

Tea Time Infant Menu November 2017.xlsm



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

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

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

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Tea Time Infant Menu November 2017.xlsm



22 Wed CREAMED MIXED VEGETABLES

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

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

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

23 Thu CHICKEN VEG & RICE.

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

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

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

24 Fri MANGO & PEAR PUDDING

Mango, pear, water.

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

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

27 Mon MIXED BEAN HOT POT

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

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

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

28 Tue STIRFRIED BEEF & RICE

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

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

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

29 Wed MASHED BUTTERNUT SQUASH & POTATO

Butternut Squash, Potato & Water

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

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

30 Thu MIXED VEGETABLES & SWEET POTATOES MASH

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

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

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

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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