

1st

FRI 2nd

8th

# **BEEF PASTA BAKE**

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

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

# COD PROVENCAL & RICE

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

Ingredients in bold script contain allergens; fish

### MEXICAN CHICKEN MON & RICE 5th

Ingredients: Rice, chicken, tomatoes, carrots, maize corn, tomato puree, water, peppers, onions, potato starch, olive oil, garlic, parsley, chives.

# **BROCCOLI & CORN** TUE PASTA BAKE

6th Ingredients: Durum wheat pasta, tomatoes, broccoli, water, carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter (milk), olive oil, onions, potato starch, garlic, basil

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

### **BEEF CASSEROLE** WED 7th & MINI ROAST

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

# LAMB NAVARIN THU & MASH

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

Nutritional Information			
Energy	Per 100g		
<b>Energy</b> KCal	125 KCal		
KJ	530 Kj		
Fat	2.71g		
of which saturated	1.23g		
Carbohydrates	34.85g		
of which sugar	3.55g		
Fibre	1.99g		
Protein	9.15g		
Salt	< 0.01g		

Nutritional Information			
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 95 KCal 401 Kj 1.35g 0.64g 17.31g 1.65g 1.31g 4.4g < 0.01g		
Salt	< 0.01g		

Nutritional Information			
Energy	Per 100g		
<b>Energy</b> KCal	109KCal		
KJ	463 Kj		
Fat	1.54g		
of which saturated	0.82g		
Carbohydrates	17.65g		
of which sugar	1.45g		
Fibre	1.3g		
Protein	6.81g		
Salt	< 0.01g		

Nutritional Info	rmation
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 109KCal 463 Kj 1.54g 0.82g 17.65g 1.45g 1.3g 6.81g < 0.01g

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

Nutritional Info	ormation
Energy	Per 100g
<b>Energy</b> KCal	75KCal
KJ	309 Kj
Fat	1.72g´
of which saturated	0.78g
Carbohydrates of which sugar	10.94́q
of which sugar	1.81g
Fibre	1.52a

Protein Salt

# COD PILAF

FRI

9th

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

Ingredients in bold script contain allergens; fish

# PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens; gluten

### **TURKEY CURRY** TUE & RICE 13th

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

Ingredients in bold script contain allergens; mustard

### WED HUNGARIAN **GOULASH & SAUTÉ**

gredients: Potatoes, sunflower oil, beef (irish), tomatoes, ater, swede, carrot, mixed peppers, onions, potato starch, ive oil, garlic, paprika, parsley, chives.

# .AMB BREYANI

gredients: Rice, lamb, carrots, tomatoes, peas, onion, 15th spinach, Tomato puree, potato starch, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients on bold script contain allergens; mustard

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

ALCONTRACTOR OF A			
Nutritional Information			
Energy     Per 100g       KCal     89 KCal       KJ     376 Kj       Fat     1.29g       of which saturated     0.61g       Carbohydrates     16.02g       of which sugar     1.67g       Fibre     1.27g       Protein     4.24g       Salt     < 0.01g			

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

Nutritional Information			
Energy	Per 100g		
Energy KCal	117KCal		
KJ	491Kj		
Fat	1.41g		
of which saturated	0.74g		
Carbohydrates	16.74g		
of which sugar	0.84g		
Fibre	1.18g		
Protein	10.4Žg		
Salt	0.01g		

<b>Nutritional Information</b>			
Energy	Per 100g		
<b>Energy</b> KCal	114KCal		
KJ	479 Kj		
Fat	3.38g		
of which saturated	0.86g		
Carbohydrates of which sugar	13.49́g		
of which sugar	1.31g		
Fibre	1.74g		
Protein	5.16g		
Cole	< 0 01a		

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Enerav	Per 100g
Energy KCal	104KCa
KJ	439Kj
Fat	2.92g
of which saturated	1.46g
Carbohydrates	15.57ďa
of which sugar	1.26g
Fibre	1.37g
Protein	5.37g <0.01g
Salt	<0.01g



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Per 100g		
120 KCal		
505 Kj	TLII	
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THU	Inc



TUE

20th

WED

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**23rd** 

# **CREAMY FISH PIE**

Ingredients: Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream (milk)**, potato starch, dill, garlic

Ingredients in bold script contain allergens; fish and lactose

TURKEY KORMA & RICE

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

Ingredients in bold script contain allergens; mustard

# COTTAGE PIE

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

### PASTA WITH CHICKEN & CORN

**21st** Ingredients: **Durum wheat pasta**, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives.

Ingredients in bold script contain allergens; gluten

### PORK WITH MIXED VEG & APRICOT WITH MASH

22nd Ingredients: Potatoes, pork, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; mustard

# TUNA PASTA BAKE

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

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

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	78KCal	
KJ	331 Kj	
Fat	2g 0.86g	
of which saturated	0.86g	
Carbohydrates	11.28g	
of which sugar	1.75g	
Fibre	1.24g	
Protein	4.47g	
Salt	< 0.Ŭ1g	

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 119KCal 499 Kj 3.1g 1.94g 17.28g 0.55g 1.12g 6.5g	
Salt	< 0.01g	

Nutritional Inf	ormation	· · · ·
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 82KCal 346 Kj 1.89g 0.66g 10.24g 1.31 1.2g 4.99g 0.4g	WED 28th

Energy     Per 100g       KCal     120KCal       KJ     480 Kj	Nutritional Information		
Fat 1.45g'   of which saturated 0.27g   Carbohydrates 37.25g   of which sugar 2.69g   Fibre 2.04g	Energy KCal KJ Fat of which saturated Carbohydrates of which sugar	Per 100g 120KCal 480 Kj 1.45g 0.27g 37.25g 2.69g	
Protein     11.78g       Salt     < 0.01g	Protein	11 <sup>78</sup> a	

THU

29th

FRI

30th

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	80 KCal	
KJ	377 Kj	
Fat	1.54g	
of which saturated	0.39g	
Carbohydrates	11.1Žg	
of which sugar	1.87g	
Fibre	1.33g	
Protein	6.02g	
Salt	< 0.01g	

Nutritional Information		
<b>Energy</b> KCal	Per 100g	
	115KCal	
KJ	487 Kj	
Fat	2.27g	
of which saturated	0.85g	
Carbohydrates	35.45g	
of which sugar	3.59a	
Fibre	2.06g	
Protein	78.37 <u>¯</u> g	
Salt	< 0.01g	

# MILD CHILLI CON MON CARNE

**26th** Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder).

# TUE PORK & POTATO PIE

**27th** Ingredients: Potatoes, pork, water, carrots, peas, maize corn, swedes, potato starch, onions, tomato puree, olive oil, oregano, garlic.

# **VEG PASTA BAKE**

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

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

# GREEK HOTPOT & MASH

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

### ITALIAN-STYLE FISH & PASTA PIE

Ingredients: **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

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Nutritional Information			
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 117KCal 491 Kj 2.41g 1.16g 17.13g 1.84g 1.45g 5.83g < 0.01g		

Nutritional Information		
<b>Energy</b> KCal KJ	<b>Per 100g</b> 86KCal	
NJ	363 Kj	
Fat	1.51g	
of which saturated	0.37a	
Carbohydrates	12.65g	
of which sugar	1.47g	
Fibre	1.38g	
Protein	6.1g	
Salt	< 0.01g	

Nutritional Information		
Energy	Per 100g	
KCal	100KCal	
KJ	423 Kj	
Fat	2g	
of which saturated	0.89g	
Carbohydrates	34.16g	
of which sugar	0.8g	
Fibre	2.15g	
Protein	6.46g	
Salt	< 0.01g	

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

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





NOVENRE

2018

5

THU

8th

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FRI

# VEG PASTA BAKE

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

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

# VEGETABLE **PROVENCAL & RICE**

2nd Ingredients: Rice, tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic.

#### **MEXICAN BEAN** & RICE MON

5th Ingredients: Rice, tomatoes, carrots, corn, peppers, kidney beans, cannelini beans, water, tomato puree, onions, olive oil, parsley, chives, potato starch, garlic.

### **BROCCOLI & CORN** PASTA BAKE

TUE Ingredients: Durum wheat pasta, tomatoes, broccoli, water, 6th carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter (milk), olive oil, onions, potato starch, garlic, basil.

Ingredients in bold script contain allergens; gluten and milk

# CASSEROL WED 7th

Ingredients: Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic, sunflower oil, dextrose.

# VEGETABLE NAVARIN

Ingredients: Potatoes, carrots, chopped tomatoes, swedes, peas, onions, broad beans, french beans, potato starch, olive oil, garlic.

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	75KCal
KJ	316 Kj
Fat	1.5g
of which saturated	0.34g
Carbohydrates	16.99̈́g
of which sugar	1.95g
Fibre	2.2g <sup>-</sup>
Protein	4.4g
Salt	< 0.01g

<b>Nutritional Information</b>	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 87 KCal 370 Kj 1.14g 0.66g 19.15g 2.15g 2.15g 1.59g 2.75g < 0.01g

<b>Nutritional Information</b>	
<b>Energy</b> KCal KJ <b>Fat</b>	<b>Per 100g</b> 98KCal 415 Kj 1.68g
of which saturated Carbohydrates of which sugar Fibre Protein Salt	0.89g 17.73g 1.62g 2.03g 4.09g 0.01g

Nutritional Information	
Energy KCal KJ Fat of which saturated	Per 100g 109KCal 463 Kj 1.54g
Carbohydrates of which sugar Fibre Protein	0.82g 17.65g 1.45g 1.3g 6.81g
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	111KCal
KJ	466 Kj
Fat	3.17g
of which saturated	0.51g
Carbohydrates	20.148g
of which sugar	2.03g ັ
Fibre	1.67g
Protein	4.03g
Salt	< 0.06g

Nutritional Information	
<b>Energy</b> KCal	Per 100g
	75 KCal
KJ	210 Kj
Fat	0.2a
of which saturated	0.04g
Carbohydrates	10.94g
of which sugar	1.22g
Fibre	1.77ğ
Protein	1.81g
Salt	< 0.01g

# VEGETABLE PILAF

Ingredients: Rice, tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic,

### **VEG PASTA** BOLOGNAISE



FRI

9th

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

Ingredients in bold script contain allergens; gluten

### FRNIIT SO & BEAN CURRY & RICE

TUEIngredients: Rice, butternut squash, coconut milk, diced potato, 13th peppers, swedes, cannellini beans, broad beans, water, sultanas, 13th prior potato starch, olive oil, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika.

