

Standard 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 BROCCOLI & CORN PASTA BAKE

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

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

Nutritional Information Per 100g: Energy 115KCal (488Kj). Fat 2.15g (of which saturated fat 0.88g).

Carbohydrates 38.42g (of which sugar 3.59g). Fibre 2.13g. Protein 6.87g. Salt < 0.01g.

3 Fri COD PILAF

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

Ingredients in bold script contain allergens; **fish**.

Nutritional Information Per 100g: Energy 89KCal (376Kj). Fat 1.29g (of which saturated fat 0.61).

Carbohydrates 16.02g (of which sugar 1.67g). Fibre 1.27g. Protein 4.24g. Salt < 0.01g.

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 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.

7 Tue LAMB NAVARIN & POTATO

Potatoes, Lamb, carrots, chopped tomatoes, swede, water, peas, onions, garlic, olive oil.

Nutritional Information Per 100g: Energy 75KCal (309Kj). Fat 1.72g (of which saturated fat 0.78g).

Carbohydrates 10.94g (of which sugar 1.81g). Fibre 1.52. Protein 4.54g. Salt < 0.01g.

8 Wed LASAGNE

Beef (Irish), durum wheat lasagne, tomatoes, carrots, tomato puree, water, milk, peppers, onions, spinach, wheat flour, butter, potato starch, olive oil, garlic, oregano.

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

Nutritional Information Per 100g: Energy 141 KCal (597 Kj). Fat 3.74g (of which saturated fat 1.6g).

Carbohydrates 10.32g (of which sugar 2.88g). Fibre 1.29g. Protein 7.27g. Salt < 0.01g.

9 Thu PORK MIXED VEG WITH APRICOT & POTATO

Potatoes, pork, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, mustard, pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic.

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

Nutritional Information Per 100g: Energy 80 KCal (337 Kj). Fat 1.54 g (of which saturated fat 0.39 g).

Carbohydrates 11.12 g (of which sugar 1.87g). Fibre 1.33g. Protein 6.02 g. Salt < 0.01g.

10 Fri COD PROVENCAL & RICE

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

Ingredients in bold script contain allergens; **fish**.

Nutritional Information Per 100g: Energy 208 KCal (885Kj). Fat 2.42g (of which saturated fat 0.26g).

Carbohydrates 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.

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 < 0.01g.

14 Tue COTTAGE PIE

Potatoes, beef (Irish), water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.

Nutritional Information Per 100g: Energy 82 KCal (345 Kj). Fat 1.89g (of which saturated fat 0.66g).

Carbohydrates 10.19 g (of which sugar 1.29 g). Fibre 1.2 g. Protein 4.98 g. Salt < 0.01g.

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 100KCal (432Kj). Fat 2 g (of which saturated fat 0.8g).

Carbohydrates 34.16g (of which sugar 3.54g). Fibre 2.15g. Protein 6.46g. Salt < 0.01g.

16 Thu CARIBBEAN TURKEY CURRY & RICE

Rice, turkey, 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.

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

Nutritional Information Per 100g: Energy 123KCal (516Kj). Fat 3.42g (of which saturated fat 1.98g).

Carbohydrates 17.06g (of which sugar 0.81g). Fibre 1.19g. Protein 7.17g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Standard Menu November 2017.xlsm



17 Fri FISH & PASTA PIE

Durum wheat pasta, cod, tomatoes, tomato puree, carrots, peppers, water, spinach, onions, courgettes, olive oil, potato starch, oregano, garlic.

Ingredients in bold script contain allergens; fish and gluten.

Nutritional Information Per 100g: Energy 98KCal (419Kj). Fat 1.18g (of which saturated fat 0.21g).

Carbohydrates 34.44a (of which sugar 3.45a). Fibre 2.09a. Protein 8.27a. Salt <0.01a.

20 Mon LAMB TANGIA & RICE

Rice, lamb, tomatoes, carrots, water, peppers, sultanas, tomato puree, spinach, onions, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree.

Ingredients in bold script contain allergens; mustard

Nutritional Information Per 100g: Energy 110KCal (466Kj). Fat 2.3g (of which saturated fat 0.127g).

Carbohydrates 19.12a (of which sugar 0.78). Fibre 1.25a. Protein 4.86a. Salt <0.01a.

21 Tue BEEF CASSEROLE & MASHED POTATO

Potatoes, beef (Irish), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

Nutritional Information Per 100g: Energy 86KCal (456Kj). Fat 1.78g (of which saturated fat 0.64g).

Carbohydrates 11.25a (of which sugar 1.33 a). Fibre 1.5a. Protein 5.14a. Salt <0.01a.

22 Wed TURKEY KORMA & RICE

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.

Ingredients in bold script contain allergens; mustard

Nutritional Information Per 100g: Energy 119 KCal (499 Kj). Fat 3.1g (of which saturated fat 1.94g).

Carbohydrates 17.28g (of which sugar 55g). Fibre 1.12g. Protein 6.5g. Salt <0.01g.

23 Thu PASTA BOLOGNAISE

Durum wheat pasta, beef (Irish), tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, olive oil, oregano, garlic.

Ingredients in bold script contain allergens; gluten.

Nutritional Information Per 100g: Energy 124KCal (525Kj). Fat 2.52g (of which saturated fat 0.78g).

Carbohydrates 34.49a (of which sugar 3.51a). Fibre 2.04a. Protein 9.86a. Salt <0.01a.

24 Fri CREAMY FISH PIE

Potatoes, cod, carrots, milk, maize corn, peas, onions, water, cream, potato starch, dill, garlic

Ingredients in bold script contain allergens; fish and milk (lactose).

Nutritional Information Per 100g: Energy 78 KCal (331Kj). Fat 2g (of which saturated fat 0.86g).

Carbohydrates 11.28 a (of which sugar 1.75 a). Fibre 1.24 a. Protein 4.47a. Salt <0.01a.

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).

Nutritional Information Per 100g: Energy 117KCal (491Kj). Fat 2.41g (of which saturated fat 1.16g).

Carbohydrates 17.13a (of which sugar 1.84a). Fibre 1.45a. Protein 5.83a. Salt <0.01a.

28 Tue CHICKEN CASSEROLE & POTATO

Potatoes, Chicken, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

Nutritional Information Per 100g: Energy 74 KCal (348Kj). Fat 0.84g (of which saturated fat 0.25g).

Carbohydrates 11.46a (of which sugar 0.9a). Fibre 1.57a. Protein 5.1a. Salt <0.01a.

29 Wed GREEK HOTPOT & SAUTE POTATOES

Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, sunflower oil, dextrose, garlic puree, parsley.

Nutritional Information Per 100g: Energy 121KCal (508Kj). Fat 3.75g (of which saturated fat 0.93g).

Carbohydrates 14.3g (of which sugar 1.33g). Fibre 1.78g. Protein 5.31g. Salt 0.04g.

30 Thu MILD BUTTERNUT SQUASH & BEAN CURRY WITH RICE

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, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, paprika. **Ingredients in bold script contain allergens; mustard**

Nutritional Information Per 100g: Energy 107KCal (453Kj). Fat 3.6g (of which saturated fat 1.6g).

Carbohydrates 16.00a (of which sugar 3.3a). Fibre 1.2a. Protein 1.9a. Salt <0.01a.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Non Beef or Pork Menu November 2017.xlsm



