

Tea Time Standard Menu Menu November 2017.xlsm



1 Wed **MACCARONI CHEESE**

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

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

Nutritional Information Per 100g: Energy 147KCal (617Kj). Fat 9.12g (of which saturated fat 5.36g).
Carbohydrates 10.94g (of which sugar 2.52g). Fibre 0.43g. Protein 6.14g. Salt 0.23g.

2 Thu **MEDITERRANEAN RICE**

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

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

3 Fri **VEGETABLE HASH**

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

Nutritional Information Per 100g: Energy 107KCal (450Kj). Fat 3.82g (of which saturated fat .46g).
Carbohydrates 14.67 (of which sugar 1.4g). Fibre 3.11 Protein 3.52g Salt 0.1g.

6 Mon **CREAM OF TOMATO SOUP**

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

Nutritional Information Per 100g: Energy 25KCal (104Kj). Fat 0.16g (of which saturated fat 0.02g).
Carbohydrates 5.58g (of which sugar 2.06g). Fibre 1.01g. Protein 0.93g. Salt 0.02g.

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

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

Nutritional Information Per 100g: Energy 103KCal (434Kj). Fat 2.57g (of which saturated fat 0.32g).
Carbohydrates 17.34g (of which sugar 2.37g). Fibre 2.04g. Protein 2.09g. Salt 0.05g.

8 Wed **STIRFRIED BEEF & RICE**

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

Nutritional Information Per 100g: Energy 165KCal (690Kj). Fat 7.97g (of which saturated fat 1.93g).
Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.

9 Thu **MACARRONI CHEESE**

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

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

Nutritional Information Per 100g: Energy 147KCal (617Kj). Fat 9.12g (of which saturated fat 5.36g).
Carbohydrates 10.94g (of which sugar 2.52g). Fibre 0.43g. Protein 6.14g. Salt 0.23g.

10 Fri **SWEET POTATO AND BUTTERNUTSQUASH SOUP**

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

Ingredients in bold script contain allergens; mustard

Nutritional Information Per 100g: Energy 44KCal (186Kj). Fat 0.18g (of which saturated fat 0.07g).
Carbohydrates 10.34g (of which sugar 2.75g). Fibre 2g. Protein 1.06g. Salt 0.04g.

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

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

Ingredients in bold script contain allergens; gluten.

Nutritional Information Per 100g: Energy 83 KCal (352Kj). Fat 2.04g (of which saturated fat 0.3g).
Carbohydrates 27.69g (of which sugar 3.14g). Fibre 1.89g. Protein 4.87g. Salt 0.02g.

14 Tue **MEDITERRANEAN RICE**

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

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

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

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

Nutritional Information Per 100g: Energy 103KCal (434Kj). Fat 2.57g (of which saturated fat 0.32g).
Carbohydrates 17.34g (of which sugar 2.37g). Fibre 2.04g. Protein 2.09g. Salt 0.05g.

16 Thu **MIXED BEAN HOT POT**

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

Nutritional Information Per 100g: Energy 58KCal (244Kj). Fat .86g (of which saturated fat .1g).
Carbohydrates 10.66g (of which sugar 2.06g). Fibre 2.96g. Protein 2.49g. Salt .01.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

