



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

AFTER SCHOOL 1

**OCTOBER
2018
MENU**

**MON
1st**

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: guar gum, spices, flavourings, santhan gum, paprika concentrate, salammioniac) Carrot, Corn kernels, Onion, Pineapple.

**TUE
2nd**

PASTA WITH TOMATO & BASIL & GOUJONS

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

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

**WED
3rd**

COTTAGE PIE

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, peas, onions, swede.

**THU
4th**

SAUSAGE, MASH & 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**

**FRI
5th**

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
8th**

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 KCal	130KCal
KJ	519 KJ
Fat	1.18g
of which saturated	0.80g
Carbohydrates of which sugar	23.13g 6.68g
Fibre	1.02g
Protein	6.94g
Salt	0.31g

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

	Per 100g
Energy KCal	89 KCal
KJ	376 KJ
Fat	1.29g
of which saturated	0.61g
Carbohydrates of which sugar	16.02g 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 of which sugar	10.32g 2.88
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

**TUE
9th**

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
10th**

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 sulphor dioxide**

**THU
11th**

CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

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

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

**FRI
12th**

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
15th**

TURKEY KORMA & RICE

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

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

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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





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AFTER SCHOOL 1

**OCTOBER
2018
MENU**

**TUE
16th**

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.

Nutritional Information

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

**WED
17st**

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.

Nutritional Information

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

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

**THU
18th**

L.D. BAKED TURKEY BURGER, GRAVY, MINI ROAST CARROTS

Ingredients: Potatoes, (sunflower oil) gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), carrots

Nutritional Information

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

FISH FINGERS, WAFFLES & L.D. BAKED BEANS

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Turkey Burger [Turkey (seasoning onion, salt & pepper)] **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.

Nutritional Information

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

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

**FRI
19th**

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 KCal	117KCal
KJ	491 KJ
Fat	2.41g
of which saturated	1.16g
Carbohydrates of which sugar	17.13g / 1.84g
Fibre	1.45g
Protein	5.83g
Salt	0.04g

**MON
22nd**

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.****

Nutritional Information

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

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

**TUE
23rd**

**WED
24th**

TURKEY PASTA ARRABIATA

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

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

Nutritional Information

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

**THU
25th**

CHICKEN GOUJONS, SAUTÉ & MIXED VEG

Ingredients: Potatoes (sunflower oil), 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, swede.

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

Nutritional Information

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

**FRI
26th**

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, (wheat)flour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), Peas, corn.

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

Nutritional Information

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

MON 29th - BANK HOLIDAY

**TUE
30th**

MEATBALLS IN PASTA

Ingredients: **Durum wheat pasta** 42%, chopped tomatoes, 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, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

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

Nutritional Information

	Per 100g
Energy KCal	182 KCal
KJ	559 KJ
Fat	3.98g
of which saturated	1.29g
Carbohydrates of which sugar	38.37g / 2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g

**WED
31st**

L.D. BAKED TURKEY BURGER, GRAVY, SAUTÉ, PEAS

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

Nutritional Information

	Per 100g
Energy KCal	95 KCal
KJ	401 KJ
Fat	1.35g
of which saturated	0.64g
Carbohydrates of which sugar	17.31g / 1.65g
Fibre	1.31g
Protein	4.4g
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 2

OCTOBER
2018
MENU

MON
1st

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, santhan gum, paprika concentrate, salammoniac) Carrot, Corn kernels, Onion, Pineapple.

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
2nd

PASTA WITH TOMATO & BASIL & GOUJONS

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

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

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

WED
3rd

COTTAGE PIE

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, peas, onions, swede.

Nutritional Information

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

THU
4th

LAMB CASSEROLE & MASH

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

Nutritional Information

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
5th

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.

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

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

MON
8th

PASTA BOLOGNAISE

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

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

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

TUE
9th

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.

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

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

WED
10th

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.

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

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

THU
11th

CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

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

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

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

FRI
12th

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.

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

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

MON
15th

TURKEY KORMA & RICE

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

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

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





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AFTER SCHOOL 2

**OCTOBER
2018
MENU**

**TUE
16th**

BEEF CASSEROLE & MASH

Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flour, 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.

Nutritional Information

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

**WED
17st**

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.

Nutritional Information

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

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

**THU
18th**

L.D. BAKED TURKEY BURGER, GRAVY, MINI ROAST CARROTS

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

Nutritional Information

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

FISH FINGERS, WAFFLES & L.D. BAKED BEANS

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Turkey Burger [Turkey (seasoning onion, salt & pepper)] **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.

Nutritional Information

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

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

**FRI
19th**

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 KCal	117KCal
KJ	491 KJ
Fat	2.41g
of which saturated	1.16g
Carbohydrates of which sugar	17.13g / 1.84g
Fibre	1.45g
Protein	5.83g
Salt	0.04g

**MON
22nd**

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.**

Nutritional Information

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

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

**TUE
23rd**

**WED
24th**

TURKEY PASTA ARRABIATA

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

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

Nutritional Information

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

**THU
25th**

CHICKEN GOUJONS, SAUTÉ & MIXED VEG

Ingredients: Potatoes (sunflower oil), 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, swede.

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

Nutritional Information

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

**FRI
26th**

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**

Nutritional Information

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

MON 29th - BANK HOLIDAY

**TUE
30th**

MEATBALLS IN PASTA

Ingredients: **Durum wheat pasta** 42%, chopped tomatoes, 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, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

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

Nutritional Information

	Per 100g
Energy KCal	182 KCal
KJ	559 KJ
Fat	3.98g
of which saturated	1.29g
Carbohydrates of which sugar	38.37g / 2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g

**WED
31st**

L.D. BAKED TURKEY BURGER, GRAVY, SAUTÉ, PEAS

Ingredients: Potatoes (potatoes, sunflower oil) 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), peas

Nutritional Information

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