Ingredients in bold script contain allergens; mustard

### HUNGADIAN **WEDGOULASH** & SAUTF

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

# VEGETABLE BRE

Ingredients: Rice, chopped tomatoes, carrot, red split lentils, **THU** water, peas, spinach, red peppers, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, 15th fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; Mustard

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Nutritional Information	
<b>Energy</b>	<b>Per 100g</b>
KCal	89KCal
KJ	378 Kj
Fat	1.19g
of which saturated	0.64g
Carbohydrates	19.37g
of which sugar	2.74g
Fibre	1.75g
Protein	3g
Salt	< 0.01g

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

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 107KCal 453K 3.6g 1.6g 3.3g 1.2g 1.9g < 0.01g

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 92KCal 389 Kj 2.24g 0.37g 17.31g 1.71g 2.36g 3.13g
Salt	0.04g

Nutritional Information		
<b>Energy</b> KCal KJ	<b>Per 100g</b> 79 KCal 335 Kj	
Fat of which saturated	0.83g 0.61g	
Carbohydrates of which sugar	18.84g 1.19g	
Fibre	1.383	
Protein	3.45g	
Salt	< 0.01g	



Enormy	Per 100
<b>Energy</b> KCal	111KCa
KJ	466 Kj
Fat	3.17g´
of which saturated	0.51g
Carbohydrates	20.148
of which sugar	2.03a `

ch saturated <b>hydrates</b> ch sugar <b>n</b>	1.54g 0.82g 17.65g 1.45g 1.3g 6.81g < 0.01g	14t
		•
itional Info	Per 100g	

of which sugar	2.03g
Fibre	1.67g
Protein	4.03g
Salt	< 0.06g
Nutritional Info	ormation
Energy	<b>Per 100g</b>
KCal	75 KCal
KJ	210 Kj
Fat	0.2g

Nutritional Info	ormation
Energy	Per 100g
Energy KCal	75 KCal
KJ	210 Kj
Fat	0.2g
of which saturated	0.04g
Carbohydrates	10.94g
of which sugar	1 22~



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NOVEMBE

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WED

CREAM

Ingredients: Potatoes, carrots, maize corn, milk, peas, water, **16th** broad beans, **cream (milk)**, onions, potato starch, parsley, garlic

Ingredients in bold script contain allergens; Milk (lactose)

# VEGETABLE KORMA

MON Ingredients: Rice, coconut milk, butternutsquash, 19th peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed,** black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

### COTTAGE VEGETABLE PIE TUE

20th Ingredients: Potatoes, carrots, swedes, peas, lentils, water, onions, potato starch, tomato puree, olive oil, oregano, garlic.

### MEDITERRANEAN **STYLE VEG PASTA**

Ingredients: Durum wheat pasta, tomatoes, carrots, peppers, 21st maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten

### XED VEG & APRICOT WITH MASH

THU Ingredients: Potatoes, carrots, water, swedes, sweet potato, **22nd** lentils, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugrek, cardamon. turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; mustard

# VEGETABLE PASTA

FRI Durum wheat pasta, tomatoes, tomato puree, carrots, water, milk, peppers, onions, lentils, spinach, courgettes, flour, butter **23rd** (milk),, potato starch, olive oil, garlic, basil.

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

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	75KCal	
KJ	316 Kj	
Fat	2.03g	
of which saturated	0.82g	
Carbohydrates	12.3Žg	
of which sugar	1.94g	
Fibre	1.87g	
Protein	2.55g	
Salt	< 0.Ŭ1g	

Nutritional Information		
Energy KCal KJ of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 112 KCal 552 Kj 2.97g 1.54g 20.5g 0.83g 1.49g 2.3g < 0.01g	
Jair	· o.o.g	

Nutritional Info	ormation	
Energy KCal KJ of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 65KCal 273Kj 1.28g 0.32g 1.524g 1.94g 2.04g 4.05g < 0.01g.	WED 28th

Nutritional Information		
<b>Energy</b> KCal	Per 100g	
KCai KJ	75KCal 316 Kj	
Fat of which saturated	1.5g 0.34a	
Carbohydrates	16.99g	
of which sugar <b>Fibre</b>	1.95g 2.2g	
Protein	4.4g	
Salt	< 0.01g	

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	109KCal	
KJ	457 Kj	
Fat	1.45a	
of which saturated	0.27g	
Carbohydrates	34.79a	
of which sugar	2.8g	
Fibre	2.56g	
Protein	7.99g	
Salt	< 0.Ŭ1g	

Nutritional Information		
Energy	Per 100g	
KCal	100KCal	
KJ	423 Kj	
Fat	2g	
of which saturated	0.89g	
Carbohydrates	34.16g	
of which sugar	0.8g	
Fibre	2.15g	
Protein	6.46g	
Salt	< 0.01g	

# MON VEG & RICE 26th

Ingredients: Rice, tomatoes, carrots, lentils, peppers, spinach, water, kidney beans, tomatoes, water, onions, tomato puree, potato starch, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic bowder).

### MIXED VEGETABLE **TUE & POTATO PIE**

27th Ingredients: Potatoes, carrots, swede, peas,lentils, water, onions, tomato puree.olive oil, potato starch, oragano, garlic.

**VEG PASTA BAKE** 

(milk),, potato starch, olive oil, garlic, basil.

Durum wheat pasta, tomatoes, tomato puree, carrots, water,

Ingredients in bold script contain allergens; gluten and milk

Ingredients: Potatoes, tomatoes, water, carrots, tomato puree,

courgette, mixed peppers, diced potatoes, onions, potato starch,

**GREEK VEGETABLE** 

**HOTPOT & MASH** 

milk, peppers, onions, lentils, spinach, courgettes, flour, butter

INUTRITIONAL INFORMATION		
Energy	Per 100g	
<b>Energy</b> KCal	92 KCal	
KJ	389 Kj	
Fat	1.26g	
of which saturated	0.65g	
Carbohydrates	20.43g	
of which sugar	2.48g	
Fibre	1.91g	
Protein	3.4g	
Salt	< 0.01g	
	-	

Nutritional Information		
<b>Energy</b> KCal	Per 100g	
	75KCal	
KJ	316 Kj	
Fat	1.5g	
of which saturated	0.34a	
Carbohydrates	16.99̈́g	
of which sugar	1.95g	
Fibre	2.2g	
Protein	4.4g	
Salt	< 0.01g	

Nutritional Information	
<b>Energy</b>	<b>Per 100g</b>
KCal	100KCal
KJ	423 Kj
Fat	2g
of which saturated	0.89g
Carbohydrates	34.16g
of which sugar	0.8g
<b>Fibre</b>	2.15g
Protein	6.46g
Salt	< 0.01g

Nutritional Information		
Energy	Per 100g	
KCal	22KCal	
KJ	232 Kj	
Fat	0.6g	
of which saturated	0.13g	
Carbohydrates	11.72g	
of which sugar	1.36g	
Fibre	1.26.g	
Protein	1.35g	
Salt	<0.01g	

1	Nutritional Information	
	Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 78KCal 333 Kj 1.01g 1.23g 28.11g 3.85g 2.15g 5.56g < 0.01g

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guaranteed irish

# VEGETABLE & PASTA PIE

olive oil, garlic puree, parsley.

(lactose)



THU

29th

Ingredients: 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

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE



THU

1st

FRI

2nd

MON

7th

THU

8th

NOVEMBER

2018

### TURKEY PASTA BAKE

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

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

### **COD PROVENCAL** & RICE

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

Ingredients in bold script contain allergens; fish

### **MEXICAN CHICKEN** & RICE

5th Ingredients: Rice, chicken, tomatoes, carrots, maize corn, tomato puree, water, peppers, onions, potato starch, olive oil, garlic, parsley, chives.

### **BROCCOLI & CORN PASTA BAKE**

TUE Ingredients: Durum wheat pasta, tomatoes, broccoli, water, carrots, tomato puree, milk, maize corn, lentils, spinach, 6th wheat flour, butter (milk), olive oil, onions, potato starch, garlic, basil.

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

# TURKEY CASSEROLE WED & MINI ROAST

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

# LAMB NAVARIN & MASH

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

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	125 KCal	
KJ	530 Kj	
Fat	2.71g	
of which saturated	1.23g	
Carbohydrates	34.85g	
of which sugar	3.55g	
Fibre	1.99g	
Protein	9.15g	
Salt	< 0.01g	

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

1	Nutritional Information	
	<b>Energy</b> KCal	Per 100g
	KCal <sup></sup> KJ	109KCal 463 Ki
	Fat of which saturated	1.54g
	Carbohydrates	0.82g 17.65g
	of which sugar Fibre	1.45g
	Protein	1.3g 6.81g
	Salt	< 0.Ŭ1g

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 109KCal 463 Kj 1.54g 0.82g 17.65g 1.45g 1.3g 6.81q	
Salt	< 0.01g	

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

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 75KCal 309 Kj 1.72g 0.78g 10.94g 1.81g 1.52g 4.54g < 0.01g
of which sugar Fibre Protein	10.94g 1.81g 1.52g 4.54g

# COD PILAF

FRI

Ingredients: Rice, cod ,tomatoes, water, carrots, tomato puree, 9th peppers, onions, spinach, courgettes, olive oil, potato starch, basil, garlic.

Ingredients in bold script contain allergens; fish

# **PASTA BOLOGNAISE**

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

Ingredients in bold script contain allergens; gluten

# **TURKEY CURRY** TUE & RICE

**13th** Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard** seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger,garam masala, garlic puree.

Ingredients in bold script contain allergens; mustard

### HUNGARIAN **GOULASH & SAUTÉ**

Ingredients: Potatoes, olive oil, turkey, peppers, onions, potato starch, olive oil, garlic, paprika, parsley, chives.

# LAMB BREYANI

THU

Ingredients: Rice, lamb, carrots, tomatoes, peas, onion, 15th spinach, Tomato puree, potato starch, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients on bold script contain allergens; mustard

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow

Nutritional Information		
<b>Energy</b>	<b>Per 100g</b>	
KCal	89 KCal	
KJ	376 Kj	
Fat	1.29g	
of which saturated	0.61g	
Carbohydrates	16.0Žg	
of which sugar	1.67g	
Fibre	1.27g	
Protein	4.24g	
Salt	< 0.01g	

Nutritional Info	Nutritional Information	
Energy	Per 100g	
KCal	117KCal	
KJ	491 Kj	
Fat	2.41g	
of which saturated	1.16g	
Carbohydrates	17.13g	
of which sugar	1.84g	
Fibre	1.45g	
Protein	5.83g	
Salt	< 0.01g	

#### Nutritional Information

Energy	Per 100g
Energy KCal	117KCal
KJ	491Kj
Fat	1.41g
of which saturated	0.74g
Carbohydrates of which sugar	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.4Žg
Salt	0.01g

Nutritional Information		
Energy KCal FJ of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 104 KCal 520 Kj 2.34g 0.39g 1.31g 1.31g 1.74g 6.69g < 0.01g	

#### Nutritional Information

nergy Cal at f which saturated arbohydrates f which sugar ibre rotein	Per 100g 104KCal 439Kj 2.92g 1.46g 15.57g 1.26g 1.37g 5.37g <0.01g
alt	<0.01g



WED 14th





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### TURKEY KORMA & RICE

(lactose)

MON

19th

TUE

20th

WED

21st

THU

FRI

**23rd** 

**CREAMY FISH PIE** 

onions, water, cream (milk), potato starch, dill, garlic

Ingredients: Potatoes, cod, carrots, milk, maize corn, peas,

Ingredients in bold script contain allergens: fish and Milk

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

Ingredients in bold script contain allergens; mustard

# **COTTAGE PIE**

Ingredients: Potatoes, turkey, water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.

# PASTA WITH CHICKEN & CORN

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

Ingredients in bold script contain allergens; gluten

### TURKEY, MIXED VEG & APRICOT WITH MASH

**22nd** Ingredients: Potatoes, turkey, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; mustard

# TUNA PASTA BAKE

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

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

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	78KCal	
KJ	331 Kj	
Fat	2g 0.86g	
of which saturated	0.86g	
Carbohydrates of which sugar	11.28g	
	1.75g	
Fibre	1.24g	
Protein	4.47g	
Salt	< 0.01a	

Nutritional Information	
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 119KCal 499 Kj 3.1g 1.94g 17.28g 0.55g 1.12g 6.5g < 0.01g

Nutritional Information	
<b>Energy</b> KCal	Per 100g
KČal <b>V</b>	70KCal 350 Kj
Fat	
of which saturated	1.79g 0.19g
Carbohydrates of which sugar	9.594g 1.46g
Fibre	1.40g 1.25g
Protein	6.65g
Salt	<0.0Ĭg

Nutritional Information	
Energy	<b>Per 100g</b>
KCal	120KCal
KJ	480 Kj
Fat	1.45g
of which saturated	0.27g
Carbohydrates	37.25g
of which sugar	2.69g
Fibre	2.04g
Protein	11.78g
Salt	< 0.01g

THU

29th

FRI

30th

	Nutritional Information	
	Energy	Per 100g
	<b>Energy</b> KCal	80 KCal
	KJ	377 Kj
	Fat	1.54g
	of which saturated	0.39g
	Carbohydrates	11.1Žg
	of which sugar	1.87g
	Fibre	1.33g
	Protein	6.02g
	Salt	< 0.01g
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Nutritional Information	
<b>Energy</b> KCal	Per 100g
KCal KJ	115KCal 487 Kj
Fat of which saturated	2.27g 0.85g
Carbohydrates	0.85g 35.45g
of which sugar <b>Fibre</b>	3.59g 2.06g
Protein	78.37g
Salt	< 0.01g

# MILD CHILLI CON MON CARNE & RICE

Ingredients: 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).

