



LITTLE DINNERS

HSE/ FSAI  
Approval no

IE  
4018  
EC

STANDARD

NOVEMBER  
2018  
MENU

THU  
1st

## BEEF PASTA BAKE

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

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

FRI  
2nd

## COD PROVENCAL & RICE

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

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

MON  
5th

## MEXICAN CHICKEN & RICE

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

TUE  
6th

## BROCCOLI & CORN PASTA BAKE

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

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

WED  
7th

## BEEF CASSEROLE & MINI ROAST

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

THU  
8th

## LAMB NAVARIN & MASH

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

### Nutritional Information

	Per 100g
Energy 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

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

### Nutritional Information

	Per 100g
Energy 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 Information

	Per 100g
Energy 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 Information

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

### Nutritional Information

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

FRI  
9th

## COD PILAF

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**

MON  
12th

## PASTA BOLOGNAISE

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

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

TUE  
13th

## TURKEY CURRY & RICE

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

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

WED  
14th

## HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, beef (Irish), tomatoes, water, swede, carrot, mixed peppers, onions, potato starch, olive oil, garlic, paprika, parsley, chives.

THU  
15th

## LAMB BREYANI

Ingredients: Rice, lamb, carrots, tomatoes, peas, onion, 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

	Per 100g
Energy 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

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

### Nutritional Information

	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	10.42g
Salt	0.01g

### Nutritional Information

	Per 100g
Energy KCal	114KCal
KJ	479 KJ
Fat	3.38g
of which saturated	0.86g
Carbohydrates	13.49g
of which sugar	1.31g
Fibre	1.74g
Protein	5.16g
Salt	< 0.01g

### Nutritional Information

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





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NOVEMBER  
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MENU

FRI  
16th

## 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**

### Nutritional Information

	Per 100g
Energy	78KCal
KCal	331 KJ
KJ	2g
Fat	0.86g
of which saturated	11.28g
Carbohydrates	1.75g
of which sugar	1.24g
Fibre	4.47g
Protein	< 0.01g
Salt	

MON  
19th

## TURKEY KORMA & RICE

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

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

### Nutritional Information

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

TUE  
20th

## COTTAGE PIE

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

### Nutritional Information

	Per 100g
Energy	82KCal
KCal	346 KJ
KJ	1.89g
Fat	0.66g
of which saturated	10.24g
Carbohydrates	1.31g
of which sugar	1.2g
Fibre	4.99g
Protein	0.4g
Salt	

WED  
21st

## PASTA WITH CHICKEN & CORN

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

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

### Nutritional Information

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

THU  
22nd

## PORK WITH MIXED VEG & APRICOT WITH MASH

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

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

### Nutritional Information

	Per 100g
Energy	80 KCal
KCal	377 KJ
KJ	1.54g
Fat	0.39g
of which saturated	11.12g
Carbohydrates	1.87g
of which sugar	1.33g
Fibre	6.02g
Protein	< 0.01g
Salt	

FRI  
23rd

## 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

	Per 100g
Energy	115KCal
KCal	487 KJ
KJ	2.27g
Fat	0.85g
of which saturated	35.45g
Carbohydrates	3.59g
of which sugar	2.06g
Fibre	78.37g
Protein	< 0.01g
Salt	

MON  
26th

## MILD CHILLI CON CARNE

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).

### Nutritional Information

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

TUE  
27th

## PORK & POTATO PIE

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

### Nutritional Information

	Per 100g
Energy	86KCal
KCal	363 KJ
KJ	1.51g
Fat	0.37g
of which saturated	12.65g
Carbohydrates	1.47g
of which sugar	1.38g
Fibre	6.1g
Protein	< 0.01g
Salt	

WED  
28th

## VEG PASTA BAKE

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

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

### Nutritional Information

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

THU  
29th

## 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.

### Nutritional Information

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

FRI  
30th

## 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**

### Nutritional Information

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

All beef used is of Irish origin

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MENU**

**THU  
1st**

## VEG PASTA BAKE

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

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

**FRI  
2nd**

## VEGETABLE PROVENCAL & RICE

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

**MON  
5th**

## MEXICAN BEAN & RICE

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

**TUE  
6th**

## BROCCOLI & CORN PASTA BAKE

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

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

**WED  
7th**

## VEGETABLE CASSEROLE & MINI ROAST

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

**THU  
8th**

## VEGETABLE NAVARIN

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

### Nutritional Information

	Per 100g
Energy	75KCal
KCal	316 KJ
Fat	1.5g
of which saturated	0.34g
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	< 0.01g

### Nutritional Information

	Per 100g
Energy	87 KCal
KCal	370 KJ
Fat	1.14g
of which saturated	0.66g
Carbohydrates	19.15g
of which sugar	2.17g
Fibre	1.59g
Protein	2.75g
Salt	< 0.01g

### Nutritional Information

	Per 100g
Energy	98KCal
KCal	415 KJ
Fat	1.68g
of which saturated	0.89g
Carbohydrates	17.73g
of which sugar	1.62g
Fibre	2.03g
Protein	4.09g
Salt	0.01g

### Nutritional Information

	Per 100g
Energy	109KCal
KCal	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 Information

	Per 100g
Energy	111KCal
KCal	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

	Per 100g
Energy	75 KCal
KCal	210 KJ
Fat	0.2g
of which saturated	0.04g
Carbohydrates	10.94g
of which sugar	1.22g
Fibre	1.77g
Protein	1.81g
Salt	< 0.01g