- 1 Wed **TURKEY 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 218KCal (893Kj). Fat 2.43 (of which saturated fat 0.23g).
Carbohydrates 43.01g (of which sugar 1.4g). Fibre 0.83g. Protein 8.88g. Salt < 0.01g.
- 2 Thu **BROCCOLI & CORN PASTA BAKE**
Durum wheat pasta, tomatoes, broccoli, water, carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter, olive oil, onions, potato starch, garlic, basil.
Ingredients in bold script contain allergens; gluten and milk (lactose)
Nutritional Information Per 100g: Energy 115KCal (488Kj). Fat 2.15g (of which saturated fat 0.88g).
Carbohydrates 38.42g (of which sugar 3.57g). Fibre 2.13g. Protein 6.87g. Salt < 0.01g.
- 3 Fri **COD PILAF**
Rice, cod, tomatoes, water, carrots, tomato puree, peppers, onions, spinach, courgettes, olive oil, potato starch, basil, garlic.
Ingredients in bold script contain allergens; fish.
Nutritional Information Per 100g: Energy 195KCal (828Kj). Fat 2.29g (of which saturated fat 0.26g).
Carbohydrates 39.81g (of which sugar 1.67g). Fibre 0.84g. Protein 6.28. Salt < 0.01g.
- 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 78KCal (333Kj). Fat 1.01g (of which saturated fat 0.23g).
Carbohydrates 28.11g (of which sugar 3.85g). Fibre 2.15g. Protein 5.56g. Salt < 0.01g.
- 7 Tue **LAMB NAVARIN & POTATO**
Potatoes, Lamb, carrots, chopped tomatoes, swede, water, peas, onions, garlic, olive oil.
Nutritional Information Per 100g: Energy 75KCal (309Kj). Fat 1.72g (of which saturated fat 0.78g).
Carbohydrates 10.94g (of which sugar 1.81g). Fibre 1.52. Protein 4.54g. Salt < 0.01g.
- 8 Wed **LASAGNE**
Turkey, 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 123KCal (517Kj). Fat 2.48g (of which saturated fat 0.91g).
Carbohydrates 16.14g (of which sugar 2.77g). Fibre 1.32g. Protein 10.14g. Salt < 0.01g.
- 9 Thu **TURKEY MIXED VEG WITH APRICOT & POTATO**
Potatoes, turkey, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, mustard, pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic.
Ingredients in bold script contain allergens; mustard.
Nutritional Information Per 100g: Energy 76 KCal (312Kj). Fat .86g (of which saturated fat 0.2g).
Carbohydrates 11.12 g (of which sugar 1.87g). Fibre 1.33g. Protein 6.5g. Salt < 0.01g.
- 10 Fri **COD PROVENCAL & RICE**
Rice, cod, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.
Ingredients in bold script contain allergens; fish.
Nutritional Information Per 100g: Energy 208 KCal (885Kj). Fat 2.42g (of which saturated fat 0.26g).
Carbohydrates 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.
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 < 0.01g.
- 14 Tue **COTTAGE PIE**
Potatoes, turkey, water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.
Nutritional Information Per 100g: Energy 70 KCal (287Kj). Fat 0.79g (of which saturated fat 0.19g).
Carbohydrates 9.59g (of which sugar 1.46). Fibre 1.25g. Protein 6.65g. Salt < 0.01g.
- 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 100KCal (432Kj). Fat 2.g (of which saturated fat 0.8g).
Carbohydrates 34.16g (of which sugar 3.54g). Fibre 2.15g. Protein 6.46g. Salt < 0.01g.
- 16 Thu **CARIBBEAN TURKEY CURRY & RICE**
Rice, turkey, 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.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 123KCal (516Kj). Fat 3.42g (of which saturated fat 1.98g).
Carbohydrates 17.06g (of which sugar 0.81g). Fibre 1.19g. Protein 7.17g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Non Beef or Pork Menu November 2017.xlsm



- 17 Fri **FISH & PASTA PIE**
Durum wheat pasta, cod, tomatoes, tomato puree, carrots, peppers, water, spinach, onions, courgettes, olive oil, potato starch, oregano, garlic.
Ingredients in bold script contain allergens; fish and gluten.
Nutritional Information Per 100g: Energy 98KCal (419Kj). Fat 1.18g (of which saturated fat 0.21g).
Carbohydrates 34.44g (of which sugar 3.45g). Fibre 2.09g. Protein 8.27g. Salt <0.01g.
- 20 Mon **LAMB TANGIA & RICE**
Rice, lamb, tomatoes, carrots, water, peppers, sultanas, tomato puree, spinach, onions, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 110KCal (466Kj). Fat 2.3g (of which saturated fat 0.127g).
Carbohydrates 19.12g (of which sugar 0.78g). Fibre 1.25g. Protein 4.86g. Salt <0.01g.
- 21 Tue **TURKEY CASSEROLE & MASHED POTATO**
Potatoes, turkey, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.
Nutritional Information Per 100g: Energy 82KCal (336Kj). Fat .19g (of which saturated fat 0.19g).
Carbohydrates 12.59g (of which sugar 1.47g). Fibre 1.38g. Protein 6.71g. Salt <0.01g.
- 22 Wed **TURKEY KORMA & RICE**
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.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 119 KCal (499 Kj). Fat 3.1g (of which saturated fat 1.94g).
Carbohydrates 17.28g (of which sugar 55g). Fibre 1.12g. Protein 6.5g. Salt <0.01g.
- 23 Thu **PASTA BOLOGNAISE**
Durum wheat pasta, turkey, tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, olive oil, oregano, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 114KCal (479Kj). Fat 1.46g (of which saturated fat 0.3g).
Carbohydrates 34.49g (of which sugar 3.51g). Fibre 2.04g. Protein 11.43g. Salt <0.01g.
- 24 Fri **CREAMY FISH PIE**
Potatoes, cod, carrots, milk, maize corn, peas, onions, water, cream, potato starch, dill, garlic
Ingredients in bold script contain allergens; fish and milk (lactose).
Nutritional Information Per 100g: Energy 78 KCal (331Kj). Fat 2g (of which saturated fat 0.86g).
Carbohydrates 11.28g (of which sugar 1.75g). Fibre 1.24g. Protein 4.47g. Salt <0.01g.
- 27 Mon **MILD CHILLI CON CARNE & RICE**
Rice, turkey, 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).
Nutritional Information Per 100g: Energy 106KCal (446kj). Fat 1.33g (of which saturated fat 0.67g).
Carbohydrates 17.13g (of which sugar 1.84g). Fibre 1.45g. Protein 7.42g. Salt <0.01g.
- 28 Tue **CHICKEN CASSEROLE & POTATO**
Potatoes, Chicken, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.
Nutritional Information Per 100g: Energy 74 KCal (348Kj). Fat 1.14g (of which saturated fat 0.25g).
Carbohydrates 11.46g (of which sugar 0.9g). Fibre 1.57g. Protein 4.74g. Salt <0.01g.
- 29 Wed **GREEK HOTPOT & SAUTE POTATOES**
Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, sunflower oil, dextrose, garlic puree, parsley.
Nutritional Information Per 100g: Energy 110KCal (508Kj). Fat 2.71g (of which saturated fat 0.45g).
Carbohydrates 14.06g (of which sugar 1.33g). Fibre 1.76g. Protein 6.86g. Salt <0.01g.
- 30 Thu **MILD BUTTERNUT SQUASH & BEAN CURRY WITH RICE**
Rice, butternut squash, coconut milk, diced potato, peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree, coriander, cumin, mustardseed, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, paprika. **Contains mustard.**
Nutritional Information Per 100g: Energy 107KCal (453Kj). Fat 3.6g (of which saturated fat 1.6g).
Carbohydrates 16.00g (of which sugar 3.3g). Fibre 1.2g. Protein 1.9g. Salt <0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Vegetarian Menu November 2017.xlsm



- 1 Wed **VEGETABLE RAGU & RICE**
Rice, tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic.
Nutritional Information Per 100g: Energy 102KCal (431J). Fat 2.01g (of which saturated fat 0.8g).
Carbohydrates 22.25g (of which sugar 1.02). Fibre 1.9. Protein 4.06. Salt < 0.01g.
- 2 Thu **BROCCOLI & CORN PASTA BAKE**
Durum wheat pasta, tomatoes, broccoli, water, carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter, olive oil, onions, potato starch, garlic, basil.
Ingredients in bold script contain allergens; gluten and milk (lactose)
Nutritional Information Per 100g: Energy 115KCal (488 KJ). Fat 2.15g (of which saturated fat 0.88g).
Carbohydrates 38.42g (of which sugar 3.57g). Fibre 2.13g. Protein 6.87g. Salt < 0.01g.
- 3 Fri **VEGETABLE PILAF**
Rice, tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic.
Nutritional Information Per 100g: Energy 74KCal (309KJ). Fat 1.17g (of which saturated fat 0.24g).
Carbohydrates 16.65g (of which sugar 1.82g). Fibre 2.15g. Protein 3.87g. Salt < 0.01g.
- 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.
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 **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 < 0.01g.
- 9 Thu **MIXED VEGETABLES WITH APRICOT & POTATO**
Potatoes, carrots, sweet potato, swedes, water, lentils, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, mustard, pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic.
Ingredients in bold script contain allergens; mustard.
Nutritional Information Per 100g: Energy 61 KCal (260KJ). Fat 0.26 g (of which saturated fat 0.11g).
Carbohydrates 15.31g (of which sugar 2.2g). Fibre 1.87g. Protein 2.67g. Salt < 0.01g.
- 10 Fri **VEGETABLE PROVENCAL & RICE**
Rice, tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic.
Nutritional Information Per 100g: Energy 87KCal (370KJ). Fat 1.14g (of which saturated fat 0.66).
Carbohydrates 19.15g (of which sugar 2.17g). Fibre 1.59g. Protein 2.75g. Salt < 0.01g.
- 13 Mon **MEXICAN QUORN & RICE**
Rice, Quorn (mycoprotein 89% rehydrated free range 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 **COTTAGE VEGETABLE & POTATO PIE**
Potatoes, carrots, swedes, peas, lentils, water, onions, potato starch, tomato puree, olive oil, oregano, garlic.
Nutritional Information Per 100g: Energy 65KCal (273KJ). Fat 1.28g (of which saturated fat 0.32g).
Carbohydrates 15.24g (of which sugar 1.94g). Fibre 2.04g. Protein 4.05g. Salt < 0.01g.
- 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 177KCal (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.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 113KCal (476KJ). Fat 4.41g (of which saturated fat 2.45)
Carbohydrates 18.17g (of which sugar 1.15g). Fibre 1.42g. Protein 1.79g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Vegetarian Menu November 2017.xlsm