### TURKEY TUE & POTATO PIE 27th

Ingredients: Potatoes, turkey, water, carrots, peas, maize corn, swedes, potato starch, onions, tomato puree, olive oil, oregano, garlic.

# **VEG PASTA BAKE**

**WED 28th Durum wheat pasta**, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour, butter** (**milk**), potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten and milk

# GREEK HOTPOT & MASH

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

### ITALIAN-STYLE FISH & PASTA PIE

Ingredients: **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

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Nutritional Information		
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 117KCal 491 Kj 2.41g 1.16g 17.13g 1.84g 1.45g 5.83g	
Salt	< 0.01g	

Nutritional Info	ormation
<b>Energy</b> KCal	Per 100g
	82 KCal
KJ	336 Kj
Fat	1.19g
of which saturated	0.19a
Carbohydrates	12.59g
of which sugar	1.47a
Fibre	1.38g
Protein	6.71g
Salt	< 0.Ŏ1g

Nutritional Information		
Energy	Per 100g	
KCal	117KCal	
FJ	491Kj	
Fat	1.41g	
of which saturated	0.74g	
Carbohydrates	16.74g	
of which sugar	0.84g	
Fibre	1.18g	
Protein	10.42g	
Salt	0.01g	

Nutritional Information		
Energy	Per 100g	
KCal	72KCal	
KJ	321Kj	
Fat	0.73g	
of which saturated	0.19g	
Carbohydrates	10.87g	
of which sugar	1.16g	
Fibre	1.12g	
Protein	6.29g	
Salt	< 0.01g.	

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





### **BEEF, VEGETABLES,** TOMATO & POTATO

Ingredients: Carrots, potatoes, beef (Irish), butternut squash, peas, water, tomatoes, onions, olive oil.

CHICKEN **PROVENCAL & MASH** 

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

### **MEXICAN CHICKEN** & POTATO

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

# BROCCOLI, MIXED VEG & POTATO

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

# **BEEF CASSEROLE** & MASH

Ingredients: Potatoes, carrots, beef (Irish) water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

# LAMB NAVARIN & MASH

Ingredients: Potatoes, carrots, lamb, chopped tomatoes, swede, water, peas, onions, olive oil.

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	70KCal
KJ	295Kj
Fat	1.97g
of which saturated	0.73g
Carbohydrates	7.38g
of which sugar	1.88g
Fibre	1.48g.
Protein	4.64g.
Salt	< 0.01g.

Nutritional Information	
Energy	Per 100g
KCal	58KCal
KJ	246Kj
Fat	1.02g
of which saturated	0.38g
Carbohydrates	6.8g
of which sugar	1.69g
Fibre	1.23g
Protein	5.51g
Salt	< 0.01g.

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	59 KCal	
KJ	250 Kj	
Fat	1.13g	
of which saturated	0.43g	
Carbohydrates	6.82g	
of which sugar	1.83g	
Fibre	1.39g	
Protein	5.89g	
Salt	< 0.01g	

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	23KCal
KJ	97Kj
Fat	0.42g
of which saturated	0.13g
Carbohydrates	5.08g
of which sugar	1.19ğ
Fibre	0.91g
Protein	1 19ă
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
KCal	69 KCal
KJ	283 Kj
Fat	1.49g
of which saturated	0.65g
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.68g
Protein	5.06g
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
KCal	65 KCal
KJ	272 Kj
Fat	2.13g
of which saturated	1.02g
Carbohydrates	7.44g
of which sugar	1.97g
Fibre	1.53g
Protein	5.41g
Salt	< 0.01g

### RKEY & VEG FRI 9th

Ingredients: Potatoes, carrots, turkey, water, courgettes, peppers, tomatoes, onions olive oil.

### BOLOGNAISE **MON SAUCE & POTATO** 12th

Ingredients: Potato carrots, beef (irish) water, courgettes, tomatoes, onions, tomato puree, olive oil

### TURKEY **TUE CASSEROLE & MASH** 13th

Ingredients:Potatoes, carrots, turkey, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

# WED HUNGARIAN 14th GOULASH & POTATO

Ingredients: Potatoes, carrots, beef (Irish), water, swedes, peppers, , onions, olive oil, tomato puree.

# LAMB BREYANI



15th Ingredients: Potatoes, lamb, carrot, peas, chopped tomatoes, water, onions, olive oil.



**Nutritional Information** 

Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	1.91g 0.75g 6.85g 2.08g 1.21g 4.43g < 0.01g
Nutritional Inf	ormation
<b>Energy</b> KCai KJ	<b>Per 100g</b> 69 KCal

Fibre Protein Salt	1.68g 5.06g < 0.01g
Nutritional Inf	ormation
Energy KCal KJ Fat of which saturated	<b>Per 100g</b> 69 KCal 283 Kj 1.49g

Carbohydrates

<b>Energy</b> KCal	69 KCa
KJ	283 Ki
Fat	1.49a
of which saturated	0.65g
Carbohydrates of which sugar	7.39g
of which sugar	1.82g
Fibre	1.69g
Protein	5.06g
Salt	< 0.01c

7.39g

Nutritional	Information
	Per 100o

Energy	Per IU
<b>Energy</b> KCal	65KCa
KJ	272Kj
Fat	2.18g
of which saturated	1.02g
Carbohydrates	7.46g
of which sugar	2.01g
Fibre	1.52g
Protein	4.96g
Salt	< 0.Ŭ1

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





TUE

20th

WED

21st

THU

FRI

**23rd** 

# **CHICKEN PIE**

Ingredients: Potatoes, carrots, chicken swede, peas, water, tomato puree, onion, olive oil.

TURKEY CASSEROLE & MASH

Ingredients: Potato carrots, turkey, water, courgettes, peas, tomatoes, onions, tomato puree, olive oil.

# **COTTAGE PIE**

Ingredients: Potatoes, beef (Irish), carrots, water, peas, onions, swede, water.

# CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

### TURKEY, MIXED VEG WITH APRICOT & POTATO **22nd**

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, olive oil.

### MIXED VEGETABLES WITH TOMATO & PO

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

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	58KCal	
KJ	331 Kj	
Fat	0.95g	
of which saturated	0.23g	
Carbohydrates	6.71g	
of which sugar	2g -	
Fibre	1.49g	
Protein	5.96g	
Salt	< 0.01g	

Nutritional Information		
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 69 KCal 283 Kj 1.49g 0.65g 7.39g 1.82g 1.82g 1.68g 5.06g < 0.01g	

Nutritional Information	
<b>Energy</b> KCal	<b>Per 100g</b> 82KCal
KJ	346 Kj
Fat of which saturated	1.89g 0.66g
Carbohydrates of which sugar	10.2 <sup>4</sup> g 1.31
Fibre	1.2g
Protein	4.99g
Salt	0.4g

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	72KCal
KJ	306Kj
Fat	0.7g
of which saturated	0.34g
Carbohydrates	11.27g
of which sugar	1.48g
Fibre	1.53g
Protein	5.81g
Salt	< 0.01g.

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	58 KCal	
KJ	376 Kj	
Fat	0.99g	
of which saturated	0.4g	
Carbohydrates	6.8Žg	
of which sugar	1.82g	
Fibre	1.18g	
Protein	5.41g	
Salt	< 0.01g	

### **BEEF, VEGETABLES,** MON TOMATO & POTATO 26th

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

### TURKEY **TUE & VEGETABLE PIE** 27th

Ingredients: Potatoes, turkey, carrot, swede, peas, french beans, broad beans, water.

### VEGETABLE BOLOGN WED 28th

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

# **GREEK HOTPOT** & POTATO



FRI

Ingredients: Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, onions, olive oil,

### **TURKEY, ITALIAN STYLE VEG &** ΡΟΤΑΤΟ 30th

Ingredients: Potatoes, turkey, carrot, chopped tomatoes, peppers, courgette, water, tomato puree, spinach, onion.

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow

Nutritional Information	
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein	<b>Per 100g</b> 72KCal 280 Kj 2.03g 0.73g 6.1g 1.7g 1.25g 4.65g <
Salt	0.01g.

Nutritional Information	
Energy KCal KJ of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 57 KCal 234 Kj 0.93g 0.28g 6.85g 1.85g 1.18g 5.89g < 0.01g

Nutritional Information		
Energy KCal KJ of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 46 KCal 194 Kj 0.83g 0.26g 11.27g 2.07g 1.74g 2.4g < 0.01g	

Nutritional Information		
Energy KCal KJ of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 57 KCal 234 Kj 1.01g 0.31g 6.19g 1.7g 1.19.g 6.28g <0.01g	

#### **Nutritional Information**

Energy KCal KJ Fat of which saturated Carbohydrates of which sugar	Per 100g 56 KCal 240 Kj 0.92g 0.28g 6.64g





### TURKEY. VEGETABLES. TOMATO & POTATO

Ingredients: Carrots, potatoes, turkey, butternut squash, peas, water, tomatoes, onions, olive oil.

CHICKEN **PROVENCAL & MASH** 

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

### MEXICAN CHICKEN & POTATO

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

# **BROCCOLI, MIXED VEG & POTATO**

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

# **CHICKEN CASSEROLE** & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes onions, olive oil, tomato puree.

# LAMB NAVARIN & MASH

Ingredients: Potatoes, carrots, lamb, chopped tomatoes, swede, water, peas, onions, olive oil.

Nutritional Information	
Energy	Per 100g
KCal	57KCal
KJ	234Kj
Fat	0.93g
of which saturated	0.28g
Carbohydrates	6.85g
of which sugar	1.85g
Fibre	1.18g.
Protein	5.89g.
Salt	< 0.01g.

Nutritional Information	
Energy KCal KJ of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 58KCal 246Kj 1.02g 0.38g 6.8g 1.69g 1.23g 5.51g < 0.01g.
Salt	< 0.01g.

Energy     Per 100g       KCal     59 KCal       KJ     250 Kj       Fat     1.13g       of which saturated     0.43g       Carbohydrates     6.82g       of which sugar     1.83g       Fibre     1.39g       Protein     5.89g       Salt     < 0.01g	Nutritional Information	
	KJ Fat of which saturated Carbohydrates of which sugar Fibre	59 KCal 250 Kj 1.13g 0.43g 6.82g 1.83g 1.39g 5.89g

Nutritional Information	
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 23KCal 97Kj 0.42g 0.13g 5.08g 1.19g 0.91g 1.19g < 0.01g

Energy Per 10 KCal 72KC	on
RCal     72KC       KJ     300Ki       Fat     0.7g       of which saturated     0.34g       Carbohydrates     11.27       of which sugar     1.48g       Fibre     1.53g       Protein     5.81g       Salt     < 0.0	al g

Per 100g 65 KCal 272 Kj 2.13g 1.02g 7.44g 1.97g 1.53g 5.41g < 0.01g

### TURKEY & VEG FRI 9th POTATO

Ingredients: Potatoes, carrots, turkey, water, courgettes, peppers, tomatoes, onions olive oil.