**FRI  
9th**

## VEGETABLE PILAF

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

**MON  
12th**

## VEG PASTA BOLOGNAISE

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

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

**TUE  
13th**

## BUTTERNUT SQUASH & BEAN CURRY & RICE

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

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

**WED  
14th**

## HUNGARIAN GOULASH & SAUTÉ

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

**THU  
15th**

## VEGETABLE BREYANI

Ingredients: Rice, chopped tomatoes, carrot, red split lentils, water, peas, spinach, red peppers, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, 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

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

### Nutritional Information

	Per 100g
Energy	89KCal
KCal	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

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

### Nutritional Information

	Per 100g
Energy	107KCal
KCal	453KJ
Fat	3.6g
of which saturated	1.6g
Carbohydrates	16.00g
of which sugar	3.3g
Fibre	1.2g
Protein	1.9g
Salt	< 0.01g

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	79 KCal
KCal	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	< 0.01g





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**VEGETARIAN**

**NOVEMBER  
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MENU**

**FRI  
16th**

## CREAMY VEGETABLE PIE

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

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

**MON  
19th**

## VEGETABLE KORMA & RICE

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

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

**TUE  
20th**

## COTTAGE VEGETABLE PIE

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

**WED  
21st**

## MEDITERRANEAN STYLE VEG PASTA

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

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

**THU  
22nd**

## MIXED VEG & APRICOT WITH MASH

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

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

**FRI  
23rd**

## VEGETABLE 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)**

### Nutritional Information

	Per 100g
Energy KCal	75KCal
KJ	316 KJ
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.32g
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	< 0.01g

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy KCal	75KCal
KJ	316 KJ
Fat	1.5g
of which saturated	0.34g
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	< 0.01g

### Nutritional Information

	Per 100g
Energy 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	< 0.01g

### Nutritional Information

	Per 100g
Energy 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  
26th**

## MILD CHILLI WITH VEG & RICE

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

**TUE  
27th**

## MIXED VEGETABLE & POTATO PIE

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

**WED  
28th**

## VEG PASTA BAKE

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

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

**THU  
29th**

## GREEK VEGETABLE HOTPOT & MASH

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

**FRI  
30th**

## VEGETABLE & PASTA PIE

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

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

### Nutritional Information

	Per 100g
Energy 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

	Per 100g
Energy KCal	75KCal
KJ	316 KJ
Fat	1.5g
of which saturated	0.34g
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	< 0.01g

### Nutritional Information

	Per 100g
Energy 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

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

### Nutritional Information

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







**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**NO BEEF/ PORK**

**NOVEMBER  
2018  
MENU**

**THU  
1st**

## 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)**

Nutritional Information	
	Per 100g
Energy 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

**FRI  
2nd**

## 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**

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

**MON  
5th**

## MEXICAN CHICKEN & RICE

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

## BROCCOLI & CORN PASTA BAKE

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

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

Nutritional Information	
	Per 100g
Energy 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

**TUE  
6th**

## TURKEY CASSEROLE & MINI ROAST

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

Nutritional Information	
	Per 100g
Energy 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

**WED  
7th**

## LAMB NAVARIN & MASH

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

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

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

**THU  
8th**

**FRI  
9th**

## COD PILAF

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**

Nutritional Information	
	Per 100g
Energy 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

**MON  
12th**

## PASTA BOLOGNAISE

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

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

Nutritional Information	
	Per 100g
Energy 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

**TUE  
13th**

## TURKEY CURRY & RICE

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

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

Nutritional Information	
	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	10.42g
Salt	0.01g

**WED  
14th**

## HUNGARIAN GOULASH & SAUTÉ

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

Nutritional Information	
	Per 100g
Energy KCal	104 KCal
KJ	520 KJ
Fat	2.34g
of which saturated	0.39g
Carbohydrates	13.49g
of which sugar	1.31g
Fibre	1.74g
Protein	6.69g
Salt	< 0.01g

**THU  
15th**

## LAMB BREYANI

Ingredients: Rice, lamb, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, 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





FRI  
16th

LITTLE  
DINNERS

HSE/ FSAI  
Approval no

IE  
4018  
EC

MON  
19th

NO BEEF/ PORK

TUE  
20th

WED  
21st

THU  
22nd

FRI  
23rd

NOVEMBER  
2018  
MENU

## 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 Milk (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, fenugreek, cardamom, 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

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

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

## 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	
	Per 100g
Energy	78KCal
KCal	331 KJ
Fat	2g
of which saturated	0.86g
Carbohydrates	11.28g
of which sugar	1.75g
Fibre	1.24g
Protein	4.47g
Salt	< 0.01g

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

Nutritional Information	
	Per 100g
Energy	70KCal
KCal	350 KJ
Fat	1.79g
of which saturated	0.19g
Carbohydrates	9.59g
of which sugar	1.46g
Fibre	1.25g
Protein	6.65g
Salt	<0.01g

Nutritional Information	
	Per 100g
Energy	120KCal
KCal	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

Nutritional Information	
	Per 100g
Energy	80 KCal
KCal	377 KJ
Fat	1.54g
of which saturated	0.39g
Carbohydrates	11.12g
of which sugar	1.87g
Fibre	1.33g
Protein	6.02g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	115KCal
KCal	487 KJ
Fat	2.27g
of which saturated	0.85g
Carbohydrates	35.45g
of which sugar	3.59g
Fibre	2.06g
Protein	78.37g
Salt	< 0.01g