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- 17 Fri **STIRFRIED BEEF & RICE**
Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.
Nutritional Information Per 100g: Energy 165KCal (690Kj). Fat 7.97g (of which saturated fat 1.93g).
Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.
- 20 Mon **PENNE IN TOMATO AND BASIL SAUCE**
Durum wheat pasta, chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 83 KCal (352Kj). Fat 2.04g (of which saturated fat 0.3g).
Carbohydrates 27.69g (of which sugar 3.14g). Fibre 1.89g. Protein 4.87g. Salt 0.02g.
- 21 Tue **VEGETABLE HASH**
Saute potatoes, corn, broadbeans, peppers, onions, peas, olive oil, sunflower oil, chives.
Nutritional Information Per 100g: Energy 107KCal (450Kj). Fat 3.82g (of which saturated fat .46g).
Carbohydrates 14.67 (of which sugar 1.4g). Fibre 3.11 Protein 3.52g Salt 0.1g.
- 22 Wed **CREAM OF VEGETABLE SOUP**
Water, carrot, swede, french beans, broad beans, potatoes, peas, onion, garlic, potato starch.
Nutritional Information Per 100g: Energy 31KCal (131Kj). Fat 0.6g (of which saturated fat 0.22g).
Carbohydrates 4.88g (of which sugar 0.99g). Fibre 1.67g. Protein 1.65g. Salt 0.04g.
- 23 Thu **CURRIED CHICKEN & RICE**
Rice, Chicken, peppers, corn, onion, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.
Ingredients in bold script contain allergens; mustard.
Nutritional Information Per 100g: Energy 111KCal (467Kj). Fat 2.91g (of which saturated fat 0.94g).
Carbohydrates 13.69g (of which sugar 0.89g). Fibre 1.88g. Protein 7.59g. Salt 0.01g.
- 24 Fri **PENNE WITH STIRFRIED VEGETABLES**
Durum wheat pasta, peppers, peas, corn, onion, olive oil, garlic, basil.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 256KCal (1088Kj). Fat 7.08g (of which saturated fat .99g).
Carbohydrates 40.13g (of which sugar 2.15g). Fibre 6.2g. Protein 2.767.37g. Salt 0.01g.
- 27 Mon **MIXED BEAN HOT POT**
Potato, beans, water, peppers, corn, tomato puree, onions, potato starch, olive oil, oregano, garlic.
Nutritional Information Per 100g: Energy 58KCal (244Kj). Fat .86g (of which saturated fat .1g).
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Carbohydrates 17.32g (of which sugar 0.38g). Fibre 1.62g. Protein 5.38g. Salt < 0.01g.
- 29 Wed **MACCARONI CHEESE**
Durum wheat macaroni 43%, milk, water, **wheat flour**, white & **red cheddar cheese** [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions, **butter**.
Ingredients in bold script contain allergens; gluten and milk (lactose).
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Carbohydrates 10.94g (of which sugar 2.52g). Fibre 0.43g. Protein 6.14g. Salt 0.23g.
- 30 Thu **VEGETABLE HASH**
Saute potatoes (potatoes, sunflower oil, vegetable dextrose), peppers, onions, corn, peas, olive oil, sunflower oil, garlic, chives.
Nutritional Information Per 100g: Energy 137KCal (574Kj). Fat 6.89g (of which saturated fat 1.55g).
Carbohydrates 13.99g (of which sugar 1.25g). Fibre 2.31g. Protein 4.51g. Salt 0.03g.

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Carbohydrates 19.6g (of which sugar 0.91g). Fibre 1.82g. Protein 2.68g. Salt 0.02g.
- 3 Fri **VEGETABLE HASH**
Saute potatoes, corn, broadbeans, peppers, onions, peas, olive oil, sunflower oil, chives.
Nutritional Information Per 100g: Energy 107KCal (450Kj). Fat 3.82g (of which saturated fat .46g).
Carbohydrates 14.67 (of which sugar 1.4g). Fibre 3.11 Protein 3.52g Salt 0.1g.
- 6 Mon **SAUSAGE AND MASH**
Sausage 30% (pork 70%, **rusk, wheat flour**, salt, processing aid E503, water, spice extracts, stabilizer E451, flavour enhancer E621, antioxidant E301, preservative E221, **sulphur dioxide**, hydrolysed vegetables, soya), potatoes.
Ingredients in bold script contain allergens; gluten & sulphur dioxide..
Nutritional Information Per 100g: Energy 146KCal (611Kj). Fat 8.21g (of which saturated fat 2.77g).
Carbohydrates 15.29g (of which sugar 0.83). Fibre 1.17g. Protein 3.67g. Salt 0.8g.
- 7 Tue **Little Dinners Baked Beans and Saute Potatoes**
Saute Potatoes (potatoes, sunflower oil, vegetable dextrose), Beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.
Nutritional Information Per 100g: Energy 103KCal (434Kj). Fat 2.57g (of which saturated fat 0.32g).
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- 15 Wed **BAKED FISH FINGERS & LITTLE DINNERS BAKED BEANS**
Fish Fingers (cod, **wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil). Beans, Diced tomato, onion, garlic, tomato puree, water, paprika, sugar.
Ingredients in bold script contain allergens; fish and gluten.
Nutritional Information Per 100g: Energy 121KCal (509Kj). Fat 4.48g (of which saturated fat 0.41g).
Carbohydrates 13.75g (of which sugar 2.38g). Fibre .89g. Protein 7.17g. Salt < 0.01g.
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Carbohydrates 10.94g (of which sugar 2.52g). Fibre 0.43g. Protein 6.14g. Salt 0.23g.
- 30 Thu **MEATBALL HASH**
Saute potatoes, pork meatballs 17% [pork 81%, **breadcrumbs (wheat flour, water, yeast)**, **celery, mustard**, onions, water, dextrose (maize)], peppers, onions, peas, olive oil, sunflower oil, garlic, chives.
Ingredients in bold script contain allergens; gluten, celery and mustard.
Nutritional Information Per 100g: Energy 137KCal (574Kj). Fat 6.89g (of which saturated fat 1.55g).
Carbohydrates 13.99g (of which sugar 1.25g). Fibre 2.31g. Protein 4.51g. Salt 0.03g.

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