

Weekly Menu Menu November 2017.xlsm



Mon	BEEF PATTI IN GRAVY WITH MASHED POTATOES AND PEAS Potatoes, Beef (Irish) seasoning (salt, onion powder, soya fibre , dextrose, Hydrolysed soya protein , natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic) Peas. Ingredients in bold script contain allergens; soya and sulphur dioxide. Nutritional Information Per 100g: Energy 84KCal (355Kj). Fat 2.68g (of which saturated fat 1.14g). Carbohydrates 12.15 (of which sugar 1.08g). Fibre 1.11g. Protein 3.57. Salt 0.7g.
Tue	CHICKEN GOUGONS, SAUTE POTATOES AND CARROTS Potatoes(sunflower oil, dextrose), Chicken Breast Fillet(71%), Breadcrumbs coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder , emulsifier, xanthan gum) rapeseed oil. Carrots Ingredients in bold script contain allergens; egg. Nutritional Information Per 100g: Energy 129KCal (541Kj). Fat 4g (of which saturated fat .53g). Carbohydrates 17.88g (of which sugar 1.53g). Fibre 2.04g. Protein 4.65g. Salt 0.05g
Wed	MEATBALLS & PASTA Durum wheat pasta 42%, chopped tomatoes, pork meatballs 17% [pork 81%, breadcrumbs (wheat flour, water, yeast) , celery, mustard , onions, water, dextrose (maize)], carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil. Ingredients in bold script contain allergens; gluten, celery and mustard. Nutritional Information Per 100g: Energy 1240KCal (525Kj). Fat 3.68g (of which saturated fat 1.2g). Carbohydrates 36.06g (of which sugar 3.03g). Fibre 2.07g. Protein 8.59g. Salt 0.3g.
Thu	SAUSAGES, MASHED POTATOES WITH MIXED VEGETABLES Sausage 30% (pork 70%, rusk, wheat flour , salt, processing aid E503, water, spice extracts, stabilizer E451, flavour enhancer E621, antioxidant E301, preservative E221, sulphur dioxide , hydrolysed vegetables, soya), potatoes sunflower oil, vegetable oil, pea, corn, carrots & beans. Ingredients in bold script contain allergens; gluten, soya & sulphur dioxide. Nutritional Information Per 100g: Energy 135KCal (549Kj). Fat 7.1g (of which saturated fat 2.35g). Carbohydrates 13.82g (of which sugar 1.16g). Fibre 1.68g. Protein 3.87g. Salt 1.3g.
Fri	FISH FINGERS, SAUTE POTATOES & LITTLE DINNERS BAKED BEANS Potatoes, Fish Fingers (cod, wheat flour , water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), sunflower oil, dextrose, beans, (diced tomato, onion, garlic, tomato puree, water, paprika, sugar) Ingredients in bold script contain allergens; fish and gluten. Nutritional Information Per 100g: Energy 135KCal (566Kj). Fat 4.23g (of which saturated fat .46g). Carbohydrates 19.05g (of which sugar 1.62g). Fibre 1.72g. Protein 4.75g. Salt 0.04g

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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