MON  
26th

## MILD CHILLI CON 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).

TUE  
27th

## TURKEY & POTATO PIE

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

WED  
28th

## VEG PASTA BAKE

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

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

THU  
29th

## GREEK HOTPOT & MASH

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

FRI  
30th

## ITALIAN-STYLE FISH & PASTA PIE

Ingredients: **Durum wheat pasta, cod**, tomatoes, tomato puree, carrots, peppers, water, spinach, 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

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

Nutritional Information	
	Per 100g
Energy	117KCal
KCal	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	
	Per 100g
Energy	82 KCal
KCal	336 KJ
Fat	1.19g
of which saturated	0.19g
Carbohydrates	12.59g
of which sugar	1.47g
Fibre	1.38g
Protein	6.71g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	117KCal
KCal	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	
	Per 100g
Energy	72KCal
KCal	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	
	Per 100g
Energy	98 KCal
KCal	419 KJ
Fat	1.18g
of which saturated	0.21g
Carbohydrates	34.44g
of which sugar	3.45g
Fibre	2.09g
Protein	8.27g
Salt	< 0.01g





**LITTLE  
DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**INFANT STANDARD  
CHOPPED/ PUREED**

**NOVEMBER  
2018  
MENU**

**THU  
1st**

## BEEF, VEGETABLES, TOMATO & POTATO

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

Nutritional Information	
	Per 100g
Energy	70KCal
KCal	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

**FRI  
2nd**

## CHICKEN PROVENCAL & MASH

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

Nutritional Information	
	Per 100g
Energy	58KCal
KCal	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

**MON  
5th**

## MEXICAN CHICKEN & POTATO

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

Nutritional Information	
	Per 100g
Energy	59 KCal
KCal	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

**TUE  
6th**

## BROCCOLI, MIXED VEG & POTATO

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

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

**WED  
7th**

## BEEF CASSEROLE & MASH

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

Nutritional Information	
	Per 100g
Energy	69 KCal
KCal	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

**THU  
8th**

## LAMB NAVARIN & MASH

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

Nutritional Information	
	Per 100g
Energy	65 KCal
KCal	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

**FRI  
9th**

## TURKEY & VEG WITH TOMATO & POTATO

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

Nutritional Information	
	Per 100g
Energy	72 KCal
KCal	306 KJ
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

**MON  
12th**

## BOLOGNAISE SAUCE & POTATO

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

Nutritional Information	
	Per 100g
Energy	67 KCal
KCal	281 KJ
Fat	1.91g
of which saturated	0.75g
Carbohydrates	6.85g
of which sugar	2.08g
Fibre	1.21g
Protein	4.43g
Salt	< 0.01g

**TUE  
13th**

## TURKEY CASSEROLE & MASH

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

Nutritional Information	
	Per 100g
Energy	69 KCal
KCal	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

**WED  
14th**

## HUNGARIAN GOULASH & POTATO

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

Nutritional Information	
	Per 100g
Energy	69 KCal
KCal	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

**THU  
15th**

## LAMB BREYANI

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

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

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





**LITTLE DINNERS**

HSE/ FSAI  
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IE  
4018  
EC

**INFANT STANDARD  
CHOPPED/ PUREED**

**NOVEMBER  
2018  
MENU**

**FRI  
16th**

## CHICKEN PIE

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

### Nutritional Information

	Per 100g
Energy	58KCal
KCal	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

**MON  
19th**

## TURKEY CASSEROLE & MASH

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

### Nutritional Information

	Per 100g
Energy	69 KCal
KCal	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

**TUE  
20th**

## COTTAGE PIE

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

### Nutritional Information

	Per 100g
Energy	82KCal
KCal	346 KJ
Fat	1.89g
of which saturated	0.66g
Carbohydrates	10.24g
of which sugar	1.31
Fibre	1.2g
Protein	4.99g
Salt	0.4g

**WED  
21st**

## CHICKEN CASSEROLE & MASH

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

### Nutritional Information

	Per 100g
Energy	72KCal
KCal	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.

**THU  
22nd**

## TURKEY, MIXED VEG WITH APRICOT & POTATO

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

### Nutritional Information

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

**FRI  
23rd**

## MIXED VEGETABLES WITH TOMATO & POTATO

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

### Nutritional Information

	Per 100g
Energy	58 KCal
KCal	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  
26th**

## BEEF, VEGETABLES, TOMATO & POTATO

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

### Nutritional Information

	Per 100g
Energy	72KCal
KCal	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	0.01g.

**TUE  
27th**

## TURKEY & VEGETABLE PIE

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

### Nutritional Information

	Per 100g
Energy	57 KCal
KCal	234 KJ
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

**WED  
28th**

## VEGETABLE BOLOGNAISE & POTATO

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

### Nutritional Information

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

**THU  
29th**

## GREEK HOTPOT & POTATO

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

### Nutritional Information

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

**FRI  
30th**

## TURKEY, ITALIAN STYLE VEG & POTATO

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

### Nutritional Information

	Per 100g
Energy	56 KCal
KCal	240 KJ
Fat	0.92g
of which saturated	0.28g
Carbohydrates	6.64g
of which sugar	1.65g
Fibre	1.16g
Protein	5.79g
Salt	< 0.01g

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





**THU 1st**

## TURKEY, VEGETABLES, TOMATO & POTATO

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

### Nutritional Information

	Per 100g
Energy	57KCal
KCal	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.

