein</b>	5.23g
<b>Salt</b>	0.04g

**MON 26th**

## MILD CHILLI CON 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).

**TUE 27th**

## MEATBALLS GRAVY, MASH & CARROTS

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, oregano, salt, chillies, chilli powder, black pepper, 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) carrots.

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

**WED 28th**

## TURKEY ARRABIATA

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**

**THU 29th**

## CHICKEN GOUJONS, SAUTÉ & MIXED VEG

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**

**FRI 30th**

## FISH CAKES, MINI ROAST, PEAS & CORN

Ingredients: Potatoes (sunflower oil) **Fish Cake (white fish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) 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, niacin, thiamin) maize starch, salt, **mustard powder**), Peas, corn.

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

### Nutritional Information

Energy	Per 100g
KCal	117KCal
KJ	491 KJ
<b>Fat</b>	2.41g
<i>of which saturated</i>	1.16g
<b>Carbohydrates</b>	17.13g
<i>of which sugar</i>	1.84g
<b>Fibre</b>	1.45g
<b>Protein</b>	5.83g
<b>Salt</b>	0.04g

### Nutritional Information

Energy	Per 100g
KCal	84KCal
KJ	355 KJ
<b>Fat</b>	2.68g
<i>of which saturated</i>	1.14g
<b>Carbohydrates</b>	12.15g
<i>of which sugar</i>	1.08g
<b>Fibre</b>	1.11g
<b>Protein</b>	3.57g
<b>Salt</b>	0.07g

### Nutritional Information

Energy	Per 100g
KCal	116 KCal
KJ	487 KJ
<b>Fat</b>	1.82g
<i>of which saturated</i>	0.35g
<b>Carbohydrates</b>	29.87g
<i>of which sugar</i>	2.28g
<b>Fibre</b>	1.67g
<b>Protein</b>	13.46g
<b>Salt</b>	0.04g

### Nutritional Information

Energy	Per 100g
KCal	129 KCal
KJ	541 KJ
<b>Fat</b>	4g
<i>of which saturated</i>	0.53g
<b>Carbohydrates</b>	17.88g
<i>of which sugar</i>	1.53g
<b>Fibre</b>	2.04g
<b>Protein</b>	4.65g
<b>Salt</b>	0.05g

### Nutritional Information

Energy	Per 100g
KCal	98 KCal
KJ	419 KJ
<b>Fat</b>	1.18g
<i>of which saturated</i>	0.21g
<b>Carbohydrates</b>	34.44g
<i>of which sugar</i>	3.45g
<b>Fibre</b>	2.09g
<b>Protein</b>	8.27g
<b>Salt</b>	< 0.01g



# AFTER SCHOOL 2

## NOVEMBER 2018 MENU

THU 1st

### 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 (lactose)**

FRI 2nd

### 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 (concentrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, xanthan gum, paprika concentrate, salammoniac) Carrot, Corn kernels, Onion, Pineapple.

### PASTA WITH TOMATO & BASIL & GOJONS

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**.

TUE 6th

### 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 (coriander, sage leaf), sunflower oil, citric acid, garlic).

WED 7th

### LAMB NAVARIN & MASH

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

THU 8th

Nutritional Information	
Energy	Per 100g
KCal	125 KCal
KJ	530 KJ
<b>Fat</b>	2.71g
of which saturated	1.23g
<b>Carbohydrates</b>	34.85g
of which sugar	3.55g
<b>Fibre</b>	1.99g
<b>Protein</b>	9.15g
<b>Salt</b>	0.04g

Nutritional Information	
Energy	Per 100g
KCal	95 KCal
KJ	401 KJ
<b>Fat</b>	1.35g
of which saturated	0.64g
<b>Carbohydrates</b>	17.31g
of which sugar	1.65g
<b>Fibre</b>	1.31g
<b>Protein</b>	4.4g
<b>Salt</b>	0.4g

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

Nutritional Information	
Energy	Per 100g
KCal	111KCal
KJ	471KJ
<b>Fat</b>	2.7g
of which saturated	0.35g
<b>Carbohydrates</b>	33.71g
of which sugar	2.68g
<b>Fibre</b>	1.87g
<b>Protein</b>	7.74g
<b>Salt</b>	< 0.01g

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

Nutritional Information	
Energy	Per 100g
KCal	77 KCal
KJ	KJ
<b>Fat</b>	3.6g
of which saturated	0.8g
<b>Carbohydrates</b>	14.96g
of which sugar	1.8g
<b>Fibre</b>	1.55g
<b>Protein</b>	5.06g
<b>Salt</b>	0.04g

FRI 9th

### 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 oil), Peas.

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

MON 12th

### PASTA BOLOGNAISE

Ingredients: **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**

TUE 13th

### TURKEY CURRY & RICE

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

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

WED 14th

### BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

Ingredients: 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), french beans.

Ingredients in bold script contain allergens; **soya and sulphur dioxide**

THU 15th

### CHICKEN GOJONS, 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

Nutritional Information	
Energy	Per 100g
KCal	89 KCal
KJ	376 KJ
<b>Fat</b>	1.29g
of which saturated	0.61g
<b>Carbohydrates</b>	16.02g
of which sugar	1.67g
<b>Fibre</b>	1.27g
<b>Protein</b>	4.24g
<b>Salt</b>	< 0.01g

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

Nutritional Information	
Energy	Per 100g
KCal	117KCal
KJ	491KJ
<b>Fat</b>	1.41g
of which saturated	0.74g
<b>Carbohydrates</b>	16.74g
of which sugar	0.84g
<b>Fibre</b>	1.18g
<b>Protein</b>	10.42g
<b>Salt</b>	0.04g

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

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





**FRI 16th**

## 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, curcumin) 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, niacin, thiamin) maize starch, salt, **mustard powder**), Carrots.

