

After School Vegetarian Menu November 2017.xlsm



- 1 Wed **VEGETABLE RAGU & RICE**
Rice, chopped tomatoes, water, tomato puree, carrots, lentils, sweetcorn, red peppers, spinach, potato starch, onions, olive oil, garlic puree, salt.
Nutritional Information Per 100g: Energy 206KCal (875KJ). Fat 1.87g (of which saturated fat 0.19g).
Carbohydrates 46.23g (of which sugar 2.31g). Fibre 1.13g. Protein 4.97g. Salt < 0.02g.
- 2 Thu **QUORN SAUSAGE, SAUTE POTATO & MIXED VEGETABLES**
Potatoes, vegetable oil, dextrose, Quorn Sausage 20%(mysroprotein(24)rehydrated freerange **egg** white, rusk(**wheat** flour salt) textured **wheat** protein(**wheat** flour, gelling agent: sodium alginate) onion, rapeseed oil, seasoning(salt, yeast, herbs(bay, majoram, rosemary, sage, ground sage) spices(black pepper, nutmeg, white pepper) sugar, onion powder, potassium chloride, **barley** malt extract, garlic powder, flavouring, sunflower oil, herb extract) Tapioca starch, firming agents: calcium chloride, calcium chloride, calcium acetate: pea fibre) Peas, carrot, corn, beans.
Ingredients in bold script contain allergens; gluten, soya, sulphur dioxide.
Nutritional Information Per 100g: Energy 124KCal (520KJ). Fat 4.56g (of which saturated fat 0.64g).
Carbohydrates 12.06g (of which sugar 1.27g). Fibre 2.08g. Protein 4.02g. Salt 0.1g.
- 3 Fri **VEGETABLE FINGERS, WITH MASHED POTATOES, PEAS & CORN**
Potatoes, **Vegetable Fingers** (Sweetcorn, Carrots, peas, **breadcrumbs** batter(**wheat** flour, potato starch, salt) potato flake, vegetable oil, **egg** white, salt, modified maize starch, yeast extract, natural flavourings, **mustard**) **corn**, **peas**,
Ingredients in bold script contain allergens; mustard, egg and gluten.
Nutritional Information Per 100g: Energy 109KCal (457KJ). Fat 3.06g (of which saturated fat 0.31g).
Carbohydrates 17.68g (of which sugar 1.68g). Fibre 2.16g. Protein 2.59. Salt 0.1g.
- 6 Mon **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 178KCal (762KJ). Fat 1.18g (of which saturated fat 0.14g).
Carbohydrates 18.74g (of which sugar 2.78g). Fibre 1.83g. Protein 4.4g. Salt < 0.01g.
- 7 Tue **VEGETABLE NAVARIN & POTATO**
Potatoes, carrots, chopped tomatoes, swede, water, peas, broad beans, french beans, onions, garlic, olive oil, salt.
Nutritional Information Per 100g: Energy 75KCal (210KJ). Fat 0.2g (of which saturated fat 0.04g).
Carbohydrates 10.94g (of which sugar 1.22g). Fibre 1.77g. Protein 1.81g. Salt < 0.01g.
- 8 Wed **PASTA BOLOGNAISE**
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.
Nutritional Information Per 100g: Energy 94KCal (402KJ). Fat 1.1g (of which saturated fat 0.21g).
Carbohydrates 36.68g (of which sugar 3.87g). Fibre 2.38g. Protein 6.99g. Salt 0.1g.
- 9 Thu **QUORN SAUSAGE, MASHED POTATO & MIXED VEGETABLES**
Potatoes, Quorn Sausage 20%(mysroprotein(24)rehydrated freerange **egg** white, rusk(**wheat** flour salt) textured **wheat** protein(**wheat** flour, gelling agent: sodium alginate) onion, rapeseed oil, seasoning(salt, yeast, herbs(bay, majoram, rosemary, sage, ground sage) spices(black pepper, nutmeg, white pepper) sugar, onion powder, potassium chloride, **barley** malt extract, garlic powder, flavouring, sunflower oil, herb extract) Tapioca starch, firming agents: calcium chloride, calcium chloride, calcium acetate: pea fibre) Peas, carrot, corn, beans.
Ingredients in bold script contain allergens; gluten, soya, sulphur dioxide.
Nutritional Information Per 100g: Energy 68KCal (289KJ). Fat 0.75g (of which saturated fat 0.44g).
Carbohydrates 12.06g (of which sugar 1.27g). Fibre 2.08g. Protein 4.02g. Salt 0.1g.