**FRI 2nd**

## CHICKEN PROVENCAL & MASH

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

### Nutritional Information

	Per 100g
Energy	58KCal
KCal	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.

**MON 5th**

## MEXICAN CHICKEN & POTATO

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

### Nutritional Information

	Per 100g
Energy	59 KCal
KCal	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

**TUE 6th**

## BROCCOLI, MIXED VEG & POTATO

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

### Nutritional Information

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

**WED 7th**

## CHICKEN CASSEROLE & MASH

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

### Nutritional Information

	Per 100g
Energy	72KCal
KCal	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.

**THU 8th**

## LAMB NAVARIN & MASH

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

### Nutritional Information

	Per 100g
Energy	65 KCal
KCal	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

**FRI 9th**

## TURKEY & VEG WITH TOMATO & POTATO

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

### Nutritional Information

	Per 100g
Energy	72 KCal
KCal	306 KJ
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

**MON 12th**

## BOLOGNAISE SAUCE & POTATO

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

### Nutritional Information

	Per 100g
Energy	57 KCal
KCal	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

**TUE 13th**

## TURKEY CASSEROLE & MASH

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

### Nutritional Information

	Per 100g
Energy	69 KCal
KCal	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

**WED 14th**

## HUNGARIAN GOULASH & POTATO

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

### Nutritional Information

	Per 100g
Energy	69 KCal
KCal	283 KJ
Fat	1.49g
of which saturated	0.30g
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.69g
Protein	5.60g
Salt	< 0.01g

**THU 15th**

## LAMB BREYANI

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

### Nutritional Information

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

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



**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**INFANT NO BEEF/ PORK  
CHOPPED/ PUREED**

**NOVEMBER  
2018  
MENU**

**FRI  
16th**

## CHICKEN PIE

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

**MON  
19th**

## TURKEY CASSEROLE & MASH

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

**TUE  
20th**

## TURKEY COTTAGE PIE

Ingredients: Potatoes, turkey, carrots, water, peas, onions, swede, water.

**WED  
21st**

## CHICKEN CASSEROLE & MASH

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

**THU  
22nd**

## TURKEY, MIXED VEG WITH APRICOT & POTATO

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

**FRI  
23rd**

## MIXED VEGETABLES WITH TOMATO & POTATO

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

### Nutritional Information

	Per 100g
Energy	58KCal
KCal	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

	Per 100g
Energy	69 KCal
KCal	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

	Per 100g
Energy	82KCal
KCal	346 KJ
Fat	1.89g
of which saturated	0.66g
Carbohydrates	10.24g
of which sugar	1.31
Fibre	1.2g
Protein	4.99g
Salt	0.4g

### Nutritional Information

	Per 100g
Energy	72KCal
KCal	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

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

### Nutritional Information

	Per 100g
Energy	58KCal
KCal	243 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  
26th**

## TURKEY, VEGETABLES, TOMATO & POTATO

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

**TUE  
27th**

## TURKEY & VEGETABLE PIE

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

**WED  
28th**

## VEGETABLE BOLOGNAISE & POTATO

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

**THU  
29th**

## GREEK HOTPOT & POTATO

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

**FRI  
30th**

## TURKEY, ITALIAN STYLE VEG & POTATO

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

### Nutritional Information

	Per 100g
Energy	72KCal
KCal	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	0.01g.

### Nutritional Information

	Per 100g
Energy	57 KCal
KCal	234 KJ
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

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	56 KCal
KCal	240 KJ
Fat	0.92g
of which saturated	0.28g
Carbohydrates	6.64g
of which sugar	1.65g
Fibre	1.16g
Protein	5.79g
Salt	< 0.01g

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





**LITTLE  
DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**INFANT VEGETARIAN  
CHOPPED/ PUREED**

**NOVEMBER  
2018  
MENU**

**THU  
1st**

## VEGETABLES, TOMATO & POTATO

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

**FRI  
2nd**

## VEGETABLE PROVENÇAL & MASH

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

**MON  
5th**

## MEXICAN VEG & POTATO

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

**TUE  
6th**

## BROCCOLI, MIXED VEG & POTATO

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

**WED  
7th**

## VEG CASSEROLE & MASH

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

**THU  
8th**

## VEG NAVARIN & MASH

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	42 KCal
KCal	176 Kj
Fat	0.83g
of which saturated	0.19g
Carbohydrates	7.91g
of which sugar	1.69g
Fibre	1.43g
Protein	1.2g
Salt	< 0.01g

### Nutritional Information

	Per 100g
Energy	59 KCal
KCal	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

	Per 100g
Energy	109KCal
KCal	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 Information

	Per 100g
Energy	57KCal
KCal	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

	Per 100g
Energy	54KCal
KCal	234Kj
Fat	0.91
of which saturated	0.26g
Carbohydrates	6.9g
of which sugar	1.08
Fibre	1.71g
Protein	1.46g
Salt	< 0.01g

**FRI  
9th**

## MIXED VEG WITH TOMATO & POTATO

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

**MON  
12th**

## VEGETABLE BOLOGNAISE & POTATO

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

**TUE  
13th**

## VEGETABLE CASSEROLE

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

**WED  
14th**

## HUNGARIAN VEG GOULASH & POTATO

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

**THU  
15th**

## VEG BREYANI & 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

	Per 100g
Energy	42 KCal
KCal	176 Kj
Fat	0.83g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	57KCal
KCal	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

	Per 100g
Energy	69 KCal
KCal	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