# MON BOLOGNAISE 12th SAUCE & POTATO

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

# TUE TURKEY **13th CASSEROLE & MASH**

Ingredients: Potatoes, carrots, turkey, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

#### WED HUNGARIAN 14th ULASH & POTATO

Ingredients: Potatoes, carrots, turkey, water, swedes, peppers, , onions, olive oil, tomato puree.

# LAMB BREYANI



15th Ingredients: Potatoes, lamb, carrot, peas, chopped tomatoes, water, onions, olive oil.

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow

Nutritional Information		
Energy KCal	Per 100g	
KJ	72 KCal 306 Kj	
Fat	0.7g	
of which saturated	0.34g	
Carbohydrates of which sugar	11.27g 1.48g	
Fibre	1.40g 1.53g	
Protein	5.81g	
Salt	< 0.01g	

Nutritional Information	
<b>Energy</b> KCal	Per 100g
	57 KCal
KJ _	240 Kj
Fat	0.93g
of which saturated	0.30g
Carbohydrates	6.85g
of which sugar	2.08g
Fibre	1.21g
Protein	5.88g
Salt	< 0.01g

Nutritional Information	
Energy KCal KJ of which saturated <b>Carbohydrates</b> of which sugar Fibre Protein Salt	Per 100g 69 KCal 283 Kj 1.49g 0.30g 7.39g 1.82g 1.69g 5.60g < 0.01g
Jan	

#### **Nutritional Information**

Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 65KCal 272Kj 2.18g 1.02g 7.46g 2.01g 1.52g 4.96g < 0.01g.
Salt	< 0.01g.





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MON

19th

TUE

20th

FRI

23rd

# CHICKEN PIE

Ingredients: Potatoes, carrots, chicken, swede, 16th peas, water, tomato puree, onion, olive oil.

> TURKEY CASSEROLE & MASH

Ingredients: Potato carrots, turkey, water, courgettes, peas, tomatoes, onions, tomato puree, olive oil.

TURKEY COTTAGE PIE



### CHICKEN CASSEROLE WED & MASH **21st**

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

### TURKEY, MIXED VEG THU WITH APRICOT 22nd & POTATO

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, olive oil.

### KED VEGETABLES VITH TOMA & POTATO

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

Nutritional Information	
Energy	<b>Per 100g</b>
KCal	58KCal
KJ	331 Kj
Fat	0.95g
of which saturated	0.23g
Carbohydrates	6.71ğ
of which sugar	2g
Fibre	1.49g
Protein	5.96g
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
KCal	69 KCal
KJ	283 Kj
Fat	1.49g
of which saturated	0.65g
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.68g
Protein	5.06g
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	82KCal
KJ	346 Kj
Fat	1.89g 0.66g
of which saturated	
Carbohydrates	10.24g 1.31
of which sugar	
Fibre	1.2g
Protein	4.99g
Salt	0.4g

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	72KCal
KJ	306Kj
Fat	0.7g
of which saturated	0.34g
Carbohydrates	11.27g
of which sugar	1.48g
Fibre	1.53g
Protein	5.81g
Salt	< 0.01g.

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 66 KCal 277 Kj 1.05g 0.28g 8.2g 2.42g 1.58g 6.67q
Salt	< 0.01g

Nutritional Information	
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre	Per 100g 58KCal 243 Kj 0.99g 0.4g 6.82g 1.82g 1.18g
Protein Salt	5.41g < 0.01g

# MON VEGETABLES, TOMATO 26th 🥉

Ingredients: Potato, carrots, turkey, water, peppers. courgettes, tomatoes, onions, tomato puree, olive oil.

### TURKEY **TUE & VEGETABLE PIE** 27th

Ingredients: Potatoes, turkey, carrot, swede, peas, french beans, broad beans, water.

### VEGETABLE WED 28th

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

# **GREEK HOTPOT** & POTATO



29th Ingredients: Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, onions, olive oil,

### TURKEY, ITALIAN YLE VEG & FRI P

30th Ingredients: Potatoes, turkey, carrot, chopped tomatoes, peppers, courgette, water, tomato puree, spinach, onion.

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Nutritional Information	
Energy	Per 100g
KCal	72KCal
KJ	280 Kj
Fat	2.03g
of which saturated	0.73g
Carbohydrates	6.1g
of which sugar	1.7g
Fibre	1.25g
Protein	4.65g <
Salt	0.01a.

Nutritional Information	
<b>Energy</b> KCal KJ <b>Fat</b> of which saturated	<b>Per 100g</b> 57 KCal 234 Kj 0.93g
Carbohydrates of which sugar Fibre	0.28g 6.85g 1.85g 1.18g
Protein Salt	5.89g < 0.01g

Nutritional Information	
Energy KCal KJ of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 46 KCal 194 Kj 0.839 0.26g 11.27g 2.07g 1.74g 2.4g < 0.01g

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 57 KCal 234 Kj 1.01g 0.31g 6.19g 1.7g 1.19.g 6.28g <0.01g
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Nutritional Information	
Energy	Per 100g
KCal	56 KCal
Fat	240 Kj
of which saturated	0.28g
Carbohydrates	6.64g
of which sugar	1.65g
Fibre	1.16g
Protein	5.79g
Salt	< 0.01g





### **VEGETABLES**, THU TOMATO & POTATO 1st

Ingredients: Potato, carrots, water, butternut squash, peas, tomatoes, onions, olive oil.

### VEGETABLE FRI PROVENCAL 2nd &

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

**MEXICAN VEG** MON & POTATO

### 5th

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

# BROCCOLI, MIXED

Ingredients: Potatoes, carrots, broccoli, 6th tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

# VEG CASSEROLE WED & MASH

Ingredients: Potatoes, carrots, water, peas, swede, French beans, broad beans, onions, olive oil, tomato puree.

# **VEG NAVARIN**

Ingredients: Potatoes, carrots, chopped tomatoes, swede, water, peas, onions,, olive oil

Nutritional Information	
<b>Energy</b> KCal KJ <b>Fat</b> of which saturated	<b>Per 100g</b> 42 KCal 176 Kj 0.83g
Carbohydrates of which sugar Fibre Protein Salt	0.19g 7.91g 1.96g 1.43g 1.2g < 0.01g

Nutritional Information	
Energy KCal KJ of which saturated <b>Carbohydrates</b> of which sugar Fibre Protein Salt	Per 100g 42 KCal 176 Kj 0.83g 0.19g 7.91g 1.69g 1.43g 1.2g < 0.01g

Nutritional Information	
Energy	Per 100g
KCal	59 KCal
KJ	250 Kj
Fat	1.13g
of which saturated	0.43g
Carbohydrates	6.82g
of which sugar	1.83g
Fibre	1.39g
Protein	5.89g
Salt	< 0.01g

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	109KCal	
KJ	463 Kj	
Fat	1.54g	
of which saturated	0.82g	
Carbohydrates	17.65q	
of which sugar	1.45g	
Fibre	1.3g	
Protein	6.81g	
Salt	< 0.01g	

Nutritional Info	Nutritional Information	
<b>Energy</b>	<b>Per 100g</b>	
KCal	57KCal	
KJ	263Kj	
<b>Fat</b>	0.86g	
of which saturated	0.15g	
Carbohydrates	9.81g	
of which sugar	2.52g	
Fibre	2.99g	
Protein	3.16g	
Salt	< 0.01g	

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre	Per 100g 54KCal 234Kj 0.26g 6.9g 1.08 1.71g
Protein Salt	1.46g < 0.01g

#### FRI MIXED VEG W 9th OMATO

Ingredients: Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil.

# MON 12th

Ingredients: Carrots, potatoes, butternut squash courgette, water, tomato, onion, olive oil

### VEGETABLE TUE 13th CASSEROLE

Ingredients: Potatoes, carrots, water, peas, swede, French beans, broad beans, onion, olive oil, tomato puree.

#### HUNGAR WED 14th 2

Ingredients: Potatoes, carrots, , water, swedes, peppers, onions, olive oil, tomato puree.

# **VEG BREYANI &** THU POTATO

Ingredients: Potatoes, carrots, peas, chopped tomatoes, water, onions, olive oil.

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow

Nutritional Information	
Energy KCal	Per 100g
	42 KCal
KJ	176 Kj
Fat	0.83g
of which saturated	0.61g
Carbohydrates	16.0Žg
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	46 KCal
KJ	194 Kj
Fat	0.83g
of which saturated	0.26g
Carbohydrates	11.27ďa
of which sugar	2.07g
Fibre	1.74g
Protein	2.4g
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
KCal	57KCal
KJ	263Kj
Fat	0.86g
of which saturated	0.15g
Carbohydrates	9.81g
of which sugar	2.52g
Fibre	2.99g
Protein	3.16g
Salt	< 0.01g

### **Nutritional Information**

Energy	Per 100g
<b>Energy</b> KCal	69 KCal
KJ	283 Kj
Fat	1.49g
of which saturated	0.65g
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.69g
Protein	5.06g
Salt	< 0.01g

#### Nutritional Information

Energy	Per 100
<b>Energy</b> KCal	41 KCa
KJ	173 Kj
Fat	0.28g
of which saturated	0.15g
Carbohydrates of which sugar	8.79a
of which sugar	2.37g
Fibre	1.18g
Protein	1.42g
Salt	< 0.01c

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MON

19th

TUE

**21st** 

FRI

23rd

# VEGETABLE PIE

Ingredients: Potatoes, carrots, butternut squash, swede, peas, water, tomato puree, onion, olive oil

VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, courgette, tomato,sweet potato, peas, onions, tomato puree, olive oil.

VEGETABLE COTTAGE PIE

**20th** Ingredients: Potatoes , carrots, swedes, peas, lentils, water, onions, potato starch, tomato puree, olive oil.

# VEG CASSEROLE WED & MASH

Ingredients: Potatoes, sweet potato, water, peas, carrot swedes, French Beans, broad beans, onions, olive oil, tomato puree.

### THU 22nd MIXED VEG WITH APRICOT & POTATO

Ingredients: Potatoes, carrots, butternut squash, water, peas, onions, apricots, olive oil.

### MIXED VEGETABLES WITH TOMATO & POTATO

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

Nutritional Information	
Energy	Per 100g
KCal	57KCal
KJ	263 Kj
Fat	0.86g
of which saturated	0.15g
Carbohydrates	9.81g
of which sugar	2.52g
Fibre	2.99g
Protein	3.16g
Salt	< 0.01g

Nutritional Information	
Energy KCal KJ of which saturated <b>Carbohydrates</b> of which sugar Fibre Protein Salt	Per 100g 57KCal 263Kj 0.86g 0.15g 9.81g 2.52g 2.99g 3.16g < 0.01g

Nutritional Information	
<b>Energy</b>	<b>Per 100g</b>
KCal	65KCal
KJ	273Kj
<b>Fat</b>	1.28g
of which saturated	0.32g
Carbohydrates	15.2Ăg
of which sugar	1.94g
Fibre	2.04g.
Protein	4.05g.
Salt	< 0.01g.

Nutritional Information	
<b>Energy</b>	<b>Per 100g</b>
KCal	72KCal
KJ	306Kj
Fat	0.7g
of which saturated	0.34g
Carbohydrates	11.27̄g
of which sugar	1.48g
Fibre	1.53g
Protein	5.81g
Salt	< 0.01g.

Nutritional Information	
Energy	Per 100g
KCal	50 KCal
KJ	211 Kj
Fat	0.93g
of which saturated	0.22g
Carbohydrates	9.71g
of which sugar	2.86g
Fibre	1.88g
Protein	1.46g
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
KCal	58 KCal
KJ	376 Kj
Fat	0.99g
of which saturated	0.4g
Carbohydrates	6.82g
of which sugar	1.82g
Fibre	1.18g
Protein	5.41g
Salt	< 0.01g

# MON MIXED VEG WITH TOMATO & POTATO

Ingredients: Potatoes, carrots, water, courgettes, lentils, peppers, tomatoes, onions olive oil.