- 17 Fri **VEGETABLE & PASTA PIE**
Durum wheat pasta, tomatoes, tomato puree, carrots, water, peppers, onions, spinach, lentils, courgettes, 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 3.85g). Fibre 2.15g. Protein 5.56g. Salt < 0.01g.
- 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.
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, tomato puree, oregano, garlic.
Nutritional Information Per 100g: Energy 73KCal (309Kj). Fat 1.17g (of which saturated fat 0.24g). Carbohydrates 16.65g (of which sugar 1.82g). Fibre 2.05g. Protein 3.59g. Salt < 0.06g.
- 22 Wed **VEGETABLE KORMA & RICE**
Rice, coconut milk, butternut squash, 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
Nutritional Information Per 100g: Energy 112KCal (552Kj). Fat 2.97g (of which saturated fat 154g). Carbohydrates 20.5g (of which sugar 0.83g). Fibre 1.49g. Protein 2.3g. Salt < 0.01g.
- 23 Thu **PASTA WITH VEGETABLE BOLOGNAISE**
Durum wheat pasta, tomatoes, tomato puree, carrots, water, peppers, spinach, onions, lentils, courgettes, potato starch, olive oil, basil, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 93KCal (394Kj). Fat 1.05g (of which saturated fat 0.22g). Carbohydrates 36.16g (of which sugar 3.6). Fibre 2.31g. Protein 6.74g. Salt < 0.01g.
- 24 Fri **CREAMY VEGETABLE PIE**
Potatoes, carrots, maize corn, **milk**, peas, water, broad beans, **cream**, onions, potato starch, parsley, garlic.
Ingredients in bold script contain allergens; milk (lactose).
Nutritional Information Per 100g: Energy 75 KCal (273Kj). Fat 2.03g (of which saturated fat 0.82g). Carbohydrates 12.32g (of which sugar 1.94 g). Fibre 1.87g. Protein 2.55g. Salt < 0.01g.
- 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).
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 < 0.01g.
- 28 Tue **SWEET POTATO With VEGETABLE CASSEROLE & MASHED POTATO**
Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, sunflower oil, dextrose, tomato puree, oregano, garlic.
Nutritional Information Per 100g: Energy KCal (Kj) Fat g (of which saturated fat g). Carbohydrates g (.). Fibre g. Protein g. Salt < 0.01g.
- 29 Wed **GREEK VEGETABLE HOTPOT & SAUTE POTATOES**
Potatoes, tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, sunflower oil, dextrose, garlic puree, parsley.
Nutritional Information Per 100g: Energy 91KCal (385Kj). Fat 2.58g (of which saturated fat 0.39g). Carbohydrates 14.96g (of which sugar 1.55). Fibre 1.92g. Protein 1.67g. Salt < 0.01g.
- 30 Thu **MILD BUTTERNUT SQUASH & BEAN CURRY WITH RICE**
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, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, paprika. **Contains mustard.**
Nutritional Information Per 100g: Energy 107KCal (453Kj). Fat 3.6g (of which saturated fat 1.6g). Carbohydrates 16.00g (of which sugar 3.3g). Fibre 1.2g. Protein 1.9g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Chopped or Pureed Menu November 2017.xlsm



1 Wed BEEF RAGU & POTATO

Potato, beef (Irish), carrots, peppers, chopped tomatoes, water, spinach, tomato puree, onions.

Nutritional Information Per 100g: Energy 68KCal (279Kj). Fat 2.09g (of which saturated fat 0.76g).

Carbohydrates 6.05g (of which sugar 1.8g). Fibre 1.17g. Protein 4.77 g. Salt < 0.01g.

2 Thu

BROCCOLI, VEGETABLE, TOMATO & POTATO

Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

Nutritional Information Per 100g: Energy 23KCal (97Kj). Fat 0.42g (of which saturated fat 0.13g).

Carbohydrates 5.08g (of which sugar 1.19g). Fibre 0.91g. Protein 1.19g. Salt < 0.01g.

3 Fri CHICKEN & VEGETABLES WITH TOMATO & POTATO

Carrots, potatoes, chicken, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information Per 100g: Energy 62KCal (251Kj). Fat 1.54g (of which saturated fat 0.4g).

Carbohydrates 7.17g (of which sugar 1.97g). Fibre 1.53g. Protein 5.41g. Salt < 0.01g.

6 Mon NAPOLI SAUCE & POTATO

Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion.

Nutritional Information Per 100g: Energy 42KCal (173Kj). Fat 0.76g (of which saturated fat 0.26g).

Carbohydrates 10.27g (of which sugar 2.07g). Fibre 1.67g. Protein 2.17g. Salt < 0.01g.

7 Tue LAMB NAVARIN & POTATO

Potatoes, carrots, Lamb, chopped tomatoes, water, peas, swede, onions, olive oil.

Nutritional Information Per 100g: Energy 65KCal (272Kj). Fat 2.13g (of which saturated fat 1.02g).

Carbohydrates 7.44g (of which sugar 1.97g). Fibre 1.52. Protein 4.96g. Salt < 0.01g.

8 Wed BOLOGNAISE SAUCE & POTATO

Potato carrots, beef (Irish) water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information Per 100g: Energy 67KCal (281Kj). Fat 1.91g (of which saturated fat 0.75g).

Carbohydrates 6.85g (of which sugar 2.08g). Fibre 1.21g. Protein 4.43g. Salt < 0.01g.

9 Thu TURKEY MIXED VEG WITH APRICOTS & POTATO

Potatoes, turkey, carrot, water, butternut squash, peas, apricots, onion, olive oil.

Nutritional Information Per 100g: Energy 66KCal (277Kj). Fat 1.05g (of which saturated fat 0.28g).

Carbohydrates 8.2g (of which sugar 2.42g). Fibre 1.58g. Protein 6.67g. Salt < 0.01g.

10 Fri CHICKEN WITH PROVENCAL VEG & POTATO

Potatoes, chicken, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.

Nutritional Information Per 100g: Energy 58KCal (246Kj). Fat 1.44g (of which saturated fat 0.38g).

Carbohydrates 6.8g (of which sugar 1.69g). Fibre 1.23g. Protein 5.01g. Salt < 0.01g.

13 Mon MEXICAN CHICKEN AND POTATO

Potatoes, carrots, chicken, butternut squash, peas, water, tomato, onions, olive oil.

Nutritional Information Per 100g: Energy 59KCal (250Kj). Fat 1.13g (of which saturated fat 0.43g).

Carbohydrates 6.8237g (of which sugar 1.83g). Fibre 1.39g. Protein 5.89g. Salt < 0.01g.

14 Tue COTTAGE PIE

Potatoes, carrots, Beef (Irish), swedes, peas, water, tomato puree, onions, olive oil.

Nutritional Information Per 100g: Energy 67KCal (280Kj). Fat 1.87g (of which saturated fat 0.66g).

Carbohydrates 6.71g (of which sugar 2g). Fibre 1.49g. Protein 4.6g. Salt < 0.01g.

15 Wed VEGETABLE BOLOGNAISE & POTATO

Carrots, potatoes, butternut squash, water, tomatoes, peppers, lentils, onions, olive oil.

Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).

Carbohydrates 11.27g (of which sugar 2.07). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.

16 Thu TURKEY MIXED VEG WITH BUTTERNUT SQUASH & POTATO

Potatoes, turkey, carrot, water, butternut squash, peppers, onion, olive oil.

Nutritional Information Per 100g: Energy 74KCal (303Kj). Fat 1.93g (of which saturated fat 0.38g).

Carbohydrates 5.7g (of which sugar 1.08g). Fibre 0.82g. Protein 8.86 g. Salt < 0.01g.

17 Fri TURKEY, ITALIAN STYLE VEG & POTATO

Potatoes, turkey, carrots, chopped tomatoes, lentils, water, peppers, courgette, tomato puree, spinach, onion.

Nutritional Information Per 100g: Energy 76KCal (310Kj). Fat 1.09g (of which saturated fat 0.4g).

Carbohydrates 6.64g (of which sugar 1.65g). Fibre 1.16g. Protein 5.37. Salt < 0.01g.

20 Mon LAMB TANGIA & POTATO

Potatoes, lamb, carrots, peppers, sultanas, spinach, peas, tomatoes, water, onions, olive oil.

Nutritional Information Per 100g: Energy 65KCal (272Kj). Fat 2.18g (of which saturated fat 1.02g).