	Per 100g
Energy	41 KCal
KCal	173 Kj
Fat	0.28g
of which saturated	0.15g
Carbohydrates	8.79g
of which sugar	2.37g
Fibre	1.18g
Protein	1.42g
Salt	< 0.01g





**LITTLE  
DINNERS**

HSE/ FSAI  
Approval no

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4018  
EC

**INFANT VEGETARIAN  
CHOPPED/ PUREED**

**NOVEMBER  
2018  
MENU**

**FRI  
16th**

## VEGETABLE PIE

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

**MON  
19th**

## VEG CASSEROLE & MASH

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

**TUE  
20th**

## VEGETABLE COTTAGE PIE

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

**WED  
21st**

## VEG CASSEROLE & 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.

**FRI  
23rd**

## MIXED VEGETABLES WITH TOMATO & POTATO

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

### Nutritional Information

	Per 100g
Energy	57KCal
KCal	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

	Per 100g
Energy	57KCal
KCal	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

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

### Nutritional Information

	Per 100g
Energy	72KCal
KCal	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

	Per 100g
Energy	50 KCal
KCal	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

	Per 100g
Energy	58 KCal
KCal	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  
26th**

## MIXED VEG WITH TOMATO & POTATO

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

**TUE  
27th**

## VEGETABLE PIE

Ingredients: Potatoes, carrot, swede, peas, French beans, broad beans,, water.

**WED  
28th**

## VEG BOLOGNAISE SAUCE & POTATO

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

**THU  
29th**

## GREEK HOTPOT & POTATO

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

**FRI  
30th**

## ITALIAN STYLE VEG & POTATO

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

### Nutritional Information

	Per 100g
Energy	42 KCal
KCal	176 KJ
Fat	0.83g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

### Nutritional Information

	Per 100g
Energy	57 KCal
KCal	234 KJ
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

	Per 100g
Energy	46 KCal
KCal	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

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

### Nutritional Information

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

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







**LITTLE DINNERS**

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**AFTER SCHOOL 1**

**NOVEMBER  
2018  
MENU**

**THU  
1st**

## SAUSAGE, MASH & FRENCH BEANS

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

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

**FRI  
2nd**

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

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

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

**MON  
5th**

## SWEET & SOUR CHICKEN WITH RICE

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

## PASTA WITH TOMATO & BASIL & GOUJONS

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

Ingredients in bold script contain allergens; **egg & gluten**.

**TUE  
6th**

## TURKEY CASSEROLE & MASH

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

**WED  
7th**

## SAUSAGE, WAFFLES & L.D. BEANS

Ingredients: Potatoes, Sausage (pork 74% Rusk (**Wheat flour**, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451) Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

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

**THU  
8th**

### Nutritional Information

	Per 100g
Energy	76 KCal
KCal	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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	130KCal
KCal	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

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	76 KCal
KCal	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

**FRI  
9th**

## FISH FINGERS, MINI ROAST & PEAS

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

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

**MON  
12th**

## PASTA BOLOGNAISE

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

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

**TUE  
13th**

## TURKEY CURRY & RICE

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

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

**WED  
14th**

## BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

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

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

**THU  
15th**

## CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

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

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

### Nutritional Information

	Per 100g
Energy	89 KCal
KCal	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

	Per 100g
Energy	141KCal
KCal	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

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

### Nutritional Information

	Per 100g
Energy	76 KCal
KCal	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

### Nutritional Information

	Per 100g
Energy	155 KCal
KCal	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





**FRI  
16th**

## FISH CAKES, SAUTÉ, CARROT

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

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

### Nutritional Information

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

## TURKEY KORMA & RICE

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

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

### Nutritional Information

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

## BEEF CASSEROLE & MASH

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

## PASTA WITH CHICKEN & CORN

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

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

**MON  
26th**

## MILD CHILLI CON CARNE & RICE

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

## MEATBALLS GRAVY, MASH & CARROTS

Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, **rusk (wheat flour, salt, raising agent E503)**Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, **Wheat protein**,lemon peel,oragano,salt,chillies,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, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic) carrots.

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

**TUE  
27th**

## 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**

**WED  
28th**

## CHICKEN GOUJONS, SAUTÉ & MIXED VEG

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

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

**THU  
29th**

## FISH CAKES, MINI ROAST, PEAS & CORN

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

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

**All beef used is of Irish origin**

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

**MON  
19th**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL 1**

**TUE  
20th**

**WED  
21st**

**THU  
22nd**

**FRI  
23rd**

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

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

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

**NOVEMBER  
2018  
MENU**





**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL 2**

**NOVEMBER  
2018  
MENU**

**THU  
1st**

## BEEF PASTA BAKE

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

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

Nutritional Information	
	Per 100g
Energy	125 KCal
KCal	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  
2nd**

## COD PROVENCAL & RICE

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

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

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

**MON  
5th**

## SWEET & SOUR CHICKEN WITH RICE

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

## PASTA WITH TOMATO & BASIL & GOUJONS

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

Ingredients in bold script contain allergens; **egg & gluten**.