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

**MON 19th**

## TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, salt.

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

**TUE 20th**

## BEEF CASSEROLE & MASH

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

**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**

**THU 22nd**

## L.D. BAKED TURKEY BURGER, GRAVY, SAUTÉ & CARROTS

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

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

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

### Nutritional Information

Energy	Per 100g
KCal	139KCal
KJ	585 KJ
<b>Fat</b>	4.53g
<i>of which saturated</i>	0.53g
<b>Carbohydrates</b>	20.19g
<i>of which sugar</i>	1.46g
<b>Fibre</b>	2.23g
<b>Protein</b>	3.54g
<b>Salt</b>	0.05g

### Nutritional Information

Energy	Per 100g
KCal	119KCal
KJ	499 KJ
<b>Fat</b>	3.1g
<i>of which saturated</i>	1.94g
<b>Carbohydrates</b>	17.28g
<i>of which sugar</i>	0.55g
<b>Fibre</b>	1.12g
<b>Protein</b>	6.5g
<b>Salt</b>	0.04g

### Nutritional Information

Energy	Per 100g
KCal	84 KCal
KJ	445 KJ
<b>Fat</b>	1.76g
<i>of which saturated</i>	0.63g
<b>Carbohydrates</b>	10.85g
<i>of which sugar</i>	1.31g
<b>Fibre</b>	1.46g
<b>Protein</b>	5.04g
<b>Salt</b>	0.01g

### Nutritional Information

Energy	Per 100g
KCal	120KCal
KJ	480 KJ
<b>Fat</b>	1.45g
<i>of which saturated</i>	0.27g
<b>Carbohydrates</b>	37.25g
<i>of which sugar</i>	2.69g
<b>Fibre</b>	2.04g
<b>Protein</b>	11.78g
<b>Salt</b>	0.04g

### Nutritional Information

Energy	Per 100g
KCal	120 KCal
KJ	546 KJ
<b>Fat</b>	3.99g
<i>of which saturated</i>	0.61g
<b>Carbohydrates</b>	11.93g
<i>of which sugar</i>	0.88g
<b>Fibre</b>	1.09g
<b>Protein</b>	9.26g
<b>Salt</b>	0.24g

### Nutritional Information

Energy	Per 100g
KCal	141 KCal
KJ	593 KJ
<b>Fat</b>	4.25g
<i>of which saturated</i>	0.46g
<b>Carbohydrates</b>	20.17g
<i>of which sugar</i>	1.25g
<b>Fibre</b>	1.62g
<b>Protein</b>	5.23g
<b>Salt</b>	0.04g

**MON 26th**

## MILD CHILLI CON 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).

**TUE 27th**

## MEATBALLS GRAVY, MASH & CARROTS

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, oregano, salt, chillies, chilli powder, black pepper, 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) carrots.

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

**WED 28th**

## TURKEY ARRABIATA

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**

**THU 29th**

## CHICKEN GOUJONS, SAUTÉ & MIXED VEG

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**

**FRI 30th**

## FISH CAKES, MINI ROAST, PEAS & CORN

Ingredients: Potatoes (sunflower oil) **Fish Cake (white fish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) 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, niacin, thiamin) maize starch, salt, **mustard powder**), Peas, corn.

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

### Nutritional Information

Energy	Per 100g
KCal	117KCal
KJ	491 KJ
<b>Fat</b>	2.41g
<i>of which saturated</i>	1.16g
<b>Carbohydrates</b>	17.13g
<i>of which sugar</i>	1.84g
<b>Fibre</b>	1.45g
<b>Protein</b>	5.83g
<b>Salt</b>	0.04g

### Nutritional Information

Energy	Per 100g
KCal	84KCal
KJ	355 KJ
<b>Fat</b>	2.68g
<i>of which saturated</i>	1.14g
<b>Carbohydrates</b>	12.15g
<i>of which sugar</i>	1.08g
<b>Fibre</b>	1.11g
<b>Protein</b>	3.57g
<b>Salt</b>	0.07g

### Nutritional Information

Energy	Per 100g
KCal	116 KCal
KJ	487 KJ
<b>Fat</b>	1.82g
<i>of which saturated</i>	0.35g
<b>Carbohydrates</b>	29.87g
<i>of which sugar</i>	2.28g
<b>Fibre</b>	1.67g
<b>Protein</b>	13.46g
<b>Salt</b>	0.04g

### Nutritional Information

Energy	Per 100g
KCal	129 KCal
KJ	541 KJ
<b>Fat</b>	4g
<i>of which saturated</i>	0.53g
<b>Carbohydrates</b>	17.88g
<i>of which sugar</i>	1.53g
<b>Fibre</b>	2.04g
<b>Protein</b>	4.65g
<b>Salt</b>	0.05g

### Nutritional Information

Energy	Per 100g
KCal	98 KCal
KJ	419 KJ
<b>Fat</b>	1.18g
<i>of which saturated</i>	0.21g
<b>Carbohydrates</b>	34.44g
<i>of which sugar</i>	3.45g
<b>Fibre</b>	2.09g
<b>Protein</b>	8.27g
<b>Salt</b>	< 0.01g