Carbohydrates 7.46g (of which sugar 2.01g). Fibre 1.52g. Protein 4.96g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Chopped or Pureed Menu November 2017.xlsm



- 21 Tue **BEEF CASSEROLE & POTATO**
Potatoes, carrots, beef (Irish), water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.
Nutritional Information Per 100g: Energy 69KCal (283Kj). Fat 1.49g (of which saturated fat 0.65g).
Carbohydrates 7.39g (of which sugar 1.82g). Fibre 1.68g. Protein 5.06g. Salt < 0.01g.
- 22 Wed **TURKEY, MIXED VEGETABLES & POTATO**
Potatoes, carrots, turkey, water, sweet potatoes, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 66KCal (276Kj). Fat 1.05g (of which saturated fat 0.28g).
Carbohydrates 7.98g (of which sugar 2.06g). Fibre 1.61g. Protein 6.68g. Salt < 0.01g.
- 23 Thu **BOLOGNAISE SAUCE & POTATO**
Potato carrots, beef (Irish) water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 69KCal (281Kj). Fat 1.91g (of which saturated fat 0.75g).
Carbohydrates 6.85g (of which sugar 2.08g). Fibre 1.21g. Protein 4.43g. Salt < 0.01g.
- 24 Fri **CHICKEN & VEGETABLE PIE**
Potatoes, carrots, chicken, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 62KCal (260Kj). Fat 0.56g (of which saturated fat 0.33g).
Carbohydrates 8.13g (of which sugar 2.16g). Fibre 1.67g. Protein 6.2g. Salt < 0.01g.
- 27 Mon **BEEF VEGETABLES TOMATO & POTATO**
Potato, carrots, beef (Irish), water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 27KCal (280 Kj). Fat 2.03g (of which saturated fat 0.73g).
Carbohydrates 6.1g (of which sugar 1.7g). Fibre 1.25g. Protein 4.65g. Salt < 0.01g.
- 28 Tue **CHICKEN CASSEROLE & POTATO**
Potatoes, carrots, chicken, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 72KCal (306Kj). Fat 0.7g (of which saturated fat 0.34g).
Carbohydrates 11.27g (of which sugar 1.48g). Fibre 1.53g. Protein 5.81g. Salt < 0.01g.
- 29 Wed **GREEK HOTPOT & MASHED POTATO**
Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, sunflower oil, dextrose, parsley.
Nutritional Information Per 100g: Energy 68KCal (284Kj). Fat 2.08g (of which saturated fat 0.89g).
Carbohydrates 6.19g (of which sugar 1.7g). Fibre 1.19g. Protein 4.7g. Salt < 0.01g.
- 30 Thu **BUTTERNUT SQUASH & BEAN PIE**
Carrots, potatoes, swedes, water, butternut squash, beans, onions, olive oil.
Nutritional Information Per 100g: Energy 46KCal (287Kj). Fat 0.74g (of which saturated fat 0.2g).
Carbohydrates 9.34g (of which sugar 2.16g). Fibre 1.61g. Protein 1.34g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Veg Chopped or Pureed Menu November 2017.xlsm



- 1 Wed **VEG WITH BUTTERNUT SQUASH & POTATO**
Potatoes, carrot, water, butternut squash, peppers, onion, olive oil.
Nutritional Information Per 100g: Energy 50KCal (211Kj). Fat .93g (of which saturated fat 0.22g).
Carbohydrates 9.71g (of which sugar 2.86g). Fibre 1.88g. Protein 1.46g. Salt < 0.01g.
- 2 Thu **BROCCOLI, VEGETABLE, TOMATO & POTATO**
Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 23KCal (97Kj). Fat 0.42g (of which saturated fat 0.13g).
Carbohydrates 5.08g (of which sugar 1.19g). Fibre 0.91g. Protein 1.19g. Salt < 0.01g.
- 3 Fri **VEGETABLES WITH TOMATO & POTATO**
Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil.
Nutritional Information Per 100g: Energy 40KCal (170Kj). Fat 0.8g (of which saturated fat 0.23g).
Carbohydrates 7.7g (of which sugar 1.91g). Fibre 1.35g. Protein 1.11g. Salt < 0.01g.
- 6 Mon **NAPOLI SAUCE & POTATO**
Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion.
Nutritional Information Per 100g: Energy 42KCal (173Kj). Fat 0.76g (of which saturated fat 0.26g).
Carbohydrates 10.27g (of which sugar 2.07g). Fibre 1.67g. Protein 2.17g. Salt < 0.01g.
- 7 Tue **VEGETABLE NAVARIN & POTATO**
Potatoes, carrots, chopped tomatoes, water, peas, swede, onions, olive oil.
Nutritional Information Per 100g: Energy 50KCal (210Kj). Fat 0.2g (of which saturated fat 0.04).
Carbohydrates 10.94g (of which sugar 1.22g). Fibre 1.77gm. Protein 1.81g. Salt < 0.01g.
- 8 Wed **VEG BOLOGNAISE SAUCE & POTATO**
Potato carrots, water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07g). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 9 Thu **MIXED VEG WITH APRICOTS & POTATO**
Potatoes, carrot, water, butternut squash, peas, apricots, onion, olive oil.
Nutritional Information Per 100g: Energy 50KCal (211Kj). Fat 0.93g (of which saturated fat 0.22).
Carbohydrates 9.71g (of which sugar 2.86g). Fibre 1.88g. Protein 1.46g. Salt < 0.01g.
- 10 Fri **PROVENCAL VEG & POTATO**
Potatoes, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 42KCal (176Kj). Fat 0.83 (of which saturated fat 0.19g).
Carbohydrates 7.91g (of which sugar 1.69g). Fibre 1.43g. Protein 1.2. Salt < 0.01g.
- 13 Mon **MEXICAN VEG AND POTATO**
Potatoes, carrots, butternut squash, peas, water, tomato, onions, olive oil.
Nutritional Information Per 100g: Energy 53KCal (240Kj). Fat 0.93g (of which saturated fat 0.22g).
Carbohydrates 9.74g (of which sugar 2.83g). Fibre 1.39g. Protein 2.6g. Salt < 0.01g.
- 14 Tue **VEGETABLE PIE**
Potatoes, carrots, swedes, peas, water, tomato puree, onions, olive oil.
Nutritional Information Per 100g: Energy 67KCal (280Kj). Fat 1.87g (of which saturated fat 0.66g).
Carbohydrates 6.71g (of which sugar 2g). Fibre 1.49g. Protein 4.6g. Salt < 0.01g.
- 15 Wed **VEGETABLE BOLOGNAISE & POTATO**
Carrots, potatoes, butternut squash, water, tomatoes, peppers, lentils, onions, olive oil
Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 16 Thu **MIXED VEG WITH BUTTERNUT SQUASH & POTATO**
Potatoes, carrot, water, butternut squash, peppers, onion, olive oil.
Nutritional Information Per 100g: Energy 54KCal (234Kj). Fat 0.91g (of which saturated fat 0.26g).
Carbohydrates 6.9 (of which sugar 1.08g). Fibre 1.7g. Protein 1.46g. Salt < 0.01g.
- 17 Fri **ITALIAN STYLE VEG & POTATO**
Potatoes, carrots, chopped tomatoes, lentils, water, peppers, courgette, tomato puree, spinach, onion.
Nutritional Information Per 100g: Energy 56KCal (235Kj). Fat .93g (of which saturated fat 0.4g).
Carbohydrates 6.64g (of which sugar 1.65g). Fibre 1.16g. Protein 5.37. Salt < 0.01g.
- 20 Mon **VEG TANGIA & POTATO**
Potatoes, carrots, peppers, sultanas, spinach, peas, tomatoes, water, onions, olive oil.
Nutritional Information Per 100g: Energy 65KCal (272Kj). Fat 2.18g (of which saturated fat 1.02g).
Carbohydrates 7.46g (of which sugar 2.01g). Fibre 1.52g. Protein 4.96g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Veg Chopped or Pureed Menu November 2017.xlsm



- 21 Tue **VEG CASSEROLE & POTATO**
Potatoes, sweetpotato, carrots, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.
Nutritional Information Per 100g: Energy 75KCal (313Kj). Fat 0.7g (of which saturated fat 0.31g).
Carbohydrates 16.27g (of which sugar 3.05g). Fibre 2.99g. Protein 5.99g. Salt < 0.01g.
- 22 Wed **VEGETABLES WITH TOMATO & POTATO**
Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil.
Nutritional Information Per 100g: Energy 42KCal (176Kj). Fat 0.83g (of which saturated fat 0.19g).
Carbohydrates 7.91g (of which sugar 1.96g). Fibre 1.43g. Protein 1.2g. Salt < 0.01g.
- 23 Thu **VEG BOLOGNAISE SAUCE & POTATO**
Potato carrots, water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07g). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 24 Fri **VEGETABLE PIE**
Potatoes, carrots, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 57KCal (263Kj). Fat 0.86g (of which saturated fat 0.15g).
Carbohydrates 9.81g (of which sugar 2.52g). Fibre 2.99g. Protein 3.16g. Salt < 0.01g.
- 27 Mon **VEG BOLOGNAISE SAUCE & POTATO**
Potato carrots, water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07g). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 28 Tue **VEG CASSEROLE & POTATO**
Potatoes, carrots, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 75KCal (313Kj). Fat 0.7g (of which saturated fat 0.31g).
Carbohydrates 11.27g (of which sugar 1.48g). Fibre 1.53g. Protein 5.81g. Salt < 0.01g.
- 29 Wed **VEG HOTPOT & MASHED POTATO**
Potatoes, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, onions, olive oil, parsley.
Nutritional Information Per 100g: Energy 39KCal (167Kj). Fat 0.89g (of which saturated fat 0.26g).
Carbohydrates 7.31g (of which sugar 2g). Fibre 1.41g. Protein 1.09g. Salt < 0.01g.
- 30 Thu **BUTTERNUT SQUASH & BEAN PIE**
Carrots, potatoes, swedes, water, butternut squash, beans, onions, olive oil.
Nutritional Information Per 100g: Energy 46KCal (287Kj). Fat 0.74g (of which saturated fat 0.2g).
Carbohydrates 9.34g (of which sugar 2.16g). Fibre 1.61g. Protein 1.34g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Non Beef Chopped or Pureed Menu November 2017.xlsm