Nutritional Information	
	Per 100g
Energy	130KCal
KCal	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

**TUE  
6th**

## TURKEY CASSEROLE & MASH

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

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

**WED  
7th**

## LAMB NAVARIN & MASH

Ingredients: Potatoes, lamb, gravy (potato starch, rice flour, 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	
	Per 100g
Energy	79 KCal
KCal	331 KJ
Fat	1.48g
of which saturated	0.39g
Carbohydrates	4.91g
of which sugar	2g
Fibre	1.78g
Protein	11.62g
Salt	0.04g

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

**FRI  
9th**

## FISH FINGERS, MINI ROAST & PEAS

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

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

**MON  
12th**

## PASTA BOLOGNAISE

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

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

Nutritional Information	
	Per 100g
Energy	89 KCal
KCal	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	
	Per 100g
Energy	141KCal
KCal	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

**TUE  
13th**

## TURKEY CURRY & RICE

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

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

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

**WED  
14th**

## BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

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

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

Nutritional Information	
	Per 100g
Energy	76 KCal
KCal	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

**THU  
15th**

## CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

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

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

Nutritional Information	
	Per 100g
Energy	155 KCal
KCal	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

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







**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL 2**

**NOVEMBER 2018 MENU**

**FRI 16th**

**FISH CAKES, SAUTÉ, CARROT**

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

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

**MON 19th**

**TURKEY KORMA & RICE**

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

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

**TUE 20th**

**BEEF CASSEROLE & MASH**

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

**WED 21st**

**PASTA WITH CHICKEN & CORN**

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

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

**THU 22nd**

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

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

**FRI 23rd**

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

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

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

Nutritional Information	
	Per 100g
Energy	139KCal
KCal	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	
	Per 100g
Energy	119KCal
KCal	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.28g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04g

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

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

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

**MON 26th**

**MILD CHILLI CON CARNE & RICE**

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

Nutritional Information	
	Per 100g
Energy	117KCal
KCal	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	0.04g

**TUE 27th**

**MEATBALLS GRAVY, MASH & CARROTS**

Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, **rusk (wheat flour, salt, raising agent E503)**Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, **Wheat protein**,lemon peel,oragano,salt,chillies,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, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic) carrots.

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

Nutritional Information	
	Per 100g
Energy	84KCal
KCal	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	0.07g

**WED 28th**

**TURKEY ARRABIATA**

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

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

Nutritional Information	
	Per 100g
Energy	116 KCal
KCal	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

**THU 29th**

**CHICKEN GOUJONS, SAUTÉ & MIXED VEG**

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

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

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

**FRI 30th**

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

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

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

**All beef used is of Irish origin**

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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







**LITTLE DINNERS**

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**AFTER SCHOOL VEGETARIAN**

**NOVEMBER 2018 MENU**

**THU 1st**

## VEG PASTA BAKE

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

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

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

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

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

## SWEET & SOUR VEG WITH RICE

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

**MON 5th**

## BROCCOLI & CORN PASTA BAKE

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

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

**TUE 6th**

## 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.

**WED 7th**

## 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)

**THU 8th**

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy 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

	Per 100g
Energy 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	0.04g

### Nutritional Information

	Per 100g
Energy 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	< 0.04g

### Nutritional Information

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

**FRI 9th**

## VEG FINGERS, MINI ROAST, PEAS

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

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

**MON 12th**

## VEG PASTA BOLOGNAISE

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

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

**TUE 13th**

## BUTTERNUT SQUASH & BEAN CURRY & RICE

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

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

**WED 14th**

## HUNGARIAN GOULASH & SAUTÉ

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

**THU 15th**

## VEGETABLE BREYANI

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

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

### Nutritional Information

	Per 100g
Energy 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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy KCal	79 KCal
KJ	335 KJ
Fat	0.83g
of which saturated	0.61g
Carbohydrates	18.84g
of which sugar	1.19g
Fibre	1.38g
Protein	3.45g
Salt	0.04g





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**AFTER SCHOOL VEGETARIAN**

**NOVEMBER 2018 MENU**

**FRI 16th**

## CREAMY VEGETABLE PIE

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

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

**MON 19th**

## VEGETABLE KORMA & RICE

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

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

**TUE 20th**

## COTTAGE VEGETABLE PIE

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

**WED 21st**

## MEDITERRANEAN STYLE VEG PASTA

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

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

**THU 22nd**

## MIXED VEG & APRICOT WITH MASH

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

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

**FRI 23rd**

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

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

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy 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

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

**MON 26th**

## MILD CHILLI WITH VEG & RICE

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

**TUE 27th**

## MIXED VEGETABLE & POTATO PIE

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

**WED 28th**

## VEG PASTA BAKE

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

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

**THU 29th**

## GREEK VEGETABLE HOTPOT & MASH

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

**FRI 30th**

## VEG FINGERS, MINI ROAST, PEAS & CORN

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

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

### Nutritional Information

	Per 100g
Energy 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	0.04g

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy 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	0.04g

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy 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





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**TEATIME**

**NOVEMBER  
2018  
MENU**

**THU  
1st**

## L.D. BEANS & 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.

### Nutritional Information

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

**FRI  
2nd**

## CREAM OF VEGETABLE SOUP

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

### Nutritional Information

	Per 100g
Energy	31 KCal
KCal	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

**MON  
5th**

## PENNE IN TOMATO & BASIL SAUCE

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

### Nutritional Information

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

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

**TUE  
6th**

## BEEF RAGU & MINI ROAST

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

### Nutritional Information

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

## PASTA NAPOLI

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic, salt.

