



**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

**AFTER SCHOOL
VEGETARIAN**

**NOVEMBER
2018
MENU**

**THU
1st**

VEG PASTA BAKE

Ingredients: **Durum wheat pasta (milk)**, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour, butter**, potato starch, olive oil, garlic, basil salt.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

VEG FINGERS, WAFFLES, L.D BAKED BEANS

Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract Vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) **wheat** flour (**Wheat** flour,calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, turmeric), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

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

SWEET & SOUR VEG WITH RICE

Ingredients: Rice, 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) sweet potato, carrot, peppers, corn kernels, Onion, Pineapple.

BROCCOLI & CORN PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, broccoli, water, carrots, tomato puree, **milk**, maize corn, lentils, spinach, **wheat flour, butter (milk)**, olive oil, onions, potato starch, garlic, basil, salt.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

VEGETABLE CASSEROLE & MINI ROAST

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

VEGETABLE NAVARIN & MASH

Ingredients: Potatoes, carrots, chopped tomatoes, swedes, peas, onions, 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)

Nutritional Information

Energy	Per 100g
KCal	75KCal
KJ	316 KJ
Fat	1.5g
<i>of which saturated</i>	0.34g
Carbohydrates	16.99g
<i>of which sugar</i>	1.95g
Fibre	2.2g
Protein	4.4g
Salt	< 0.4g

Nutritional Information

Energy	Per 100g
KCal	111 KCal
KJ	465 KJ
Fat	2.87g
<i>of which saturated</i>	0.25g
Carbohydrates	18.19g
<i>of which sugar</i>	1.6g
Fibre	1.89g
Protein	3.04g
Salt	0.4g

Nutritional Information

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

Nutritional Information

Energy	Per 100g
KCal	109KCal
KJ	463 KJ
Fat	1.54g
<i>of which saturated</i>	0.82g
Carbohydrates	17.65g
<i>of which sugar</i>	1.45g
Fibre	1.3g
Protein	6.81g
Salt	0.04g

Nutritional Information

Energy	Per 100g
KCal	111KCal
KJ	466 KJ
Fat	3.17g
<i>of which saturated</i>	0.51g
Carbohydrates	20.148g
<i>of which sugar</i>	2.03g
Fibre	1.67g
Protein	4.03g
Salt	< 0.04g

Nutritional Information

Energy	Per 100g
KCal	75 KCal
KJ	210 KJ
Fat	0.2g
<i>of which saturated</i>	0.04g
Carbohydrates	10.94g
<i>of which sugar</i>	1.22g
Fibre	1.77g
Protein	1.81g
Salt	0.04g

**FRI
9th**

VEG FINGERS, MINI ROAST, PEAS

Potatoes, vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) **wheat** flour (**Wheat** flour,calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, tumeric), peas.

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

**MON
12th**

VEG PASTA BOLOGNAISE

Ingredients: **Durum wheat pasta**, tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic, salt.

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

**TUE
13th**

BUTTERNUT SQUASH & BEAN CURRY & RICE

Ingredients: Rice, butternut squash, coconut milk, diced potato, peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree,coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika, salt.

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

**WED
14th**

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, tomatoes, water, swede, peas, split red lentils, carrot, mixed peppers, onions, potato starch, olive oil, garlic puree, paprika, parsley, chives, salt.

**THU
15th**

VEGETABLE BREYANI

Ingredients: Rice, chopped tomatoes, carrot, red split lentils, water, peas, spinach, red peppers, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, salt.

Ingredients in bold script contain allergens; **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	98 KCal
KJ	419 KJ
Fat	1.18g
<i>of which saturated</i>	0.21g
Carbohydrates	34.44g
<i>of which sugar</i>	3.45g
Fibre	2.09g
Protein	8.27g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
KCal	141KCal
KJ	597 KJ
Fat	3.74g
<i>of which saturated</i>	1.6g
Carbohydrates	10.32g
<i>of which sugar</i>	2.88g
Fibre	1.29g
Protein	7.27g
Salt	0.04g

Nutritional Information

Energy	Per 100g
KCal	107KCal
KJ	453KJ
Fat	3.6g
<i>of which saturated</i>	1.6g
Carbohydrates	16.00g
<i>of which sugar</i>	3.3g
Fibre	1.2g
Protein	1.9g
Salt	0.04g