- 1 Wed **TURKEY RAGU & POTATO**
Potato, turkey, carrots, chopped tomatoes, water, spinach, tomato puree, onions.
Nutritional Information Per 100g: Energy 57KCal (238Kj). Fat 2.010g (of which saturated fat 0.27).
Carbohydrates 6.06g (of which sugar 1.83g). Fibre 1.18g. Protein 6.31g. Salt < 0.01g.
- 2 Thu **BROCCOLI, VEGETABLE, TOMATO & POTATO**
Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 23KCal (97Kj). Fat 0.42g (of which saturated fat 0.13g).
Carbohydrates 5.08g (of which sugar 1.19g). Fibre 0.91g. Protein 1.19g. Salt < 0.01g.
- 3 Fri **CHICKEN & VEGETABLES WITH TOMATO & POTATO**
Carrots, potatoes, chicken, butternut squash, peas, water, tomatoes, onions, olive oil.
Nutritional Information Per 100g: Energy 62KCal (251Kj). Fat 1.54g (of which saturated fat 0.4g).
Carbohydrates 7.17g (of which sugar 1.97g). Fibre 1.53g. Protein 5.41g. Salt < 0.01g.
- 6 Mon **NAPOLI SAUCE & POTATO**
Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion.
Nutritional Information Per 100g: Energy 42KCal (173Kj). Fat 0.76g (of which saturated fat 0.26g).
Carbohydrates 10.27g (of which sugar 2.07g). Fibre 1.67g. Protein 2.17g. Salt < 0.01g.
- 7 Tue **LAMB NAVARIN & POTATO**
Potatoes, carrots, Lamb, chopped tomatoes, water, peas, swede, onions, olive oil.
Nutritional Information Per 100g: Energy 65KCal (272Kj). Fat 2.13g (of which saturated fat 1.02g).
Carbohydrates 7.44g (of which sugar 1.97g). Fibre 1.52. Protein 4.96g. Salt < 0.01g.
- 8 Wed **BOLOGNAISE SAUCE & POTATO**
Potato carrots, turkey water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 57KCal (237Kj). Fat 0.93g (of which saturated fat 0.30g).
Carbohydrates 6.85g (of which sugar 2.08g). Fibre 1.21g. Protein 5.88g. Salt < 0.01g.
- 9 Thu **TURKEY MIXED VEG WITH APRICOTS & POTATO**
Potatoes, turkey, carrot, water, butternut squash, peas, apricots, onion, olive oil.
Nutritional Information Per 100g: Energy 66KCal (277Kj). Fat 1.05g (of which saturated fat 0.28g).
Carbohydrates 8.2g (of which sugar 2.42g). Fibre 1.58g. Protein 6.67g. Salt < 0.01g.
- 10 Fri **CHICKEN WITH PROVENCAL VEG & POTATO**
Potatoes, chicken, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 58KCal (246Kj). Fat 1.44g (of which saturated fat 0.38g).
Carbohydrates 6.8g (of which sugar 1.69g). Fibre 1.23g. Protein 5.01g. Salt < 0.01g.
- 13 Mon **MEXICAN CHICKEN AND POTATO**
Potatoes, carrots, chicken, butternut squash, peas, water, tomato, onions, olive oil.
Nutritional Information Per 100g: Energy 59KCal (250Kj). Fat 1.13g (of which saturated fat 0.43g).
Carbohydrates 6.8237g (of which sugar 1.83g). Fibre 1.39g. Protein 5.89g. Salt < 0.01g.
- 14 Tue **TURKEY & VEGETABLE PIE**
Potatoes, turkey, mixed vegetables, water.
Nutritional Information Per 100g: Energy 57KCal (234Kj). Fat 0.93g (of which saturated fat 0.28g).
Carbohydrates 6.85g (of which sugar 1.85g). Fibre 1.18g. Protein 5.89g. Salt < 0.01g.
- 15 Wed **VEGETABLE BOLOGNAISE & POTATO**
Carrots, potatoes, butternut squash, water, tomatoes, peppers, lentils, onions, olive oil.
Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 16 Thu **TURKEY MIXED VEG WITH BUTTERNUT SQUASH & POTATO**
Potatoes, turkey, carrot, water, butternut squash, peppers, onion, olive oil.
Nutritional Information Per 100g: Energy 74KCal (303Kj). Fat 1.93g (of which saturated fat 0.38g).
Carbohydrates 5.7g (of which sugar 1.08g). Fibre 0.82g. Protein 8.86g. Salt < 0.01g.
- 17 Fri **TURKEY, ITALIAN STYLE VEG & POTATO**
Potatoes, turkey, carrots, chopped tomatoes, lentils, water, peppers, courgette, tomato puree, spinach, onion.
Nutritional Information Per 100g: Energy 76KCal (310Kj). Fat 1.09g (of which saturated fat 0.4g).
Carbohydrates 6.64g (of which sugar 1.65g). Fibre 1.16g. Protein 5.37. Salt < 0.01g.
- 20 Mon **LAMB TANGIA & POTATO**
Potatoes, lamb, carrots, peppers, sultanas, spinach, peas, tomatoes, water, onions, olive oil.
Nutritional Information Per 100g: Energy 65KCal (272Kj). Fat 2.18g (of which saturated fat 1.02g).
Carbohydrates 7.46g (of which sugar 2.01g). Fibre 1.52g. Protein 4.96g. Salt < 0.01g.
- 21 Tue **TURKEY CASSEROLE & POTATO**
Potatoes, turkey, water, peas, swede, french beans, broad beans, onion, olive oil, tomato puree.
Nutritional Information Per 100g: Energy 57KCal (234Kj). Fat 0.93g (of which saturated fat 0.28g).
Carbohydrates 6.85g (of which sugar 1.85g). Fibre 1.18g. Protein 5.89g. Salt < 0.01g.
- 22 Wed **TURKEY, MIXED VEGETABLES & POTATO**
Potatoes, carrots, turkey, water, sweet potatoes, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 66KCal (276Kj). Fat 1.05g (of which saturated fat 0.28g).
Carbohydrates 7.98g (of which sugar 2.06g). Fibre 1.61g. Protein 6.68g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Non Beef Chopped or Pureed Menu November 2017.xlsm



- 23 Thu **BOLOGNAISE SAUCE & POTATO**
 Potato carrots, turkey water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 57KCal (237Kj). Fat 0.93g (of which saturated fat 0.30g).
 Carbohydrates 6.85g (of which sugar 2.08g). Fibre 1.21g. Protein 5.88g. Salt < 0.01g.
- 24 Fri **CHICKEN & VEGETABLE PIE**
 Potatoes, carrots, chicken, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 62KCal (260Kj). Fat 0.56g (of which saturated fat 0.33g).
 Carbohydrates 8.13g (of which sugar 2.16g). Fibre 1.67g. Protein 6.2g. Salt < 0.01g.
- 27 Mon **TURKEY & VEGETABLES WITH TOMATO & POTATO**
 Potatoes, carrots, turkey, water, courgettes, peppers, tomatoes, onions olive oil.
Nutritional Information Per 100g: Energy 56KCal (234Kj). Fat 1g (of which saturated fat 0.26g).
 Carbohydrates 6.1g (of which sugar 1.7g). Fibre 1.25g. Protein 6.16g. Salt < 0.01g.
- 28 Tue **CHICKEN CASSEROLE & POTATO**
 Potatoes, carrots, chicken, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 72KCal (306Kj). Fat 0.7g (of which saturated fat 0.34g).
 Carbohydrates 11.27g (of which sugar 1.48g). Fibre 1.53g. Protein 5.81g. Salt < 0.01g.
- 29 Wed **GREEK HOTPOT & POTATO**
 Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, onions, potato starch, olive oil, parsley.
Nutritional Information Per 100g: Energy 57KCal (234Kj). Fat 0.93g (of which saturated fat 0.28g).
 Carbohydrates 6.85g (of which sugar 1.85g). Fibre 1.18g. Protein 5.89g. Salt < 0.01g.
- 30 Thu **BUTTERNUT SQUASH & BEAN PIE**
 Carrots, potatoes, swedes, water, butternut squash, beans, onions, olive oil.
Nutritional Information Per 100g: Energy 46KCal (287Kj). Fat 0.74g (of which saturated fat 0.2g).
 Carbohydrates 9.34g (of which sugar 2.16g). Fibre 1.61g. Protein 1.34g. Salt < 0.01g.