### Nutritional Information

	Per 100g
Energy	93 KCal
KCal	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

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

**THU  
8th**

## STIR FRIED BEEF & RICE

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

### Nutritional Information

	Per 100g
Energy	165 KCal
KCal	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

**FRI  
9th**

## L.D. BEANS & 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.

### Nutritional Information

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

**MON  
12th**

## MEDITERRANEAN RICE

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

### Nutritional Information

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

**TUE  
13th**

## BUTTERNUT SQUASH & SWEET POTATO SOUP

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

### Nutritional Information

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

**WED  
14th**

## TURKEY PILAF

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

### Nutritional Information

	Per 100g
Energy	93 KCal
KCal	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

**THU  
15th**

## PENNE WITH STIRFRIED VEGETABLES

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

### Nutritional Information

	Per 100g
Energy	256 KCal
KCal	1088 KJ
Fat	7.08g
of which saturated	0.99g
Carbohydrates	40.13g
of which sugar	2.15g
Fibre	6.2g
Protein	2.76g
Salt	0.01g

All beef used is of Irish origin

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**TEA TIME**

**NOVEMBER  
2018  
MENU**

**FRI  
16th**

## CURRIED CHICKEN & RICE

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**

**MON  
19th**

## MACCARONI & CHEESE

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)**

**TUE  
20th**

## CREAM OF VEGETABLE SOUP

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

**WED  
21st**

## VEGETABLE HASH

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

**THU  
22nd**

## CURRIED CHICKEN & RICE

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**

**FRI  
23rd**

## BEEF RAGU & MINI ROAST

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

### Nutritional Information

	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

### Nutritional Information

	Per 100g
Energy	147 KCal
KCal	9.12 KJ
Fat	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

	Per 100g
Energy	31 KCal
KCal	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

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

### Nutritional Information

	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

### Nutritional Information

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

**MON  
26th**

## PASTA NAPOLI

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**

**TUE  
27th**

## L.D. BEANS & 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.

**WED  
28th**

## STIR FRIED BEEF & RICE

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

**THU  
29th**

## 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**

**FRI  
30th**

## CREAM OF TOMATO SOUP

Ingredients: Chopped tomatoes, water, potatoes, paprika, onion, garlic, potato starch.

### Nutritional Information

	Per 100g
Energy	93 KCal
KCal	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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	165 KCal
KCal	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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	31 KCal
KCal	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

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







**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL TIME**

**NOVEMBER  
2018  
MENU**

**THU  
1st**

## L.D. BEANS & 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.

### Nutritional Information

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

**FRI  
2nd**

## CREAM OF VEGETABLE SOUP

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

### Nutritional Information

	Per 100g
Energy	31 KCal
KCal	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

**MON  
5th**

## PENNE IN TOMATO & BASIL SAUCE

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

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

### Nutritional Information

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

**TUE  
6th**

## BEEF RAGU & MINI ROAST

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

### Nutritional Information

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

**WED  
7th**

## PASTA NAPOLI

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**

### Nutritional Information

	Per 100g
Energy	93 KCal
KCal	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

**THU  
8th**

## STIR FRIED BEEF & RICE

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

### Nutritional Information

	Per 100g
Energy	165 KCal
KCal	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

**FRI  
9th**

## L.D. BEANS & 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.

### Nutritional Information

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

**MON  
12th**

## MEDITERRANEAN RICE

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

### Nutritional Information

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

**TUE  
13th**

## FISH FINGERS & SAUTÉ

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 oil.

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

### Nutritional Information

	Per 100g
Energy	103 KCal
KCal	437 KJ
Fat	2.13g
of which saturated	0.19g
Carbohydrates	17.64g
of which sugar	0.65g
Fibre	1.04g
Protein	4.39g
Salt	< 0.01g

**WED  
14th**

## TURKEY PILAF

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

### Nutritional Information

	Per 100g
Energy	93 KCal
KCal	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

**THU  
15th**

## PENNE WITH STIRFRIED VEGETABLES

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

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

### Nutritional Information

	Per 100g
Energy	256 KCal
KCal	1088 KJ
Fat	7.08g
of which saturated	0.99g
Carbohydrates	40.13g
of which sugar	2.15g
Fibre	6.2g
Protein	2.76g
Salt	0.01g

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





LITTLE DINNERS

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AFTER SCHOOL  
TEA TIME

NOVEMBER  
2018  
MENU

FRI  
16th

## CURRIED CHICKEN & RICE

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**

MON  
19th

## MACCARONI & CHEESE

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 allergens; **gluten & milk (lactose)**

TUE  
20th

## TURKEY PILAF

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

WED  
21st

## MEATBALL HASH

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

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

THU  
22nd

## CURRIED CHICKEN & RICE

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**

FRI  
23rd

## 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

	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

### Nutritional Information

	Per 100g
Energy	147 KCal
KCal	9.12 KJ
Fat	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

	Per 100g
Energy	93 KCal
KCal	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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

### Nutritional Information

	Per 100g
Energy	146 KCal
KCal	611 KJ
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

MON  
26th

## FISH FINGERS & SAUTÉ

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**.