Nutritional Information

Energy	Per 100g
KCal	92KCal
KJ	389 KJ
Fat	2.24g
<i>of which saturated</i>	0.37g
Carbohydrates	17.31g
<i>of which sugar</i>	1.71g
Fibre	2.36g
Protein	3.13g
Salt	0.04g

Nutritional Information

Energy	Per 100g
KCal	79 KCal
KJ	335 KJ
Fat	0.83g
<i>of which saturated</i>	0.61g
Carbohydrates	18.84g
<i>of which sugar</i>	1.19g
Fibre	1.383
Protein	3.45g
Salt	0.04g



**FRI
16th**

CREAMY VEGETABLE PIE

Ingredients: Potatoes, carrots, maize corn, **milk**, peas, water, broad beans, **cream (milk)**, onions, potato starch, parsley, garlic, salt.

Ingredients in bold script contain allergens; **Milk (lactose)**

**MON
19th**

VEGETABLE KORMA & RICE

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

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

**TUE
20th**

COTTAGE VEGETABLE PIE

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

**WED
21st**

MEDITERRANEAN STYLE VEG PASTA

Ingredients: **Durum wheat pasta**, tomatoes, carrots, peppers, maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil, salt.

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

**THU
22nd**

MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, carrots, water, sweet potato, lentils, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic, salt.

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

**FRI
23rd**

VEG FINGERS, MINI ROAST, L.D BAKED BEANS

Potatoes, Vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) **wheat flour** (**Wheat** flour, calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, tumeric), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

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

Nutritional Information

	Per 100g
Energy	75KCal
KCal	316 KJ
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.32g
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	112 KCal
KCal	552 KJ
Fat	2.97g
of which saturated	1.54g
Carbohydrates	20.5g
of which sugar	0.83g
Fibre	1.49g
Protein	2.3g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	65KCal
KCal	273KJ
Fat	1.28g
of which saturated	0.32g
Carbohydrates	15.24g
of which sugar	1.94g
Fibre	2.04g
Protein	4.05g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	75KCal
KCal	316 KJ
Fat	1.5g
of which saturated	0.34g
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	109KCal
KCal	457 KJ
Fat	1.45g
of which saturated	0.27g
Carbohydrates	34.79g
of which sugar	2.8g
Fibre	2.56g
Protein	7.99g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	111 KCal
KCal	465 KJ
Fat	2.87g
of which saturated	0.25g
Carbohydrates	18.19g
of which sugar	1.6g
Fibre	1.89g
Protein	3.04g
Salt	0.4g

**MON
26th**

MILD CHILLI WITH VEG & RICE

Ingredients: 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.

**TUE
27th**

MIXED VEGETABLE & POTATO PIE

Ingredients: Potatoes, carrots, swede, peas, lentils, water, onions, tomato puree, olive oil, potato starch, oragano, garlic, salt.

**WED
28th**

VEG PASTA BAKE

Durum wheat pasta, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour**, **butter (milk)**, potato starch, olive oil, garlic, basil, salt.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

**THU
29th**

GREEK VEGETABLE HOTPOT & MASH

Ingredients: Potatoes, tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley, salt.

**FRI
30th**

VEG FINGERS, MINI ROAST, PEAS & CORN

Potatoes, vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) **wheat flour** (**Wheat** flour, calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, tumeric), peas, corn.

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

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

	Per 100g
Energy	92 KCal
KCal	389 KJ
Fat	1.26g
of which saturated	0.65g
Carbohydrates	20.43g
of which sugar	2.48g
Fibre	1.91g
Protein	3.4g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	75KCal
KCal	316 KJ
Fat	1.5g
of which saturated	0.34g
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	100KCal
KCal	423 KJ
Fat	2g
of which saturated	0.89g
Carbohydrates	34.16g
of which sugar	0.8g
Fibre	2.15g
Protein	6.46g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	22KCal
KCal	232 KJ
Fat	0.6g
of which saturated	0.13g
Carbohydrates	11.72g
of which sugar	1.36g
Fibre	1.26g
Protein	1.35g
Salt	0.04g

Nutritional Information

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