

Standard Menu October 2017.xlsm



- 2 Mon **LAMB TANGIA & RICE**
Rice, lamb, tomatoes, carrots, water, peppers, sultanas, tomato puree, spinach, onions, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 110KCal (466KJ). Fat 2.3g (of which saturated fat 0.127g).
Carbohydrates 19.12g (of which sugar 0.78). Fibre 1.25g. Protein 4.86g. Salt <0.01g.
- 3 Tue **BEEF CASSEROLE & MASHED POTATO**
Potatoes, beef (Irish), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.
Nutritional Information Per 100g: Energy 86KCal (456KJ). Fat 1.78g (of which saturated fat 0.64g).
Carbohydrates 11.25g (of which sugar 1.33 g). Fibre 1.5g. Protein 5.14g. Salt <0.01g.
- 4 Wed **TURKEY KORMA & RICE**
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 119 KCal (499 KJ). Fat 3.1g (of which saturated fat 1.94g).
Carbohydrates 17.28g (of which sugar 55g). Fibre 1.12g. Protein 6.5g. Salt <0.01g.
- 5 Thu **PASTA BOLOGNAISE**
Durum wheat pasta, beef (Irish), tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, olive oil, oregano, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 124KCal (525KJ). Fat 2.52g (of which saturated fat 0.78g).
Carbohydrates 34.49g (of which sugar 3.51g). Fibre 2.04g. Protein 9.86g. Salt <0.01g.
- 6 Fri **CREAMY FISH PIE**
Potatoes, cod, carrots, milk, maize corn, peas, onions, water, cream, potato starch, dill, garlic
Ingredients in bold script contain allergens; fish and milk (lactose).
Nutritional Information Per 100g: Energy 78 KCal (331KJ). Fat 2g (of which saturated fat 0.86g).
Carbohydrates 11.28 g (of which sugar 1.75 g). Fibre 1.24 g. Protein 4.47g. Salt <0.01g.
- 9 Mon **MILD CHILLI CON CARNE & RICE**
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 (491KJ). Fat 2.41g (of which saturated fat 1.16g).
Carbohydrates 17.13g (of which sugar 1.84g). Fibre 1.45g. Protein 5.83g. Salt <0.01g.
- 10 Tue **CHICKEN CASSEROLE & POTATO**
Potatoes, Chicken, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.
Nutritional Information Per 100g: Energy 74 KCal (348KJ). Fat 0.84g (of which saturated fat 0.25g).
Carbohydrates 11.46g (of which sugar 0.9g). Fibre 1.57g. Protein 5.1g. Salt <0.01g.
- 11 Wed **GREEK HOTPOT & SAUTE POTATOES**
Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, sunflower oil, dextrose, garlic puree, parsley.
Nutritional Information Per 100g: Energy 121KCal (508KJ). Fat 3.75g (of which saturated fat 0.93g).
Carbohydrates 14.3g (of which sugar 1.33g). Fibre 1.78g. Protein 5.31g. Salt 0.04g.
- 12 Thu **MILD BUTTERNUT SQUASH & BEAN CURRY WITH RICE**
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, cardamom, turmeric, chilli powder, ginger, garlic puree, paprika.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 107KCal (453KJ). Fat 3.6g (of which saturated fat 1.6g).
Carbohydrates 16.00g (of which sugar 3.3g). Fibre 1.2g. Protein 1.9g. Salt <0.01g.
- 13 Fri **TUNA PASTA BAKE**
Durum wheat pasta, tomatoes, tomato puree, tuna, carrots, milk, water, maize corn, onions, spinach, wheat flour, butter, potato starch, olive oil, garlic, basil.
Ingredients in bold script contain allergens; gluten, fish and milk (lactose).
Nutritional Information Per 100g: Energy 115KCal (487KJ). Fat 2.27g (of which saturated fat 0.85g).
Carbohydrates 35.45g (of which sugar 3.59g). Fibre 2.06g. Protein 78.37g. Salt <0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Standard Menu October 2017.xlsm