# TUE VEGETABLE PIE



# VEG BOLOGNAISE WED SAUCE & POTATO

Ingredients: Carrot, potato, butternut squash, water, tomatoes, peppers, lentils, onions

# GREEK HOTPOT & POTATO



FRI

30th

Ingredients: Potatoes, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, onions, olive oil,

# ITALIAN STYLE VEG & POTATO

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

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

ergy ial which saturated rbohydrates which sugar ore otein It	57 KCal 234 Kj 0.93g 0.28g 6.85g 1.85g 1.18g 5.89g < 0.01g	
utritional Information		
ergy	<b>Per 100g</b> 46 KCal	

Nutritional Information

Nutritional Information

**Energy** KCal KJ

Fibre

Salt

En KC KJ

Fai of Ca of Fib

Pr Sa

Protein

Fat of which saturated

Carbohydrates of which sugar Per 100g

42 KCal

176 Kj 0.83g

0.61g 16.02g

1.67g 1.27g 4.24g

< 0.01a

Per 100g

Energy	Per 100g
<b>Energy</b> KCal	46 KCal
KJ	194 Kj
Fat	0.93g
of which saturated	0.22g
Carbohydrates	8.78g
of which sugar	2.38g
Fibre	1.81g
Protein	1.39g
Salt	< 0.01g

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 57 KCal 234 Kj 1.01g 0.31g 6.19g 1.7g 1.19.g 6.28g <0.01g

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 57 KCal 240 Kj 0.99g 0.4g 6.64g 1.65g 1.16g 5.37g < 0.01g





NOVEMBER

2018

MENU

1st

6th

WED

Ingredients: Potatoes, Sausage (pork 74% Rusk (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 Sodium sulphate, flavour enhancer E621, stabiliser E450, E451) French Beans.

Ingredients in bold script contain allergens; gluten & sulphates

### FISH FINGERS, WAFFLES & L.D. BAKED BEANS

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato 2nd starch, salt, pepper extract Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar

Ingredients in bold script contain allergens; fish & gluten

### **SWEET & SOUR** CHICKEN WITH RICE MON

5th Ingredients: Rice, Chicken, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concetrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, xanthan gum, paprika concentrate, salammoniac) Carrot, Corn kernels, Onion,

### Pasta with tomato & BASIL & GOUJONS

Ingredients: Durum wheat pasta, Chicken Breast Fillet(71%), TUE Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder, emulsifier, xanthan gum) rapeseed oil. chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil, salt.

Ingredients in bold script contain allergens; egg & gluten.

### TURKEY CASSEROLE & MASH

7th Ingredients: Potatoes, turkey, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans..

### SAUSAGE. WAFFLES & L.D. BEANS

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

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

FRI

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

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

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

Nutritional Inf	ormation
Energy	Per 100g
<b>Energy</b> KCal	120 KCa
KJ	505 Kj
Fat	3.6g
of which saturated	0.8g

at	3.6g
of which saturated	0.8g
arbohydrates	14.96g
of which sugar	1.8g Ŭ
ibre	1.55g
Protein	5.06g
alt	0.04g

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

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

9th Ingredients: Potatoes, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Peas.

> Ingredients in bold script contain allergens; fish & aluten

**PASTA BOLOGNAISE** 

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

Ingredients in bold script contain allergens; gluten

### TURKEY CURRY & RICE

TUE Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard 13th seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; mustard

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

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion WED powder, sova fibre, dextrose, Hydrolysed sova protein, natural **14th** flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), french beans.

> Ingredients in bold script contain allergens; soya and sulphor dioxide

### **CHICKEN GOUJONS, MINI** WAFFLES. PEAS & CORN

Ingredients: Waffles (potato 81% dehydrated potato, sunflower THU oil, potato starch, salt, pepper extract) Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder, emulsifier, xanthan gum) rapeseed oil. Peas, Corn.

Ingredients in bold script contain allergens; egg

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	89 KCal	
KJ	376 Kj	
Fat	1.29g′	
of which saturated	0.61g	
Carbohydrates	16.0Ža	
of which sugar	1.67a	
Fibre	1.27g	
Protein	4.24g	
Salt	< 0.Ŭ1g	

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

1	Nutritional Inf	ormation
	Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 117KCal 491Kj 1.41g 0.74g 16.74g 0.84g 1.18g 10.42g 0.04g
	Salt	0.04g

Nutritional Information		
<b>Energy</b> KCal	Per 100g	
	76 KCal	
KJ	321 Kj	
Fat	1.37g	
of which saturated	0.59a	
Carbohydrates	10.3Žg	
of which sugar	1.14a	
Fibre	1.1g	
Protein	4.6ŏg	
Salt	< 0.01g	

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





Approval no

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4018 EC

NOVEMBER

2018

MENU

MON

19th

WED

### FISH CAKES, SAUTÉ, CARROT

Ingredients: Potatoes, **Fish Cake (white fish** 32%)breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (**wheat flour** calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, **wheat flour**, (**wheatflour**, calcium carbonate, iron, niacian, thiamin) maize starch, salt, **mustard powder**), Carrots.

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

### TURKEY KORMA & RICE

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

Ingredients in bold script contain allergens; mustard

### BEEF CASSEROLE & MASH

**TUE 20th** Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, oregano, garlic.

### PASTA WITH CHICKEN & CORN

**21st** Ingredients: **Durum wheat pasta**, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

Ingredients in bold script contain allergens; gluten

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

THU<br/>22ndIngredients: Potatoes, Turkey Burger [Turkey (seasoning onion,<br/>salt & pepper)] gravy (potato starch, rice flour, salt, sugar,<br/>caramlised sugar, maltodextrin, yeast extract, flavourings,<br/>onion,herbs (coriander, sage, bayleaf)sunflower oil, citric acid,<br/>garlic), carrots

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

FRI Ingredients: Potatoes, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Ingredients in bold script contain allergens; fish & gluten

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

Nutritional Information		
Energy KCal KJ of which saturated Carbohydrates of which sugar Fibre	Per 100g 119KCal 499 Kj 3.1g 1.94g 17.28g 0.55g 1.12g	
Protein Salt	6.5g 0.04g	

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 84 KCal 445 Kj 1.76g 0.63g 10.85g 1.31g 1.46g 5.04g 0.01g	WED 28th

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

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

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

# MON CARNE & RICE

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder, salt).

### MEATBALLS GRAVY, MASH & CARROTS

TUE
Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley. Wheat protein,lemon peel,oragano,salt,chilies,chilli powder,blackpepper, seasoning (salt, onion powder, soya fibre, dextrose, Hydrolysed soya protein, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavouring, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic) carrots.

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

### **TURKEY ARRABIATA**

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

Ingredients in bold script contain allergens; gluten

### CHICKEN GOUJONS, SAUTÉ & MIXED VEG

**THU 1** Ingredients: Potatoes (sunflower oil), Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, **egg white powder**, emulsifier, xanthan gum) rapeseed oil, peas, corn, swede.

Ingredients in bold script contain allergens; egg

### FISH CAKES, MINI ROAST, PEAS & CORN

FRI Ingredients: Potatoes (sunflower oil) Fish Cake (white fish 32%) breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, mustard powder), Peas, corn.

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

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper,	
Rathdrum,	
Co Wicklow	

Nuturities of Information	
Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	117KCal
KJ	491 Ki
Fat	2.41g
of which saturated	1.16g
Carbohydrates of which sugar	17.13g
of which sugar	1.84g
Fibre	1 45 a

Protein

Salt

5.83g 0.04c

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

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

Nutritional Information	
Energy KCal FJ Fat Carbohydrates of which sugar Fibre Protein	Per 100g 129 KCal 541 Kj 4g 0.53g 17.88g 1.53g 2.04g 4.65g
Salt	0.05g

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





NOVEMBER

2018

MENU

FRI

2nd

WED

7th

# **BEEF PASTA BAKE**

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

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

# COD PROVENCAL & RICE

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

Ingredients in bold script contain allergens; fish

# SWEET & SOUR CHICKEN WITH RICE

**5th** Ingredients: Rice, Chicken, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concetrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, xanthan gum, paprika concentrate, salammoniac) Carrot, Corn kernels, Onion, Pineapole.

### PASTA WITH TOMATO & BASIL & GOUJONS

 TUE
Ingredients: Durum wheat pasta, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder, emulsifier, xanthan gum) rapeseed oil. chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil, salt.

Ingredients in bold script contain allergens; egg & gluten.

### TURKEY CASSEROLE & MASH

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

### LAMB NAVARIN & MASH

**TRUN 8th** Ingredients: Potatoes, lamb, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic), water, carrots, swedes, peas, onion, potato starch, olive oil, garlic, oregano.

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

FRI

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

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

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

Per 100g 79 KCal 331 Kj 1.48g 0.39g 4.91g 2g 1.78g 11.62g 0.04g

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

### FISH FINGERS, MINI ROAST & PEAS

**9th** Ingredients: Potatoes, **Fish Fingers (cod, wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Peas.

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

PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens; gluten

### TURKEY CURRY & RICE

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

Ingredients in bold script contain allergens; mustard

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

**WED 14th** Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, **soya fibre**, dextrose, Hydrolysed **soya protein**, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), french beans.

Ingredients in bold script contain allergens; soya and sulphor dioxide

### CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, **egg white powder**, emulsifier, xanthan gum) rapeseed oil. Peas, Corn.

Ingredients in bold script contain allergens; egg

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

Nutritional Information		
<b>Energy</b>	<b>Per 100g</b>	
KCal	89 KCal	
KJ	376 Kj	
Fat	1.29g	
of which saturated	0.61g	
Carbohydrates	16.0Žg	
of which sugar	1.67g	
Fibre	1.27g 4.24g	
Protein	4.24g	
Salt	< 0.01g	

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

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

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

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



#### **Tmation** Per 100g 79 KCal 331 Ki

THU	
15th	



NOVEMBER

2018

MENU

FRI

### FISH CAKES, SAUTÉ, CARROT

Ingredients: Potatoes, Fish Cake (white fish 32%) breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, mustard powder), Carrots.

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

### TURKEY KORMA & RICE

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

Ingredients in bold script contain allergens; mustard

### BEEF CASSEROLE & MASH

TUE Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, 20th yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, oregano, garlic.

### **PASTA WITH CHICKEN** & CORN

21st Ingredients: Durum wheat pasta, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

Ingredients in bold script contain allergens; gluten

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

THU Ingredients: Potatoes, Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, riceflour, salt, sugar, **22nd** caramlised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), carrots

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

Ingredients: Potatoes, Fish Fingers (cod, wheat flour, water, FRI potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, **23rd** vegetable oi), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Ingredients in bold script contain allergens; fish & gluten

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

Nutritional Information		
Energy	Per 100g	
KCal	119KCal	
KJ	499 Kj	
Fat	1.94g	
of which saturated	1.94g	
Carbohydrates	17.28g	
of which sugar	0.55g	
Fibre	1.12g	
Protein	6.5g	
Salt	0.04g	

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 84 KCal 445 Kj 1.76g 0.63g 10.85g 1.31g 1.46g 5.04g 0.01g	WED 28th

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

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

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

### MILD CHILLI CON MON CARNE & RICE 26th

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder, salt).

### **MEATBALLS GRAVY. MASH** & CARROTS

 TUE
Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, Wheat protein,lemon peel,organo,salt,chillies,chilli powder,blackpepper, seasoning (salt, onion powder, soya fibre, dextrose, Hydrolysed soya protein, natural flavouring), mixed vegetables, gravy (potato the flave of the unex or generation of the unex or genex or generation of the unex or generation of the unex or ge starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic) carrots.