TUE  
27th

## L.D. BEANS & 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.

WED  
28th

## STIR FRIED BEEF & RICE

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

THU  
29th

## 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**

FRI  
30th

## 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**.

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

### Nutritional Information

	Per 100g
Energy	103 KCal
KCal	437 KJ
Fat	2.13g
of which saturated	0.19g
Carbohydrates	17.64g
of which sugar	0.65g
Fibre	1.04g
Protein	4.39g
Salt	< 0.01g

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	165 KCal
KCal	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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	146 KCal
KCal	611 KJ
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





**LITTLE DINNERS**

HSE/ FSAI  
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4018  
EC

**TEA TIME**

**NOVEMBER  
2018  
MENU**

**THU  
1st**

## LITTLE DINNERS BEANS & MASH

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

### Nutritional Information

	Per 100g
Energy	65 KCal
KCal	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

**FRI  
9th**

## LITTLE DINNERS BEANS & MASH

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

### Nutritional Information

	Per 100g
Energy	65 KCal
KCal	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

**FRI  
2nd**

## CREAMED MIXED VEGETABLES

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

### Nutritional Information

	Per 100g
Energy	31 KCal
KCal	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	0.01g

**MON  
12th**

## MEDITERRANEAN RICE

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

### Nutritional Information

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

**MON  
5th**

## BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

### Nutritional Information

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

**TUE  
13th**

## MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

### Nutritional Information

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

**TUE  
6th**

## BEEF RAGU & BUTTERNUT SQUASH

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

### Nutritional Information

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

**WED  
14th**

## TURKEY PILAF

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

### Nutritional Information

	Per 100g
Energy	93 KCal
KCal	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

**WED  
7th**

## MEDITERRANEAN VEG & SWEET POTATO

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

### Nutritional Information

	Per 100g
Energy	65 KCal
KCal	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

**THU  
15th**

## STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	165 KCal
KCal	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

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





**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**TEA TIME**

**NOVEMBER  
2018  
MENU**

**FRI  
16th**

## CHICKEN, VEG & RICE

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

**MON  
19th**

## MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

**TUE  
20th**

## CREAMED MIXED VEGETABLES

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

**WED  
21st**

## MEDITERRANEAN VEG & SWEET POTATO

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

**THU  
22nd**

## CHICKEN, VEG & RICE

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

**FRI  
23rd**

## BEEF RAGU & BUTTERNUT SQUASH

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

### Nutritional Information

	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

### Nutritional Information

	Per 100g
Energy	147 KCal
KCal	9.12 KJ
Fat	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

	Per 100g
Energy	31 KCal
KCal	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	0.01g

### Nutritional Information

	Per 100g
Energy	65 KCal
KCal	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

	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

### Nutritional Information

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

**MON  
26th**

## MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

**TUE  
27th**

## LITTLE DINNERS BEANS & MASH

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

**WED  
28th**

## STIR FRIED BEEF & RICE

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

**THU  
29th**

## APPLE & MANGO PUDDING

Ingredients: Apple, Mango, water.

**FRI  
30th**

## MIXED BEAN HOT POT

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	65 KCal
KCal	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

	Per 100g
Energy	165 KCal
KCal	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

### Nutritional Information

	Per 100g
Energy	45 KCal
KCal	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

### Nutritional Information

	Per 100g
Energy	58 KCal
KCal	244 KJ
Fat	0.86g
of which saturated	0.1g
Carbohydrates	10.66g
of which sugar	2.06g
Fibre	2.96g
Protein	2.49g
Salt	0.01g

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





**MONDAY**

## BEEF PATTI IN GRAVY WITH MASHED POTATØS & 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 sulphur dioxide**

### Nutritional Information

	Per 100g
<b>Energy</b>	84 KCal
KCal	355 KJ
<b>Fat</b>	2.68g
<i>of which saturated</i>	1.14g
<b>Carbohydrates</b>	12.15g
<i>of which sugar</i>	1.08g
<b>Fibre</b>	1.11g
<b>Protein</b>	3.57g
<b>Salt</b>	0.7g

**MONDAY**

**TUESDAY**

## CHICKEN GOUJONS, SAUTÉ POTATØS & 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**

### Nutritional Information

	Per 100g
<b>Energy</b>	129 KCal
KCal	541 KJ
<b>Fat</b>	4g
<i>of which saturated</i>	0.53g
<b>Carbohydrates</b>	17.89g
<i>of which sugar</i>	1.53g
<b>Fibre</b>	2.04g
<b>Protein</b>	4.65g
<b>Salt</b>	0.05g

**TUESDAY**

**WEDNESDAY**

## FISH CAKES, MASHED POTATØS & CORN

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

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

### Nutritional Information

	Per 100g
<b>Energy</b>	97 KCal
KCal	409 KJ
<b>Fat</b>	2.15g
<i>of which saturated</i>	0.16g
<b>Carbohydrates</b>	16.22g
<i>of which sugar</i>	1.07g
<b>Fibre</b>	1.77g
<b>Protein</b>	3.71g
<b>Salt</b>	0.03g

**WEDNESDAY**

**THURSDAY**

## SAUSAGES, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Waffles (potatoes81%, dehydrated potato, sunflower oil potato 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**

### Nutritional Information

	Per 100g
<b>Energy</b>	131 KCal
KCal	549 KJ
<b>Fat</b>	7.1g
<i>of which saturated</i>	2.35g
<b>Carbohydrates</b>	13.82g
<i>of which sugar</i>	1.16g
<b>Fibre</b>	1.68g
<b>Protein</b>	3.87g
<b>Salt</b>	1.3g

**THURSDAY**

**FRIDAY**

## 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**

### Nutritional Information

	Per 100g
<b>Energy</b>	135 KCal
KCal	566 KJ
<b>Fat</b>	4.23g
<i>of which saturated</i>	0.46g
<b>Carbohydrates</b>	19.05g
<i>of which sugar</i>	1.62g
<b>Fibre</b>	1.72g
<b>Protein</b>	4.75g
<b>Salt</b>	0.04g

**FRIDAY**