16	Mon	PASTA NAPOLI Durum wheat pasta, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic. Ingredients in bold script contain allergens; gluten. Nutritional Information Per 100g: Energy 78KCal (333Kj). Fat 1.01g (of which saturated fat 0.23g). Carbohydrates 28.11g (of which sugar 2.85g). Fibre 2.15g. Protein 5.56g. Salt < 0.01g.
17	Tue	LAMB NAVARIN & POTATO Potatoes, Lamb, carrots, chopped tomatoes, swede, water, peas, onions, garlic, olive oil. Nutritional Information Per 100g: Energy 75KCal (309Kj). Fat 1.72g (of which saturated fat 0.78g). Carbohydrates 10.94g (of which sugar 1.81g). Fibre 1.52. Protein 4.54g. Salt < 0.01g.
18	Wed	LASAGNE Beef (Irish), durum wheat lasagne, tomatoes, carrots, tomato puree, water, milk, peppers, onions, spinach, flour, butter, potato starch, olive oil, garlic, oregano. Ingredients in bold script contain allergens; gluten and milk (lactose). Nutritional Information Per 100g: Energy 141 KCal (597 Kj). Fat 3.74g (of which saturated fat 1.6g). Carbohydrates 10.32g (of which sugar 2.88g). Fibre 1.29g. Protein 7.27g. Salt < 0.01g.
19	Thu	PORK MIXED VEG WITH APRICOT & POTATO 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 (337 Kj). Fat 1.54 g (of which saturated fat 0.39 g). Carbohydrates 11.12 g (of which sugar 1.87g). Fibre 1.33g. Protein 6.02 g. Salt < 0.01g.
20	Fri	COD PROVENCAL & RICE 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 208 KCal (885Kj). Fat 2.42g (of which saturated fat 0.26g). Carbohydrates 42.8g (of which sugar 1.65g). Fibre 0.85g. Protein 6.59g. Salt < 0.01g.
23	Mon	MEXICAN CHICKEN & RICE Rice, chicken, tomatoes, carrots, maize corn, tomato puree, water, peppers, onions, potato starch, olive oil, garlic, parsley, chives. Nutritional Information Per 100g: Energy 109KCal (463Kj). Fat 1.54g (of which saturated fat 0.82g). Carbohydrates 17.65g (of which sugar 1.45g). Fibre 1.3g. Protein 6.81g. Salt < 0.01g.
24	Tue	COTTAGE PIE Potatoes, beef (Irish), water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano. Nutritional Information Per 100g: Energy 82 KCal (345 Kj). Fat 1.89g (of which saturated fat 0.66g). Carbohydrates 10.19 g (of which sugar 1.29 g). Fibre 1.2 g. Protein 4.98 g. Salt < 0.01g.
25	Wed	VEGETABLE PASTA BAKE Durum wheat pasta, 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) Nutritional Information Per 100g: Energy 100KCal (432Kj). Fat 2.g (of which saturated fat 0.8g). Carbohydrates 34.16g (of which sugar 3.54g). Fibre 2.15g. Protein 6.46g. Salt < 0.01g.
26	Thu	CARIBBEAN TURKEY CURRY & RICE Rice, turkey, coconut milk, butternut squash, peppers, beans, peas, onions, water, olive oil, pineapple, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, paprika, garlic. Ingredients in bold script contain allergens; mustard Nutritional Information Per 100g: Energy 123KCal (516Kj). Fat 3.42g (of which saturated fat 1.98g). Carbohydrates 17.06g (of which sugar 0.81g). Fibre 1.19g. Protein 7.17g. Salt < 0.01g.
27	Fri	FISH & PASTA PIE 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 98KCal (419Kj). Fat 1.18g (of which saturated fat 0.21g). Carbohydrates 34.44g (of which sugar 3.45g). Fibre 2.09g. Protein 8.27g. Salt < 0.01g.
30	Mon	
31	Tue	SHEPHERD'S PIE Potatoes, lamb, water, carrots, swedes, peas, onions, tomato puree, potato starch, olive oil, garlic, oregano. Nutritional Information Per 100g: Energy 76 KCal (318Kj). Fat 2.46g (of which saturated fat 1.01). Carbohydrates 9.29g (of which sugar 1.47g). Fibre 1.23g. Protein 5.11g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Vegetarian Menu October 2017.xlsm