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

### **TURKEY ARRABIATA**

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

Ingredients in bold script contain allergens: gluten

### CHICKEN GOUJONS. SAUTÉ & MIXED VEG

THU Ingredients: Potatoes (sunflower oil), Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, **29th** Breadcrump coating (2076) (nee noor, grand and gr egg white powder, emulsifier, xanthan gum) rapeseed oil, peas, corn, swede.

Ingredients in bold script contain allergens; egg

### **FISH CAKES, MINI ROAST,** PEAS & CORN

Ingredients: Potatoes (sunflower oil) Fish Cake (white fish 32%) **FRI** breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato **30th** flake, seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, **mustard powder**), Peas, corn.

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

#### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE



Nutritional Information		
<b>nergy</b> (Cal	Per 100g	
	117KCal	
(J	491 Kj	
at	2.41g	
of which saturated	1.16g	
Carbohydrates	17.13g	
of which sugar	1.84g	
ibre	1.45g	
Protein	5.83g	
alt	0.04g	

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

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

Nutritional Information	
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 129 KCal 541 Kj 4g 0.53g 17.88g 1.53g 2.04g 4.65g 0.05g

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





NAV SNR S

20

WED

7th

THU

8th

# **VEG PASTA BAKE**

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

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

### VEG FINGERS, WAFFLES, L.D BAKED BEANS

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

### Ingredients in bold script contain allergens; gluten SWEET & SOUR VEG WITH RICE

**MON** Sth Ingredients: Rice, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concetrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, xanthan gum, paprika concentrate, salammoniac) sweet potato, carrot, peppers, corn kernels, Onion, Pineapple.

### BROCCOLI & CORN PASTA BAKE

**TUE 6th** Ingredients: Durum wheat pasta, tomatoes, broccoli, water, carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter (milk), olive oil, onions, potato starch, garlic, basil, salt.

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

### VEGETABLE CASSEROLE & MINI ROAST

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

### VEGETABLE NAVARIN & MASH

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

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

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

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

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

Nutritional Information	
Rutritional Inter- Energy KJ Fat of which saturated Carbohydrates of which sugar Fibre	Per 100g 111KCal 466 Kj 3.17g 0.51g 20.148g 2.03g
Protein	1.67g 4.03g
Salt	< 0.04g

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar	Per 100g 75 KCal 210 Kj 0.2g 0.04g 10.94g
Fibre Protein Salt	1.22g 1.77g 1.81g 0.04g

### VEG FINGERS, MINI FRI ROAST, PEAS

**9th** Potatoes, vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) **wheat** flour **(Wheat** flour,calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, tumeric ), peas.

Ingredients in bold script contain allergens; gluten

VEG PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens; gluten

### BUTTERNUT SQUASH TUE & BEAN CURRY & RICE

13th Ingredients: Rice, butternut squash, coconut milk, diced potato, peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree,coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika, salt.

Ingredients in bold script contain allergens; mustard

### WED HUNGARIAN 14th GOULASH & SAUTÉ

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

### VEGETABLE BREYANI

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

Ingredients in bold script contain allergens; Mustard

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

<b>Nutritional Information</b>	
neray	Per 100g
nergy Cal	98 KCal
J	419 Kj
at	1.18g
f which saturated	0.21g
arbohydrates	34.44g
f which sugar	3.45g
ibre	2 09 0

Protein

Salt

8.27g < 0.01g

Nutritional Information	
<b>Energy</b> KCal	Per 100g
KCal KJ	141KCal 597 Ki
Fat of which saturated	3.74g 1.6g
Carbohvdrates	1.0g 10.32g
of which sugar	2.88
Fibre Protein	1.29g 7.27g
Salt	0.04g

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	107KCal
KJ	453K
Fat	3.6g
of which saturated	1.6g
Carbohydrates of which sugar	16.ŎOg
	3.3g -
Fibre	1.2g
Protein	1.9g
Salt	0.04a

Nutritional Information		
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 92KCal 389 Kj 2.24g 0.37g 17.31g 1.71g 2.36g 3.13g 0.04g	

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







MON

19th

TUE

NOV/EV

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### CREAMY VEGETABLE PIE

Ingredients: Potatoes, carrots, maize corn, milk, peas, water, **16th** broad beans, **cream (milk)**, onions, potato starch, parsley, garlic, salt.

Ingredients in bold script contain allergens; Milk (lactose)

### VEGETABLE KORMA & RICE

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

Ingredients in bold script contain allergens; mustard

### COTTAGE VFGETARI F PIE

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

### MEDITERRANEAN STYLE VEG PASTA

Ingredients: Durum wheat pasta, tomatoes, carrots, peppers, 21st maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil, salt.

Ingredients in bold script contain allergens; gluten

### **MIXED VEG & APRICOT** WITH MASH

THU Ingredients: Potatoes, carrots, water, sweet potato, lentils, swedes, **22nd** peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, mustard, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic, salt.

Ingredients in bold script contain allergens; mustard

# VEG FINGERS, MINI ROAST, L.D BAKED BEANS

Potatoes, Vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) wheat flour (Wheat flour, calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, **23rd** yeast, dextrose, white pepper, paprika, tumeric ), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar,

Ingredients in bold script contain allergens; gluten

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

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

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal	65KCal
KJ	273Kj
Fat	1.28g
of which saturated	0.32g
Carbohydrates	15.24q
of which sugar	1.94g
Fibre	2.04g
Protein	4.05g
Salt	< 0.Õ1g.

Nutritional Information	
<b>Energy</b>	<b>Per 100g</b>
KCal	75KCal
KJ	316 Kj
Fat	1.5g
of which saturated	0.34a
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	0.04g

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

Nutritional Information	
<b>Energy</b>	<b>Per 100g</b>
KCal	11 <u>1</u> KCal
KJ Fat	465 Kj 2.87g 0.25g
of which saturated	0.25g
Carbohydrates	18.19g
of which sugar	1.6g
Fibre	1.89g
Protein	3.04g
Salt	0.4g

# **MILD CHILLI WITH** MON VEG & RICE

Ingredients: Rice, tomatoes, carrots, lentils, peppers, spinach, water, kidney beans, tomatoes, water, onions, tomato puree, potato starch, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder), salt.

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

Nutritional Information

**Energy** KCal KJ

Fat of which saturated

Carbohydrates

of which suga

Per 100g

75KCal

316 Kj 1.5g 0.34g

16.99c

# MIXED VEGETABLE **TUE & POTATO PIE**

27th Ingredients: Potatoes, carrots, swede, peas,lentils, water, onions, tomato puree,olive oil, potato starch, oragano, garlic, salt.

	VEG	PASTA	BA
WED	Durum whea	at pasta, tomatoes,	tomato pi

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

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

# **GREEK VEGETABLE HOTPOT & MASH**

29th Ingredients: Potatoes, tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley, salt.

# VEG FINGERS, MINI ROAST, PEAS & CORN

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

Ingredients in bold script contain allergens; gluten

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

Fibre Protein Salt	2.2g 4.4g 0.04g	
Nutritional Information		
Energy	Per 100g	
Energy KCal	100KCal	
KJ	423 Kj	
Fat of which saturated	2g	
	0.89g 34.16g	
Carbohydrates of which sugar	0.8g	
Fibre	0.0g 2.15a	
Protein	2.15g 6.46g	
Salt	0.04g	

Nutritional Information		
<b>nergy</b> KCal	Per 100g	
(Cal <sup></sup> (J	22KCal 232 Kj	
at		
of which saturated	0.6g 0.13g	
Carbohydrates of which sugar	11.7Žg 1.36g	
-ibre	1.30g 1.26.g	
Protein	1.35g	
	0.01~	

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



THU

28th

26th

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30th	30th	



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THU

8th

# L.D. BEANS THU & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

### FRI CREAM OF 2nd VEGETABLE SOUP

Ingredients: Water, carrot, swede, French beans, broad beans, potatoes, peas, onion, garlic, potato starch.

PENNE IN TOMATO MON & BASIL SAUCE 5th

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

Ingredients in bold script contain allergens; gluten

# BEEF RAGU TUE & MINI ROAST

**6th** Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

# PASTA NAPOLI

**WED 7th** Ingredients: **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

### STIR FRIED BEEF & RICE

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

Nutritional Information		
Energy	Per 100g	
KCal	147KCal	
KJ	618 Kj	
Fat	5.6g	
of which saturated	0.63g	
Carbohydrates	21.68g	
of which sugar	1.4g	
Fibre	1.4g	
Protein	2.58g	
Salt	0.38g	

Nutritional Information	
Energy	Per 100g
KCal	31 KCal
KJ	131 Kj
Fat	0.6g
of which saturated	0.22g
Carbohydrates	4.88g
of which sugar	0.99g
Fibre	1.67g
Protein	1.65g
Salt	0.04g

Nutritional Information	
<b>Energy</b> KCal	<b>Per 100g</b> 149 KCal
KJ	635 Kj
Fat of which saturated	2.04g 0.3g
Carbohydrates of which sugar	27.69g 3.14g
Fibre	1.89g
Protein	4.87g
Salt	0.02g

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 120 KCal 505 Kj 3.6g 0.8g 14.96g 1.8g 1.85g 5.06g 0.04g

	Nutritional Information	
Energy Per 100g   KCal 93 KCal   KJ 394 Kj   Fat 1.05g   of which saturated 0.22g   Carbohydrates 36.16g   of which sugar 3.6g   Fibre 2.31g   Protein 6.74g   Salt < 0.01g	Per 100g 93 KCal 394 Kj 1.05g turated 0.22g rates 36.16g gar 3.6g 2.31g 6.74g	

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal KJ	165 KCal	
Fat	690 Kj 7.97g	
of which saturated	1.93g	
Carbohydrates	17.32g	
of which sugar	0.38g	
Fibre	1.62g	
Protein	5.38g	
Salt	0.01g	

# FRI L.D. BEANS 9th & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

# MON MEDITERRANEAN 12th RICE

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

### BUTTERNUT SQUASH & SWEET POTATO SOUP

13th water, carrot, onion, garlic, parsley, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

# WED TURKEY PILAF

**14th** Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

### PENNE WITH STIRFRIED VEGETABLES

**THU**Ingredients: **Durum wheat pasta**, peppers, peas, corn, onion, **15th**olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Nutritional Information		
<b>Energy</b>	<b>Per 100g</b>	
KCal	147KCal	
KJ	618 Kj	
Fat	5.6g	
of which saturated	0.63g	
Carbohydrates of which sugar	0.03g 21.68g 1.4a	
Fibre	1.42g	
Protein	2.58g	
Salt	0.38g	

Nutritional Information		
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 148 KCal 623 Kj 7.13g 1.44g 19.6g 0.91g 1.82g 2.68g	
Salt	0.02g	

<b>Nutritional Information</b>		
<b>Energy</b> KCal	<b>Per 100g</b> 54 KCal	
KJ Fat	227 Kj	
of which saturated Carbohydrates	0.1g 0.1g 13.67g	
of which sugar Fibre	1.7g 1.73g	
Protein Salt	1.27g 0.01g	
	9	

Nutritional Information		
Energy	Per 100g	
KCal	93 KCal	
KJ	394 Kj	
Fat	1.05g	
of which saturated	0.22g	
Carbohydrates	36.16g	
of which sugar	3.6g	
Fibre	2.31g	
Protein	6.74g	
Salt	< 0.01g	

N	Nutritional Information	
K	<b>nergy</b> Cal J <b>at</b>	<b>Per 100g</b> 256 KCal 1088 Kj 7 08 c
。 c	at f which saturated <b>arbohydrates</b> f which sugar	7.08g 0.99g 40.13g 2.15g
F P	ibre rotein	6.2g 2.76g
S	alt	0.01g





### CURRIED CHICKEN & RICE FRI

Ingredients: Rice, chicken, peppers, corn, onions, olive oil, 16th garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger,

Ingredients in bold script contain allergens; mustard

### **MACCARONI &** CHEESE

MON 19th Ingredients: 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 contain allengens: gluten & milk (lactose)

### **CREAM OF** TUE VEGETABLE SOUP

20th Ingredients: Water, carrot, swede, French beans, broad beans, potatoes, peas, onion, garlic, potato starch.