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



- 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, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bay leaf) 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 sugar 0.4g). Fibre 0.91g. 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 1.56g. 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. Salt 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, bay leaf) 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 6.58g (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, cardamom, turmeric, chilli powder, ginger, paprika, garlic, salt.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy KCal 123 (521 Kj). Fat 3.42 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, cardamon, 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.
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
- 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 & 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.
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, 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 1.08g). 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 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(wheatflour, 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 2.59g. 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 (310KJ). 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(wheatflour, 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 0.89g).

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 3.74g. 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 0.04g.

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 Vegetarian Menu November 2017.xlsm



- 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.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Tea Time Standard Menu Menu November 2017.xlsm



1 Wed **MACCARONI CHEESE**

Durum wheat macaroni 43%, milk, water, wheat flour, white & red cheddar cheese [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions, butter.

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

Nutritional Information Per 100g: Energy 147KCal (617Kj). Fat 9.12g (of which saturated fat 5.36g).

Carbohydrates 10.94g (of which sugar 2.52g). Fibre 0.43g. Protein 6.14g. Salt 0.23g.

2 Thu **MEDITERRANEAN RICE**

Rice, peppers, onion, peas, corn, olive oil.

Nutritional Information Per 100g: Energy 148KCal (623Kj). Fat 7.13g (of which saturated fat 1.44g).

Carbohydrates 19.6g (of which sugar 0.91). Fibre 1.82g. Protein 2.68g. Salt 0.02g.

3 Fri **VEGETABLE HASH**

Saute potatoes, corn, broadbeans, peppers, onions, peas, olive oil, sunflower oil, chives.

Nutritional Information Per 100g: Energy 107KCal (450Kj). Fat 3.82g (of which saturated fat .46g).

Carbohydrates 14.67 (of which sugar 1.4g). Fibre 3.11 Protein 3.52g Salt 0.1g.

6 Mon **CREAM OF TOMATO SOUP**

Chopped tomatoes, water, potatoes, paprika, onion, garlic, potato starch, salt.

Nutritional Information Per 100g: Energy 25KCal (104Kj). Fat 0.16g (of which saturated fat 0.02g).

Carbohydrates 5.58g (of which sugar 2.06g). Fibre 1.01g. Protein 0.93g. Salt 0.02g.

7 Tue **Little Dinners Baked Beans and Saute Potatoes**

Saute Potatoes (potatoes, sunflower oil, vegetable dextrose), Cannellini Beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Nutritional Information Per 100g: Energy 103KCal (434Kj). Fat 2.57g (of which saturated fat 0.32g).

Carbohydrates 17.34g (of which sugar 2.37g). Fibre 2.04g. Protein 2.09g. Salt 0.05g.

8 Wed **STIRFRIED BEEF & RICE**

Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.

Nutritional Information Per 100g: Energy 165KCal (690Kj). Fat 7.97g (of which saturated fat 1.93g).

Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.

9 Thu **MACARRONI CHEESE**

Durum wheat macaroni 43%, milk, water, wheat flour, white & red cheddar cheese [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions, butter.

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

Nutritional Information Per 100g: Energy 147KCal (617Kj). Fat 9.12g (of which saturated fat 5.36g).

Carbohydrates 10.94g (of which sugar 2.52g). Fibre 0.43g. Protein 6.14g. Salt 0.23g.

10 Fri **SWEET POTATO AND BUTTERNUTSQUASH SOUP**

Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, mustard seed, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; mustard

Nutritional Information Per 100g: Energy 44KCal (186Kj). Fat 0.18g (of which saturated fat 0.07g).

Carbohydrates 10.34g (of which sugar 2.75). Fibre 2g. Protein 1.06g. Salt 0.04g.

13 Mon **PENNE IN TOMATO AND BASIL SAUCE**

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

Ingredients in bold script contain allergens; gluten.

Nutritional Information Per 100g: Energy 83 KCal (352Kj). Fat 2.04g (of which saturated fat 0.3g).

Carbohydrates 27.69g (of which sugar 3.14g). Fibre 1.89g. Protein 4.87g. Salt 0.02g.

14 Tue **MEDITERRANEAN RICE**

Rice, mixed peppers, onion, peas, corn, olive oil, garlic.

Nutritional Information Per 100g: Energy 148KCal (623Kj). Fat 7.13g (of which saturated fat 1.44g).

Carbohydrates 19.6g (of which sugar 0.91g). Fibre 1.82g. Protein 2.68g. Salt 0.02g.

15 Wed **Little Dinners Baked Beans and Saute Potatoes**

Saute Potatoes (potatoes, sunflower oil, vegetable dextrose), Beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Nutritional Information Per 100g: Energy 103KCal (434Kj). Fat 2.57g (of which saturated fat 0.32g).

Carbohydrates 17.34g (of which sugar 2.37g). Fibre 2.04g. Protein 2.09g. Salt 0.05g.

16 Thu **MIXED BEAN HOT POT**

Potato, beans, water, peppers, corn, tomato puree, onions, potato starch, olive oil, oregano, garlic.

Nutritional Information Per 100g: Energy 58KCal (244Kj). Fat .86g (of which saturated fat .1g).

Carbohydrates 10.66g (of which sugar 2.06g). Fibre 2.96g. Protein 2.49g. Salt .01.

All beef used is of Irish origin

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

Tea Time Standard Menu Menu November 2017.xlsm



- 17 Fri **STIRFRIED BEEF & RICE**
Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.
Nutritional Information Per 100g: Energy 165KCal (690Kj). Fat 7.97g (of which saturated fat 1.93g).
Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.
- 20 Mon **PENNE IN TOMATO AND BASIL SAUCE**
Durum wheat pasta, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 83 KCal (352Kj). Fat 2.04g (of which saturated fat 0.3g).
Carbohydrates 27.69g (of which sugar 3.14g). Fibre 1.89g. Protein 4.87g. Salt 0.02g.
- 21 Tue **VEGETABLE HASH**
Saute potatoes, corn, broadbeans, peppers, onions, peas, olive oil, sunflower oil, chives.
Nutritional Information Per 100g: Energy 107KCal (450Kj). Fat 3.82g (of which saturated fat .46g).
Carbohydrates 14.67 (of which sugar 1.4g). Fibre 3.11 Protein 3.52g Salt 0.1g.
- 22 Wed **CREAM OF VEGETABLE SOUP**
Water, carrot, swede, french beans, broad beans, potatoes, peas, onion, garlic, potato starch.
Nutritional Information Per 100g: Energy 31KCal (131Kj). Fat 0.6g (of which saturated fat 0.22g).
Carbohydrates 4.88g (of which sugar 0.99g). Fibre 1.67g. Protein 1.65g. Salt 0.04g.
- 23 Thu **CURRIED CHICKEN & RICE**
Rice, Chicken, peppers, corn, onion, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.
Ingredients in bold script contain allergens; mustard.
Nutritional Information Per 100g: Energy 111KCal (467Kj). Fat 2.91g (of which saturated fat 0.94g).
Carbohydrates 13.69g (of which sugar 0.89g). Fibre 1.88g. Protein 7.59g. Salt 0.01g.
- 24 Fri **PENNE WITH STIRFRIED VEGETABLES**
Durum wheat pasta, peppers, peas, corn, onion, olive oil, garlic, basil.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 256KCal (1088Kj). Fat 7.08g (of which saturated fat .99g).
Carbohydrates 40.13g (of which sugar 2.15g). Fibre 6.2g. Protein 2.767.37g. Salt 0.01g.
- 27 Mon **MIXED BEAN HOT POT**
Potato, beans, water, peppers, corn, tomato puree, onions, potato starch, olive oil, oregano, garlic.
Nutritional Information Per 100g: Energy 58KCal (244Kj). Fat .86g (of which saturated fat .1g).
Carbohydrates 10.66g (of which sugar 2.06g). Fibre 2.96g. Protein 2.49g. Salt .01.
- 28 Tue **STIRFRIED BEEF & RICE**
Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.
Nutritional Information Per 100g: Energy 165KCal (690Kj). Fat 7.97g (of which saturated fat 1.93g).
Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.
- 29 Wed **MACCARONI CHEESE**
Durum wheat macaroni 43%, milk, water, **wheat flour**, white & red cheddar cheese [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions, **butter**.
Ingredients in bold script contain allergens; gluten and milk (lactose).
Nutritional Information Per 100g: Energy 147KCal (617Kj). Fat 9.12g (of which saturated fat 5.36g).
Carbohydrates 10.94g (of which sugar 2.52g). Fibre 0.43g. Protein 6.14g. Salt 0.23g.
- 30 Thu **VEGETABLE HASH**
Saute potatoes (potatoes, sunflower oil, vegetable dextrose), peppers, onions, corn, peas, olive oil, sunflower oil, garlic, chives.
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 0.03g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Tea Time for After School Menu November 2017.xlsm