- 2 Mon **VEGETABLE TANGIA & RICE** Rice, chopped tomatoes, butternut squash, water, peppers, spinach, sultanas, tomato puree, onions, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.
Ingredients in bold script contain allergens; Mustard
Nutritional Information Per 100g: Energy 109KCal (KJ). 455 Fat 0.52g (of which saturated fat 0.52g).
Carbohydrates 19.38g (of which sugar 1.45g). Fibre 2.42g. Protein 3.98g. Salt < 0.04g.
- 3 Tue **SWEET POTATO & VEGETABLE CASSEROLE MASHED POTATO**
Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic.
Nutritional Information Per 100g: Energy 73KCal (309KJ). Fat 1.17g (of which saturated fat 0.24g).
Carbohydrates 16.65g (of which sugar 1.82g). Fibre 2.05g. Protein 3.59g. Salt < 0.06g.
- 4 Wed **VEGETABLE KORMA & RICE**
Rice, coconut milk, butternut squash, peppers, beans, peas, onions, water, pineapple, 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 112KCal (552KJ). Fat 2.97g (of which saturated fat 154g).
Carbohydrates 20.5g (of which sugar 0.83g). Fibre 1.49g. Protein 2.3g. Salt < 0.01g.
- 5 Thu **PASTA WITH VEGETABLE BOLOGNAISE**
Durum wheat pasta, tomatoes, tomato puree, carrots, water, peppers, spinach, onions, lentils, courgettes, potato starch, olive oil, basil, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 93KCal (394KJ). Fat 1.05g (of which saturated fat 0.22g).
Carbohydrates 36.16g (of which sugar 3.6). Fibre 2.31g. Protein 6.74g. Salt < 0.01g.
- 6 Fri **CREAMY VEGETABLE PIE**
Potatoes, carrots, maize corn, milk, peas, water, broad beans, **cream**, onions, potato starch, parsley, garlic.
Ingredients in bold script contain allergens; milk (lactose).
Nutritional Information Per 100g: Energy 75 KCal (273KJ). Fat 2.03g (of which saturated fat 0.82g).
Carbohydrates 12.32g (of which sugar 1.94 g). Fibre 1.87g. Protein 2.55g. Salt < 0.01g.
- 9 Mon **MILD CHILLI WITH VEGETABLES & RICE**
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).
Nutritional Information Per 100g: Energy 92 KCal (389KJ). Fat 1.26g (of which saturated fat 0.65g).
Carbohydrates 20.43g (of which sugar 2.48g). Fibre 1.91g Protein 3.4g. Salt < 0.01g.
- 10 Tue **SWEET POTATO With VEGETABLE CASSEROLE & MASHED POTATO**
Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, sunflower oil, dextrose, tomato puree, oregano, garlic.
Nutritional Information Per 100g: Energy KCal (KJ) Fat g (of which saturated fat g).
Carbohydrates g (). Fibre g. Protein g. Salt < 0.01g.
- 11 Wed **GREEK VEGETABLE HOTPOT & SAUTE POTATOES**
Potatoes, tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, sunflower oil, dextrose, garlic puree, parsley.
Nutritional Information Per 100g: Energy 91KCal (385KJ). Fat 2.58g (of which saturated fat 0.39g).
Carbohydrates 14.96g (of which sugar 1.55). Fibre 1.92g. Protein 1.67g. Salt < 0.01g.
- 12 Thu **MILD BUTTERNUT SQUASH & BEAN CURRY WITH RICE**
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, cardamom, turmeric, chilli powder, ginger, garlic puree, paprika.
Contains mustard.
Nutritional Information Per 100g: Energy 107KCal (453KJ). Fat 3.6g (of which saturated fat 1.6g).
Carbohydrates 16.00g (of which sugar 3.3g). Fibre 1.2g. Protein 1.9g. Salt < 0.01g.
- 13 Fri **VEGETABLE PASTA BAKE**
Durum wheat pasta, 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)
Nutritional Information Per 100g: Energy 100KCal (423KJ). Fat 2g (of which saturated fat 0.8g).
Carbohydrates 34.16g (of which sugar 3.4g). Fibre 2.15g. Protein 6.46g. Salt < 0.01g.
- 16 Mon **PASTA NAPOLI**
Durum wheat pasta, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 178KCal (762KJ). Fat 1.18g (of which saturated fat 0.14g).
Carbohydrates 18.74g (of which sugar 2.78g). Fibre 1.83g. Protein 4.4g. Salt < 0.01g.