# WFN VEGETABLE HASH

21st Ingredients: Saute potatoes, corn, peppers, onions, peas, olive oil, sunflower oil, chives.

### **CURRIED CHICKEN** THU & RICE

22nd Ingredients: Rice, chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

### **BEEF RAGU & MINI ROAST**

Ingredients: Potatoes, sunflower oil, beef (Irish), chopped **23rd** tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

Nutritional Information	
Energy KCal KJ Fat of which saturated	<b>Per 100g</b> 111 KCal 467 Kj 3.46g
of which saturated	0.94ğ
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

Nutritional Information	
<b>Energy</b>	<b>Per 100g</b>
KCal	147 KCal
KJ	9.12 Kj
<b>Fat</b>	5.36g
of which saturated	10.94g
Carbohydrates	2.52g
of which sugar	0.43g
Fibre	6.14g
Protein	0.93g
Salt	0.23g

Nutritional Information	
<b>Energy</b> KCal	Per 100g
KCai KJ	31 KCal 131 Kj
Fat of which saturated	0.6g 0.22g
Carbohydrates of which sugar	4.88g 0.99g
Fibre	0.99g 1.67g
Protein	1.65g
Salt	0.04g

WED 28th

THU

29th

FRI

Nutritional Information	
Energy KCal KJ Fat of which saturated	<b>Per 100g</b> 115 KCal 481 Kj 4.73g 0.6g
Carbohydrates of which sugar Fibre Protein Salt	0.09 14.92g 1.42g 2.67g 2.62g 0.4g

Nutritional Information	
<b>Per 100g</b> 111 KCal	
467 Kj 3.46g 0.94g	
0.94ğ 13.69g 0.89g	
0.89g 1.88g	
6.94g 0.01g	

Nutritional Information	
Energy	<b>Per 100g</b>
KCal	120 KCal
KJ	505 Kj
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85̄g
Protein	5.06g
Salt	0.04g

### PASTA NAPOLI MON

26th Ingredients: 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

### L.D. BEANS TUE & WAFFLES 27th

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

### **STIR FRIED BEEF** & RICE

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

### PENNE IN TOMATO **& BASIL SAUCE**

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

Ingredients in bold script contain allergens; gluten

### CREAM OF TOMATO SOUP 30th

onion, garlic, potato starch.

Nutritional Information Per 100g **Energy** KCal KJ 93 KCal 394 Kj 1.05g 0.22g 36.16g 3.6g 2.31g 6.74g < 0.01g Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt

Nutritional Information	
<b>Energy</b> KCal	<b>Per 100g</b> 147KCal
KJ	618 Kj
Fat of which saturated	5.6g 0.63a
Carbohydrates of which sugar	21.68g
Fibre	1.4g 1.42g
Protein	2.58g
Salt	0.38g

Nutritional Information	
Energy	Per 100g
Energy KCal	165 KCa
KJ	690 Kj
Fat	7.97g
of which saturated	1.93ğ
Carbohydrates	17.32g
of which sugar	0.38g
Fibre	1.62g
Protein	5.38g
Salt	0.01g

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 149 KCal 635 Kj 2.04g 0.3g 27.69g 3.14g 1.89g 4.87g 0.02g
	-

### Nutritional Information

Energy	Per 100g
Energy KCal	31 KCal 131 Kj
KJ	
Fat	0.6g 0.22g
of which saturated	
Carbohydrates	4.88g 0.99g
of which sugar	0.99ğ
Fibre	1.67g
Protein	1.65g
Salt	0.04g

### All beef used is of Irish origin

Ingredients: Chopped tomatos, water, potatoes, paprika,

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





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THU

8th

# L.D. BEANS THU & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

### FRI CREAM OF 2nd VEGETABLE SOUP

Ingredients: Water, carrot, swede, French beans, broad beans, potatoes, peas, onion, garlic, potato starch, salt.

PENNE IN TOMATO & BASIL SAUCE

**5th** Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil, salt.

Ingredients in bold script contain allergens; gluten

### BEEF RAGU TUE & MINI ROAST

**6th** Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

# PASTA NAPOLI

**YED 7th** Ingredients: **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

### STIR FRIED BEEF & RICE

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

Nutritional Information	
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 147KCal 618 Kj 5.6g 0.63g 21.68g 1.4g 1.42g 2.58g 0.38g

Nutritional Information	
Energy	Per 100g
KCal	31 KCal
KJ	131 Kj
Fat	0.6g
of which saturated	0.22g
Carbohydrates	4.88g
of which sugar	0.99g
Fibre	1.67g
Protein	1.65g
Salt	0.04a

Nutritional Information	
Energy	Per 100g
KCal	149 KCal
Fat	635 Kj
of which saturated	2.04g
Carbohydrates	27.69g
of which sugar	3.14g
Fibre	1.89g
Protein	4.87g
Salt	0.02a

Nutritional Information	
Energy KCal Fat of which saturated (Carbohydrates of which sugar Fibre Protein	Per 100g 120 KCal 505 Kj 3.6g 0.8g 14.96g 1.8g 1.85g 5.06g 0.04g

Nutritional Information	
Energy	<b>Per 100g</b>
KCal	93 KCal
KJ	394 Kj
Fat	1.05g
of which saturated	0.22ğ
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
<b>Energy</b> KCal KJ	165 KCal 690 Kj
Fat of which saturated	7.97g 1.93g
Carbohydrates of which sugar	17.32g 0.38g
Fibre	1.62g
Protein	5.38g
Salt	0.01g

# FRI & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

# MON RICE

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

### **FISH FINGERS & SAUTÉ**

TUE Ingredients: Potatoes, sunflower oil, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi).

Ingredients in bold script contain allergens; fish and gluten.

# WED TURKEY PILAF

**14th** Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.



**15th** Ingredients: **Durum wheat pasta,** peppers,peas,corn, onion, olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Nutritional Information	
Energy Cal Sat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 147KCal 618 Kj 5.6g 0.63g 21.68g 1.4g 1.42g 2.58g 0.38g

Nutritional Information	
Per 100g 148 KCal 623 Kj 7.13g 1.44g 19.6g 0.91g 1.82g 2.68g 0.02a	

	r 100g
Energy 11   KCal 11   KJ 4:   Fat 2:   of which saturated 0:   Carbohydrates 1:   of which sugar 0:   Fibre 1:   Protein 4	03KCal 37Kj 13g 19 g 7.64g 65g 04g 39g 0.01g.

Nutritional Information		
KCal KCal Fat of which saturated (Carbohydrates of which sugar Fibre Protein	Per 100g P3 KCal 394 Kj 1.05g 0.22g 36.16g 3.6g 2.31g 5.74g < 0.01g	

Nutritional Information		
Energy	<b>Per 100g</b>	
KCal	256 KCal	
KJ	1088 Kj	
Fat	7.08g	
of which saturated Carbohydrates of which sugar	7.00g 0.99g 40.13g 2.15g	
Fibre	6.2g	
Protein	2.76g	
Salt	0.01g	







NOVENB

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### **MACCARONI &** CHEESE MON 19th

TUE

20th

WED

21st

THU

FRI

**23rd** 

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

CURRIED CHICKEN

Ingredients: Rice, chicken, peppers, corn, onions, olive oil,

Ingredients in bold script contain allergens; mustard

cardamon, turmeric, chilli powder, ginger.

garlic, coriander, cumin, mustard seed, black pepper, fenugrek,

Ingredients in bold contain allengens; gluten & milk (lactose)

# TURKEY PILAF

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

# **MEATBALL HASH**

Ingredients: Saute potatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chilli powder,blackpepper.peppers, corn, onions, peas, olive oil, sunflower oil, garlic, chives.

Ingredients in bold script contain allergens; gluten, celery and mustard.

### **CURRIED CHICKEN** & RICE

Ingredients: Rice, chicken, peppers, corn, onions, olive oil, **22nd** garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

# SAUSAGE & MASH

Ingredients: Potatoes, Sausage (pork 74% Rusk (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 Sodium sulphate, flavour enhancer E621, stabiliser E450, E451)

Ingredients in bold script contain allergens; gluten, sulphites, sulphur dioxide.

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	111 KCal	
KJ	467 Kj	
Fat	3.46g	
of which saturated	0.94ğ	
Carbohydrates	13.69g 0.89g	
of which sugar		
Fibre	1.88g	
Protein	6.94g	
Salt	0.01g	

Nutritional Information		
<b>Energy</b>	<b>Per 100g</b>	
KCal	147 KCal	
KJ	9.12 Kj	
<b>Fat</b>	5.36g	
of which saturated	10.94g	
Carbohydrates	2.52g	
of which sugar	0.43g	
Fibre	6.14g	
Protein	0.93g	
Salt	0.93g 0.23g	

#### Nutritional Information Per 100a Energy KCal 93 KCal 394 Kj 1.05g 0.22g 36.16g Fat of which saturated Carbohydrates of which sugar 3.6g 2.31g 6.74g < 0.01g Fibre Protein Salt

Nutritional Information		
Energy	Per 100g	
Energy KCal	115 KCal	
KJ	481 Kj	
Fat of which saturated	4.73g 0.6g	
of which sugar	14.92g 1.42g	
Fibre	2.67g	
Protein	2.62g	
Salt	0.4g	

Nutritional Information	
<b>Energy</b>	<b>Per 100g</b>
KCal	111 KCal
KJ Fat	467 Kj 3.46g 0.94g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

Nutritional Information		
Enormy	Per 100g	
<b>Energy</b> KCal	146KCal	
KJ	611Kj	
Fat	8.21g	
of which saturated	2.77g	
Carbohydrates	15.29g	
of which sugar	0.83	
Fibre	1.17g.	
Protein	3.67g.	
Salt	0.8g.	

### FISH FINGERS & SAUTE MON

Ingredients: Potatoes, sunflower oil, Fish Fingers (cod, wheat **26th** Ingredients: Potatoes, sumower on, Parranger (e.e., flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi).

Ingredients in bold script contain allergens; fish and gluten.

### L.D. BEANS TUE & WAFFLES 27th

Ingr

tom

WED 28th

FRI

oil

Per 100g **Energy** KCal KJ 103KCal 437Kj 2.13g 0.19 g 17.64g Fat of which saturated Carbohydrates of which sugar Fibre Protein < 0.01 Salt

Nutritional Information

Nutritional Information

Nutritional Information

Nutritional Information

Energy KCal

Fibre

Salt

Protein

Energy KCal

Fibre

Salt

**Energy** KCal KJ

Fibre

Salt

Protein

**Energy** KCal KJ

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar

Fat of which saturated

Carbohydrates of which sugar

Protein

Fat of which saturated

Carbohydrates

of which suga

Fat of which saturated

Carbohydrates of which sugar

Per 100g

147KCal

618 Kj

5.6g 0.63g 21.68g

1.4g 1.42g 2.58g 0.38g

Per 100g

165 KCal 690 Ki

7.97g 1.93g

17.32g 0.38g

1.62g

5.38g

0.01a

Per 100g

149 KCal 635 Kj

2.04g 0.3g

27.69g 3.14g

1.89g

4.87g

0.02g

Per 100g

146KCal

8.21g 2.77g 15.29g

0.83 1.17g.

3.67g.

0.8g.