- 10 Fri **VEGETABLE FINGERS, SAUTE POTATOES & CARROTS**
Potatoes, **Vegetable oil, dextrose, Vegetable Fingers** (Sweetcorn, Carrots, peas, **breadcrumbs** batter(**wheat** flour, potato starch, salt) potato flake, vegetable oil, **egg** white, salt, modified maize starch, yeast extract, natural flavourings, **mustard**) **carrots**.
Ingredients in bold script contain allergens; mustard, egg and gluten.
Nutritional Information Per 100g: Energy 149KCal (627KJ). Fat 5.23g (of which saturated fat .59g).
Carbohydrates 21.33g (of which sugar 1.89g). Fibre 2.89g. Protein 3g. Salt 0.04g.
- 13 Mon **MEXICAN QUORN & RICE**
Rice, Quorn (mycoprotein 89% rehydrated freerange **egg** white, natural flavouring, firming agent, calcium chloride, calcium acetate, gelling agent-pectin) tomatoes, carrots, corn, peppers, water, tomato puree, onions, olive oil, parsley, chives, potato starch, garlic.
Ingredients in bold script contain allergens; egg
Nutritional Information Per 100g: Energy 98KCal (415KJ). Fat 1.68g (of which saturated fat 0.89).
Carbohydrates 17.73g (of which sugar 1.62g). Fibre 2.03g. Protein 4.09g. Salt 0.1g.
- 14 Tue **QUORN PATTI IN GRAVY WITH MASHED POTATOES & MIXED VEG**
Potatoes, Quorn Patti (mycoprotein, rehydrated free range **egg** white, textured **wheat** protein, (**wheat** flour, stabiliser, sodium alginate, colour caramel) Onions, Vegetable oils(palm, rapeseed) natural flavourings (contains salt, sugar, potassium chloride, smoked yeast, smoked flavourings) **milk** proteins, roasted **barley** malt extract, firming agents calcium chloride, calcium acetate), 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, Carrots & Swede.
Ingredients in bold script contain allergens; gluten, egg and milk (lactose).
Nutritional Information Per 100g: Energy 76KCal (314KJ). Fat 1.47g (of which saturated fat 0.5g).
Carbohydrates 12.25g (of which sugar 1.33g). Fibre 1.21g. Protein 3.74. Salt 0.6g.
- 15 Wed **VEGETABLE PASTA BAKE**
Durum wheat pasta, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour**, **butter**, potato starch, olive oil, garlic, basil.
Ingredients in bold script contain allergens; gluten and milk (lactose)
Nutritional Information Per 100g: Energy 177 KCal (757KJ). Fat 2.11g (of which saturated fat 0.72g).
Carbohydrates 18.32g (of which sugar 2.8g). Fibre 1.72g. Protein 4.33g. Salt < 0.01g.
- 16 Thu **CARIBBEAN VEGETABLE CURRY & RICE**
Rice, coconut milk, butternut squash, peppers, beans, peas, onions, water, olive oil, pineapple, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, paprika, garlic, salt.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 113KCal (476KJ). Fat 4.41g (of which saturated fat 2.45g).
Carbohydrates 18.17g (of which sugar 1.15g). Fibre 1.42g. Protein 1.79g. Salt 0.04.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

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- 17 Fri **QUORN GOUGONS, MASHED POTATOES & CARROTS**
 Potatoes, Quorn Gougons (mycoprotein (55%)), **wheat** flour (contains added calcium, iron, niacin & thiamine), sunflower oil, water, **wheat** starch, rehydrated free range egg white, milk proteins, salt, natural flavourings, **wheat** semolina, yeast, firming agent: calcium acetate; gelling agent: pectin) Carrots
Ingredients in bold script contain allergens; egg, Wheat.
 Nutritional Information Per 100g: Energy 100KCal (423KJ). Fat 2.17g (of which saturated fat 0.23g).
 Carbohydrates 16.22g (of which sugar 0.11g). Fibre 1.97g. Protein 4.39g. Salt 0.24g.
- 20 Mon **VEGETABLE TANGIA & RICE** Rice, chopped tomatoes, butternut squash, water, peppers, spinach, sultanas, tomato puree, onions, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, salt.
Ingredients in bold script contain allergens; Mustard
 Nutritional Information Per 100g: Energy 109KCal (KJ). 455 Fat 0.52g (of which saturated fat 0.52g).
 Carbohydrates 19.38g (of which sugar 1.45g). Fibre 2.42g. Protein 3.98g. Salt < 0.04g.
- 21 Tue **SWEET POTATO & VEGETABLE CASSEROLE & MASHED POTATO**
 Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, sunflower oil, dextrose, tomato puree, oregano, garlic, salt.