- 1 Wed **MACCARONI CHEESE**
Durum wheat macaroni 43%, milk, water, **wheat flour**, white & red cheddar cheese [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions, **butter**.
Ingredients in bold script contain allergens; gluten and milk (lactose).
Nutritional Information Per 100g: Energy 147KCal (617Kj). Fat 9.12g (of which saturated fat 5.36g).
Carbohydrates 10.94g (of which sugar 2.52g). Fibre 0.43g. Protein 6.14g. Salt 0.23g.
- 2 Thu **MEDITERRANEAN RICE**
Rice, peppers, onion, peas, corn, olive oil, garlic, salt.
Nutritional Information Per 100g: Energy 148KCal (623Kj). Fat 7.13g (of which saturated fat 1.44g).
Carbohydrates 19.6g (of which sugar 0.91g). Fibre 1.82g. Protein 2.68g. Salt 0.02g.
- 3 Fri **VEGETABLE HASH**
Saute potatoes, corn, broadbeans, peppers, onions, peas, olive oil, sunflower oil, chives.
Nutritional Information Per 100g: Energy 107KCal (450Kj). Fat 3.82g (of which saturated fat .46g).
Carbohydrates 14.67 (of which sugar 1.4g). Fibre 3.11 Protein 3.52g Salt 0.1g.
- 6 Mon **SAUSAGE AND MASH**
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.
Ingredients in bold script contain allergens; gluten & sulphur dioxide..
Nutritional Information Per 100g: Energy 146KCal (611Kj). Fat 8.21g (of which saturated fat 2.77g).
Carbohydrates 15.29g (of which sugar 0.83). Fibre 1.17g. Protein 3.67g. Salt 0.8g.
- 7 Tue **Little Dinners Baked Beans and Saute Potatoes**
Saute Potatoes (potatoes, sunflower oil, vegetable dextrose), Beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.
Nutritional Information Per 100g: Energy 103KCal (434Kj). Fat 2.57g (of which saturated fat 0.32g).
Carbohydrates 17.34g (of which sugar 2.37g). Fibre 2.04g. Protein 2.09g. Salt 0.05g.
- 8 Wed **STIRFRIED BEEF & RICE**
Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.
Nutritional Information Per 100g: Energy 165KCal (690Kj). Fat 7.97g (of which saturated fat 1.93g).
Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.
- 9 Thu **MACARRONI CHEESE**
Durum wheat macaroni 43%, milk, water, **wheat flour**, white & red cheddar cheese [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions, **butter**.
Ingredients in bold script contain allergens; gluten and milk (lactose).
Nutritional Information Per 100g: Energy 147KCal (617Kj). Fat 9.12g (of which saturated fat 5.36g).
Carbohydrates 10.94g (of which sugar 2.52g). Fibre 0.43g. Protein 6.14g. Salt 0.23g.
- 10 Fri **SWEET POTATO AND BUTTERNUTSQUASH SOUP**
Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 44KCal (186Kj). Fat 0.18g (of which saturated fat 0.07g).
Carbohydrates 10.34g (of which sugar 2.75). Fibre 2g. Protein 1.06g. Salt 0.04g.
- 13 Mon **PENNE IN TOMATO AND BASIL SAUCE**
Durum wheat pasta, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 83 KCal (352Kj). Fat 2.04g (of which saturated fat 0.3g).
Carbohydrates 27.69g (of which sugar 3.14g). Fibre 1.89g. Protein 4.87g. Salt 0.02g.
- 14 Tue **MEDITERRANEAN RICE**
Rice, mixed peppers, onion, peas, corn, olive oil, garlic.
Nutritional Information Per 100g: Energy 148KCal (623Kj). Fat 7.13g (of which saturated fat 1.44g).
Carbohydrates 19.6g (of which sugar 0.91g). Fibre 1.82g. Protein 2.68g. Salt 0.02g.
- 15 Wed **BAKED FISH FINGERS & LITTLE DINNERS BAKED BEANS**
Fish Fingers (cod, **wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil). Beans, Diced tomato, onion, garlic, tomato puree, water, paprika, sugar.
Ingredients in bold script contain allergens; fish and gluten.
Nutritional Information Per 100g: Energy 121KCal (509Kj). Fat 4.48g (of which saturated fat 0.41g).
Carbohydrates 13.75g (of which sugar 2.38g). Fibre .89g. Protein 7.17g. Salt < 0.01g.
- 16 Thu **SAUSAGE AND SAUTE POTATO**
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, dextrose, vegetable oil.
Ingredients in bold script contain allergens; gluten & sulphur dioxide..
Nutritional Information Per 100g: Energy 146KCal (611Kj). Fat 8.21g (of which saturated fat 2.77g).
Carbohydrates 15.29g (of which sugar 0.83). Fibre 1.17g. Protein 3.67g. Salt 0.8g.

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

Tea Time for After School Menu November 2017.xlsm



- 17 Fri **STIRFRIED BEEF & RICE**
Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.
Nutritional Information Per 100g: Energy 165KCal (690Kj). Fat 7.97g (of which saturated fat 1.93g).
Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.
- 20 Mon **PENNE IN TOMATO AND BASIL SAUCE**
Durum wheat pasta, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 83 KCal (352Kj). Fat 2.04g (of which saturated fat 0.3g).
Carbohydrates 27.69g (of which sugar 1.4g). Fibre 1.89g. Protein 4.87g. Salt 0.02g.
- 21 Tue **VEGETABLE HASH**
Saute potatoes, corn, broadbeans, peppers, onions, peas, olive oil, sunflower oil, chives.
Nutritional Information Per 100g: Energy 107KCal (450Kj). Fat 3.82g (of which saturated fat .46g).
Carbohydrates 14.67 (of which sugar 1.4g). Fibre 3.11 Protein 3.52g Salt 0.1g.
- 22 Wed **CREAM OF VEGETABLE SOUP**
Water, carrot, swede, french beans, broad beans, potatoes, peas, onion, garlic, potato starch.
Nutritional Information Per 100g: Energy 31KCal (131Kj). Fat 0.6g (of which saturated fat 0.22g).
Carbohydrates 4.88g (of which sugar 0.99g). Fibre 1.67g. Protein 1.65g. Salt 0.04g.
- 23 Thu **CURRIED CHICKEN & RICE**
Rice, Chicken, peppers, corn, onion, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.
Ingredients in bold script contain allergens; mustard.
Nutritional Information Per 100g: Energy 111KCal (467Kj). Fat 2.91g (of which saturated fat 0.94g).
Carbohydrates 13.69g (of which sugar 0.89g). Fibre 1.88g. Protein 7.59g. Salt 0.01g.
- 24 Fri **PENNE WITH STIRFRIED VEGETABLES**
Durum wheat pasta, peppers, peas, corn, onion, olive oil, garlic, basil.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 256KCal (1088Kj). Fat 7.08g (of which saturated fat .99g).
Carbohydrates 40.13g (of which sugar 2.15g). Fibre 6.2g. Protein 2.767.37g. Salt 0.01g.
- 27 Mon **SAUSAGE & BEAN HOTPOT**
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, beans, water, peppers, tomato puree, onions, potato starch, olive oil, oregano, garlic, salt.
Ingredients in bold script contain allergens; gluten, soya & sulphur dioxide.
Nutritional Information Per 100g: Energy 146KCal (611Kj). Fat 8.21g (of which saturated fat 2.77g).
Carbohydrates 15.29g (of which sugar 0.83g). Fibre 1.17g. Protein 3.67g. Salt 0.8g.
- 28 Tue **STIRFRIED BEEF & RICE**
Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.
Nutritional Information Per 100g: Energy 165KCal (690Kj). Fat 7.97g (of which saturated fat 1.93g).
Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.
- 29 Wed **MACCARONI CHEESE**
Durum wheat macaroni 43%, milk, water, **wheat flour**, white & red cheddar cheese [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions, **butter**.
Ingredients in bold script contain allergens; gluten and milk (lactose).
Nutritional Information Per 100g: Energy 147KCal (617Kj). Fat 9.12g (of which saturated fat 5.36g).
Carbohydrates 10.94g (of which sugar 2.52g). Fibre 0.43g. Protein 6.14g. Salt 0.23g.
- 30 Thu **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 0.03g.