Nutritional Information

redients: Waffles (potato 81% dehydrated potato, sunflower
potato starch, salt, pepper extract, Cannellini beans, diced
nato, onion, garlic, tomato puree, water, paprika, sugar.

# **STIR FRIED BEEF** & RICE

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

### IN TOMATO SAUCE

heat pasta, chopped tomatoes, tomato , potato starch, garlic, basil.

Ingredients in bold script contain allergens; gluten

### SAUSAGE & MASH

Ingredients: Potatoes, Sausage (pork 74% Rusk (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing 30th (E221 Sodium sulphate, flavour enhancer E621, stabiliser E450, E451)

> Ingredients in bold script contain allergens; gluten, sulphites, sulphur dioxide.

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum Co Wicklow





PENNE & BASIL
Ingredients: <b>Durum w</b>
puree, onion, water, po

THU 29th



INVEMBE

8th

### LITTLE DINNERS BEANS & MASH

Ingredients: Potatoes , beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

### CREAMED MIXED VEGETABLES

Ingredients: Water, carrot, sweed, french beans, broad beans, potatoes, peas,onion, potato starch.

BUTTERNUT SQUASH & LENTIL PIE

**5th** Ingredients: Butternut Squash, lentils, peas, water.

### BEEF RAGU & BUTTERNUT SQUASH

**6th** Ingredients: Butternut Squash, beef (Irish), carrots,peppers, chopped tomatoes, water, spinach, tomato puree, onions.

### MEDITERRANEAN VEG & SWEET 7th POTATO

Ingredients: Sweet potato, peppers, onion, peas, corn, olive oil, garlic.

# STIR FRIED BEEF & RICE

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

Nutritional Informationg		
Energy	Per 100g	
<b>Energy</b> KCal KJ	65 KCal 271 Kj	
Fat of which saturated	11g 2.63g	
Carbohydrates of which sugar	14.11g 2.63g	
Fibre	3.19g	
Protein	1.89g	
Salt	0.09g	

FRI

9th

Nutritional Info	ormation	
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 31KCal 131 Kj 0.6g 0.22g 4.88g 0.99g 1.67g 1.65g 0.01g	<b>MON</b> 12th

Nutritional Information		
Energy KCal Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 47 KCal 197 Kj 0.31g 0.24g 17.12g 1.83g 2.17g 5.09g 0.01g	1

Nutritional Information		
<b>Energy</b>	<b>Per 100g</b>	
KCal	47 KCal	
KJ	197 Kj	
<b>Fat</b>	0.31g	
of which saturated	0.24g	
Carbohydrates	17.12g	
of which sugar	1.83g	
Fibre	2.17g	
Protein	5.09g	
Salt	0.01g	

Nutritional Information		
<b>Energy</b> KCal KJ <b>Fat</b>	<b>Per 100g</b> 65 KCal 271 Kj 11g 2.63g	
of which saturated Carbohydrates of which sugar	2.63g 14.11g 2.63g	
Fibre Protein	2.03g 3.19g 1.89g	
Salt	0.09g	

THU

15th

Nutritional Information		
Energy	Per 100g	
KCal	165 KCal	
KJ	690 Kj	
Fat	7.97g	
of which saturated	1.93g	
Carbohydrates	17.32g	
of which sugar	0.38g	
Fibre	1.62g	
Protein	5.38g	
Salt	0.01g	

# LITTLE DINNERS BEANS & MASH

Ingredients: Potatoes , beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

### MEDITERRANEAN RICE

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

### TUE MASHED BUTTERNUT SQUASH 13th & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

# WED TURKEY PILAF

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

# STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

### All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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Nutritional Informations		
Energy	Per 100g	
KCal	65 KCal	
KJ	271 Kj	
Fat	11g	
of which saturated	2.63g	
Carbohydrates	14.11g	
of which sugar	2.63g	
Fibre	3.19g	
Protein	1.89g	
Salt	0.09g	

Nutritional Information		
Energy	Per 100g	
<b>Energy</b> KCal	148 KCal	
KJ	623 Kj	
Fat	7.13g 1.44g	
of which saturated	1.44ğ	
Carbohydrates	19.6g	
of which sugar	0.91ğ	
Fibre	1.82g	
Protein	2.68g	
Salt	0.02g	

<b>Nutritional Information</b>	
Energy	Per 100g
Energy KCal	54 KCal

(Cai	
۲J	227 Kj
at	0.1g 0.1g
of which saturated	0.1ğ
Carbohydrates	13 <u>.</u> 67g
of which sugar	1.7g
Fibre	1.73g
Protein	1.27g
Salt	0.01g

Nutritional Information		
Energy KCal KJ of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 93 KCal 394 Kj 1.05g 0.22g 36.16g 3.6g 2.31g 6.74g < 0.01g	

#### Nutritional Information

<b>Energy</b> KCal KJ	<b>Per 100</b> 34 KCa 146 Kj
<b>Fat</b> of which saturated	0.08g 0.04g
Carbohydrates of which sugar	8.46g 8.33g
Fibre	0.28g
Protein	2.76g
Salt	0.01g





HSE/ FSAI

Approval no

IE

4018

### CHICKEN, VEG & RICE

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

**MANGO & PEAR** DIINN

Ingredients: Mango, pear, water.

EC 

NOVEMBE

CREAMED MIXED

MON

19th

#### VEGETABLES TUE 20th

Ingredients: Water, carrot, sweed, french beans, broad beans, potatoes, peas, onion, potato starch.

### MEDITERRANEAN WED VEG & SWEET POTATO 21st

Ingredients: Sweet potato, peppers, onion, peas, corn, olive oil, garlic.

CHICKEN, VEG & RICE THU 22nd

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

### **BEEF RAGU &** BUTTERNU FRI **23rd**

Ingredients: Butternut Squash, beef (Irish), carrots, peppers, chopped tomatoes, water, spinach, tomato puree, onions.

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 111 KCal 467 Kj 0.94g 13.69g 0.89g 1.88g 6.94g 0.01g	

Nutritional Info	ormation	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 147 KCal 9.12 Kj 5.36g 10.94g 2.52g 0.43g 6.14g 0.93g 0.23g	TUE 27th

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 65 KCal 271 Kj 11g 2.63g 14.11g 2.63g 3.19g 1.89g	
Salt	0.09g	

Nutritional Information		
<b>Energy</b> KCal	Per 100g	
KCal KJ	111 KCal 467 Kj	
Fat of which saturated	3.46g 0.94a	
Carbohydrates of which sugar	13.69g 0.89g	
Fibre	1.88g	
Protein	6.94g	
Salt	0.01g	

Nutritional Information		
<b>Energy</b> KCal	Per 100g	
KCal <b>* *</b> K.J	47 KCal	
Fat	197 Kj	
of which saturated	0.31g 0.24g	
Carbohydrates	17.12g 1.83g	
of which sugar		
Fibre Protein	2.17g	
Salt	5.09g 0.01g	
Jan	0.01g	

#### MON MASHED **BUTTERNUT SQUASH** 26th SWEET

**LITTLE DINNERS** 

**BEANS & MASH** 

**STIR FRIED BEEF** 

Ingredients: Rice, beef (irish) mixed vegetables,

APPLE & MANGO

Ingredients: Butternut Squash, Sweet potato & Water.

Ingredients: Potatoes, beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

**Nutritional Information** Per 100g **Energy** KCal KJ 54 KCal 227 Kj Fat of which saturated 0.1g 0.1g Carbohydrates of which sugar 13.67g 1.7g Fibre 1.73g Protein 1.27g 0.01g Salt

Nutritional Information		
Energy	PerP <b>4000</b> 9g	
<b>Energy</b> KCal KJ	65 KCal 271 Kj	
Fat of which saturated	11g 2.63g	
Carbohydrates of which sugar	14.11g 2.63g	
Fibre	3.19g	
Protein	1.89g	
Salt	0.09g	

	Nutritional Information		
	<b>Energy</b> KCal	<b>Per 100g</b> 165 KCa	
	KJ <b>Fat</b> of which saturated	690 Kj 7.97g 1.93g	
	Carbohydrates of which sugar	17.32g 0.38g	
	Fibre Protein	1.62g 5.38g	
Ċ	Salt	0.01g	

Nutritional Information		
Energy	Per 100g	
KCal	45 KCal	
KJ	190 Kj	
Fat	0.13g	
of which saturated	0.04g	
Carbohydrates	11.06g	
of which sugar	9.43g	
Fibre	1.93g	
Protein	0.49g	
Salt	0.01g	

Carbohydrates of which sugar

Fibre

Salt

Protein

0.86g 0.1g 10.66g 2.06g

2.96g 2.49g

0.01a

	Nutritional Information	
D BEAN HOT	<b>Energy</b> KCal KJ <b>Fat</b> of which saturated	<b>Per 100g</b> 58 KCal 244 Kj 0.86g

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

### All beef used is of Irish origin

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Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow



PUDDING

THU

29th

FRI

**30th** 

& RICE

onion, garlic, olive oil.

# MIXED

Ingredients: Apple, Mango, water.







# MONDAY

TUESDAY

# BEEF PATTI IN GRAVY WITH MASHED POTATŒS & PEAS

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, **soya fibre**, dextrose, Hydrolysed **soya protein**, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic) peas.

Ingredients in bold script contain allergens; soya and sulphor dioxide

# CHICKEN GOUJONS, SAUTÉ POTATŒS & CARROTS

Ingredients: Potatoes, sunflower oil, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, **egg white powder**, emulsifier, xanthan gum) rapeseed oil. Carrots.

Ingredients in bold script contain allergens; egg

### FISH CAKES, MASHED POTATŒS & CORN

Ingredients: Potatoes, **Fish Cake (white fish** 32%)breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (**wheat flour** calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, **wheat flour**, (**wheatflour**, calcium carbonate, iron, niacian, thiamin) maize starch, salt, **mustard powder**), corn.

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

FRIDAY

WEDNESDAY

# SAUSAGES, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Waffles (potatoes81%, dehydrated potato, sunflour oilpotato starch, salt, pepper extract) Sausage 30% (pork 74% Rusk containing (Wheat flour, potato starch,pork protein extract, waterice(calcium carbonate,iron,niacin,thiamin)salt,spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 Sodium Sulphate flavour enhancer E621, stabiliser E450,E451), corn, peas, swede

Ingredients in bold script contain allergens; gluten, sulphites & sulphur

### FISH FINGERS, MINI ROAST & LITTLE DINNERS BAKED BEANS

Ingredients: Potatoes, **Fish Fingers (cod, wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Baked Beans (Cannellini Beans, diced tomato, onion, garlic,brown sugar & salt.

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

### \_\_\_\_\_

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### All beef used is of Irish origin

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Nutritional Information			
Energy	Per 100g		
KCal	84 KCa		
KJ	355 Kj		
Fat	2.68g		
of which saturated	1.14g		
Carbohydrates	12.15g		
of which sugar	1.08g		
Fibre	1.11g		
Protein	3.57g		
Salt	0.7g		

MONDAY

Nutritional Information		
Energy	Per 100g	
KCal	129 KCal	
KJ	541 Kj	
Fat	4g	
of which saturated	0.53g	
Carbohydrates	17.89g	
of which sugar	1.53g	
Fibre	2.04g	
Protein	4.65g	
Salt	0.05g	

**Nutritional Information** 

97 KCa 409 Ki

15g

0.16g 16.22g 1.07g 77.g

0.03c

Energy KCal

Salt

Fat of which saturated Carbohydrates of which sugar Fibre Protein

		1
	2	2
	<b>,</b>	
	Ę	Ż
	2	2





Nutritional InformationEnergyPer 100gKCal135KCaKJ566 KjFat4.23gof which saturated0.46gCarbohydrates19.05gof which sugar1.62gFibre1.72gProtein4.75gSalt0.04g