 Nutritional Information Per 100g: Energy KCal (KJ) Fat g (of which saturated fat g).
 Carbohydrates g (.). Fibre g. Protein g. Salt < 0.01g.
- 22 Wed **QUORN GOUGONS, MASHED POTATOES & CARROTS** Potatoes, Quorn Gougons (mycoprotein (55%)), **wheat** flour (contains added calcium, iron, niacin & thiamine), sunflower oil, water, **wheat** starch, rehydrated free range egg white, milk proteins, salt, natural flavourings, **wheat** semolina, yeast, firming agent: calcium acetate; gelling agent: pectin) Carrots
Ingredients in bold script contain allergens; egg, Wheat.
 Nutritional Information Per 100g: Energy 115KCal (483KJ). Fat 3.6g (of which saturated fat 0.4g).
 Carbohydrates 19.58g (of which sugar 1.62). Fibre 2.44g. Protein 4.12g. Salt 0.27g
- 23 Thu **VEGETABLE LASAGNE**
 Durum **wheat** pasta, tomatoes, tomato puree, water, carrots, peppers, **milk**, onions, spinach, lentils, courgettes, **flour**, **butter**, potato starch, olive oil, basil, garlic.
Ingredients in bold script contain; gluten, milk (lactose)
 Nutritional Information Per 100g: Energy 112KCal (473KJ). Fat 2.49g (of which saturated fat 0.95g).
 Carbohydrates 20.34g (of which sugar 3.39g). Fibre 1.67g. Protein 4.81g. Salt 0.04g.
- 24 Fri **VEGETABLE FINGERS, MASHED POTATOES & CARROTS**
 Potatoes, **Vegetable Fingers** (Sweetcorn, Carrots, peas, **breadcrumbs** batter (**wheat** flour, potato starch, salt) potato flake, vegetable oil, **egg** white, salt, modified maize starch, yeast extract, natural flavourings, **mustard**) carrots.
Ingredients in bold script contain allergens; mustard, egg and gluten.
 Nutritional Information Per 100g: Energy 109KCal (457KJ). Fat 3.06g (of which saturated fat 0.31g).
 Carbohydrates 17.68g (of which sugar 1.68g). Fibre 2.16g. Protein 2.59g. Salt 0.04g.
- 27 Mon **MILD CHILLI WITH VEGETABLES & RICE**
 Rice, tomatoes, carrots, lentils, peppers, spinach, water, kidney beans, tomatoes, water, onions, tomato puree, potato starch, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder) salt.
 Nutritional Information Per 100g: Energy 92 KCal (389KJ). Fat 1.26g (of which saturated fat 0.65g).
 Carbohydrates 20.43g (of which sugar 2.48g). Fibre 1.91g. Protein 3.4g. Salt 0.02g
- 28 Tue **VEGETABLE HASH**
 Sauté potatoes, corn, broad beans, peppers, onions, peas, olive oil, sunflower oil, garlic, chives, salt.
 Nutritional Information Per 100g: Energy 107KCal (450KJ). Fat 3.82g (of which saturated fat .46g).
 Carbohydrates 14.67g (of which sugar 1.4g). Fibre 3.11g. Protein 3.52g. Salt 0.2g.
- 29 Wed **QUORN PATTI IN GRAVY WITH MASHED POTATOES & PEAS**
 Potatoes, Quorn Patti (mycoprotein, rehydrated free range **egg** white, textured **wheat** protein, (**wheat** flour, stabiliser, sodium alginate, colour caramel) Onions, Vegetable oils (palm, rapeseed) natural flavourings (contains salt, sugar, potassium chloride, smoked yeast, smoked flavourings) **milk** proteins, roasted **barley** malt extract, firming agents calcium chloride, calcium acetate), 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
Ingredients in bold script contain allergens; gluten, egg and milk (lactose).
 Nutritional Information Per 100g: Energy 76KCal (314KJ). Fat 1.47g (of which saturated fat 0.47g).
 Carbohydrates 11.46g (of which sugar 1.45g). Fibre 1.56g. Protein 4.05g. Salt 0.4g.
- 30 Thu **MILD VEGETABLE CURRY & RICE**
 Rice, Water, carrots, broad beans, green beans, peas, swede, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, paprika, garlic.
Ingredients in bold script contain allergens; mustard
 Nutritional Information Per 100g: Energy 63KCal (424KJ). Fat 0.39g (of which saturated fat 0.25g).
 Carbohydrates 16.20g (of which sugar 2.93g). Fibre 2.53g. Protein 3.42g. Salt < 0.01g.

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