All beef used is of Irish origin

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

Tea Time Infant Menu November 2017.xlsm



- 1 Wed **MANGO & PEAR PUDDING**
Ingredients: Mango, Pear, water.
Nutritional Information Per 100g: Energy 43KCal (184KJ). Fat 0.13g (of which saturated fat 0.4g)
Carbohydrates 10.74g (of which sugar 8.87g). Fibre 1.89g. Protein 0.45g. Salt 0.01g.
- 2 Thu **MEDITERRANEAN RICE**
Rice, peppers, onion, peas, corn, olive oil.
Nutritional Information Per 100g: Energy 148KCal (623KJ). Fat 7.13g (of which saturated fat 1.44g).
Carbohydrates 19.6g (of which sugar 0.91g). Fibre 1.82g. Protein 2.68g. Salt 0.02g.
- 3 Fri **MASHED BUTTERNUT SQUASH & POTATO**
Butternut Squash, Potato & Water
Nutritional Information Per 100g: Energy 54KCal (227KJ). Fat .1g (of which saturated fat 0.1g).
Carbohydrates 13.67g (of which sugar 1.7g). Fibre 1.73g. Protein 1.27g. Salt 0.01g.
- 6 Mon **SWEET POTATO & LENTIL PIE**
Sweet potato, lentils, carrot, water.
Nutritional Information Per 100g: Energy 48KCal (201KJ). Fat .09g (of which saturated fat 0g).
Carbohydrates 12.6g (of which sugar 1.5g). Fibre 1.53g. Protein 1.12g. Salt .01g.
- 7 Tue **LITTLE DINNERS BEANS & SWEET POTATOES**
Sweet potatoes, beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.
Nutritional Information Per 100g: Energy 55 KCal (232KJ). Fat 0.1g (of which saturated fat 0.02g).
Carbohydrates 12.49g (of which sugar 4.45g). Fibre 2.06g. Protein 1.49g. Salt .07g.
- 8 Wed **STIRFRIED BEEF & RICE**
Wholemeal rice, beef (irish) mixed vegetables, onion, olive oil.
Nutritional Information Per 100g: Energy 165KCal (690KJ). Fat 7.97g (of which saturated fat 1.93g).
Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.
- 9 Thu **STEWED APPLE & PEAR**
Ingredients: Apple, Pear, water.
Nutritional Information Per 100g: Energy 34KCal (146KJ). Fat .08g (of which saturated fat .04g)
Carbohydrates 8.64g (of which sugar 8.88g). Fibre 1.4g. Protein 0.28g. Salt 0.01g.
- 10 Fri **SWEET POTATO AND BUTTERNUTSQUASH**
Sweet potato, butternut squash, water, carrot, onion,

Nutritional Information Per 100g: Energy 44KCal (186KJ). Fat 0.18g (of which saturated fat 0.07g).
Carbohydrates 10.34g (of which sugar 2.75). Fibre 2g. Protein 1.06g. Salt 0.04g.
- 13 Mon **APPLE & MANGO PUDDING**
Apple, mango, water.
Nutritional Information Per 100g: Energy 45KCal (190KJ). Fat 0.13g (of which saturated fat 0.04g)
Carbohydrates 11.06g (of which sugar 9.43g). Fibre 1.93g. Protein 0.49g. Salt .01g.
- 14 Tue **MEDITERRANEAN RICE**
Rice, peppers, onion, peas, corn, olive oil.
Nutritional Information Per 100g: Energy 148KCal (623KJ). Fat 7.13g (of which saturated fat 1.44g).
Carbohydrates 19.6g (of which sugar 0.91g). Fibre 1.82g. Protein 2.68g. Salt 0.02g.
- 15 Wed **LITTLE DINNERS BEANS & SWEET POTATOES**
Sweet Potatoes, Beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.
Nutritional Information Per 100g: Energy 55 KCal (232KJ). Fat 0.1g (of which saturated fat 0.02g).
Carbohydrates 12.49g (of which sugar 4.45g). Fibre 2.06g. Protein 1.49g. Salt .07g.
- 16 Thu **MIXED BEAN HOT POT**
Potato, beans, water, peppers, tomato puree, onions, potato starch, olive oil, oregano.
Nutritional Information Per 100g: Energy 58KCal (244KJ). Fat .86g (of which saturated fat .1g).
Carbohydrates 10.66g (of which sugar 2.06g). Fibre 2.96g. Protein 2.49g. Salt .01g.
- 17 Fri **STIRFRIED BEEF & RICE**
Wholemeal rice, beef (irish) mixed vegetables, onion, olive oil.
Nutritional Information Per 100g: Energy 135KCal (581KJ). Fat 3.18g (of which saturated fat 1.59g).
Carbohydrates 16.7g (of which sugar 0.08g). Fibre 1.48g. Protein 8.5g. Salt < 0.01g.
- 20 Mon **SWEET POTATO AND BUTTERNUTSQUASH**
Sweet potato, butternut squash, water, carrot, onion,

Nutritional Information Per 100g: Energy 44KCal (186KJ). Fat 0.18g (of which saturated fat 0.07g).
Carbohydrates 10.34g (of which sugar 2.75). Fibre 2g. Protein 1.06g. Salt 0.04g.
- 21 Tue **MEDITERRANEAN VEGETABLES & SWEET POTATO**
Sweet potato, peppers, onion, peas, corn, olive oil, garlic,
Nutritional Information Per 100g: Energy 65 Cal (271KJ). Fat.11g (of which saturated fat 2.63g).
Carbohydrates 14.11g (of which sugar 2.63). Fibre 3.19g. Protein 1.86g. Salt 0.09g.

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

Tea Time Infant Menu November 2017.xlsm



22 Wed CREAMED MIXED VEGETABLES

Water, carrot, sweet, french beans, broad beans, potatoes, peas, onion, potato starch.

Nutritional Information Per 100g: Energy 31KCal (131KJ). Fat 0.6g (of which saturated fat 0.22g).

Carbohydrates 4.88g (of which sugar 0.99g). Fibre 1.67g. Protein 1.65g. Salt 0.04g.

23 Thu CHICKEN VEG & RICE.

Rice, chicken, peppers, carrots, onion, olive oil.

Nutritional Information Per 100g: Energy 111KCal (467KJ). Fat 3.46g (of which saturated fat 0.89g).

Carbohydrates 13.69g (of which sugar 0.89g). Fibre 1.88g. Protein 6.94g. Salt 0.01g.

24 Fri MANGO & PEAR PUDDING

Mango, pear, water.

Nutritional Information Per 100g: Energy 43KCal (184KJ). Fat 0.13g (of which saturated fat 0.4g)

Carbohydrates 10.74g (of which sugar 8.87g). Fibre 1.89g. Protein 0.45g. Salt 0.01g.

27 Mon MIXED BEAN HOT POT

Potato, beans, water, peppers, tomato puree, onions, potato starch, olive oil, oregano.

Nutritional Information Per 100g: Energy 58KCal (244KJ). Fat .86g (of which saturated fat .1g).

Carbohydrates 10.66g (of which sugar 2.06g). Fibre 2.96g. Protein 2.49g. Salt .01g.

28 Tue STIRFRIED BEEF & RICE

Wholemeal rice, beef (irish) mixed vegetables, onion, olive oil.

Nutritional Information Per 100g: Energy 165KCal (690KJ). Fat 7.97g (of which saturated fat 1.93g).

Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.

29 Wed MASHED BUTTERNUT SQUASH & POTATO

Butternut Squash, Potato & Water

Nutritional Information Per 100g: Energy 54KCal (227KJ). Fat .1gg (of which saturated fat 0.1g).

Carbohydrates 13.67g (of which sugar 1.74g). Fibre 1.73g. Protein 1.27g. Salt 0.01g.

30 Thu MIXED VEGETABLES & SWEET POTATOES MASH

Sweet Potatoes, carrots, sweets, beans, peas, water.

Nutritional Information Per 100g: Energy 65KCal (271KJ). Fat .11g (of which saturated fat 0.4g).

Carbohydrates 14.11g (of which sugar 2.63g). Fibre 3.19g. Protein 1.86g. Salt .09g.

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

Weekly Menu Menu November 2017.xlsm



Mon	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.
Tue	CHICKEN GOUGONS, SAUTE POTATOES AND CARROTS Potatoes(sunflower oil, dextrose), 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. Carrots Ingredients in bold script contain allergens; egg. Nutritional Information Per 100g: Energy 129KCal (541Kj). Fat 4g (of which saturated fat .53g). Carbohydrates 17.88a (of which sugar 1.53a). Fibre 2.04a. Protein 4.65a. Salt 0.05a
Wed	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). Carbohydrates 36.06a (of which sugar 3.03a). Fibre 2.07a. Protein 8.59a. Salt 0.3a.
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, pea, corn, carrots & beans. 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 13.82a (of which sugar 1.16a). Fibre 1.68a. Protein 3.87a. Salt 1.3a.
Fri	FISH FINGERS, SAUTE POTATOES & LITTLE DINNERS BAKED BEANS 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, beans, (diced tomato, onion, garlic, tomato puree, water, paprika, sugar) Ingredients in bold script contain allergens; fish and gluten. Nutritional Information Per 100g: Energy 135KCal (566Kj). Fat 4.23g (of which saturated fat .46g). Carbohydrates 19.05a (of which sugar 1.62a). Fibre 1.72a. Protein 4.75a. Salt 0.04a

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