All beef used is of Irish origin

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Vegetarian Menu October 2017.xlsm



17 Tue VEGETABLE NAVARIN & POTATO

Potatoes, carrots, chopped tomatoes, swede, water, peas, broad beans, french beans, onions, garlic, olive oil.

Nutritional Information Per 100g: Energy 75KCal (210Kj). Fat 0.2g (of which saturated fat 0.04g).

Carbohydrates 10.94g (of which sugar 1.22g). Fibre 1.77g. Protein 1.81g. Salt < 0.01g.

18 Wed VEGETABLE LASAGNE

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

Ingredients in bold script contain; gluten, milk (lactose)

Nutritional Information Per 100g: Energy 112KCal (473Kj). Fat 2.49g (of which saturated fat 0.95g).

Carbohydrates 20.34g (of which sugar 3.39g). Fibre 1.67g. Protein 4.81g. Salt < 0.01g.

19 Thu MIXED VEGETABLES WITH APRICOT & POTATO

Potatoes, carrots, sweet potato, swedes, water, lentils, 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 61 KCal (260Kj). Fat 0.26 g (of which saturated fat 0.11g).

Carbohydrates 15.31g (of which sugar 2.2g). Fibre 1.87g. Protein 2.67g. Salt < 0.01g.

20 Fri VEGETABLE PROVENCAL & RICE

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

Nutritional Information Per 100g: Energy 87KCal (370Kj). Fat 1.14g (of which saturated fat 0.66).

Carbohydrates 19.15g (of which sugar 2.17g). Fibre 1.59g. Protein 2.75g. Salt < 0.01g.

23 Mon MEXICAN QUORN & RICE

Rice, Quorn (mycoprotein 89% rehydrated freerange egg white, natural flavouring, firming agent, calcium chloride, calcium acetate, gelling agent-pectin), tomatoes, carrots, corn, peppers, water, tomato puree, onions, olive oil, parsley, chives, potato starch, garlic.

Ingredients in bold script contain allergens; egg

Nutritional Information Per 100g: Energy 98KCal (415Kj). Fat 1.68g (of which saturated fat 0.89).

Carbohydrates 17.73g (of which sugar 1.62g). Fibre 2.03g. Protein 4.09g. Salt 0.1g.

24 Tue COTTAGE VEGETABLE & POTATO PIE

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

Nutritional Information Per 100g: Energy 65KCal (273Kj). Fat 1.28g (of which saturated fat 0.32g).

Carbohydrates 15.24g (of which sugar 1.94g). Fibre 2.04g. Protein 4.05g. Salt < 0.01g.

25 Wed VEGETABLE PASTA BAKE

Durum wheat pasta, 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)

Nutritional Information Per 100g: Energy 177KCal (757Kj). Fat 2.11g (of which saturated fat 0.72g).

Carbohydrates 18.32g (of which sugar 2.8g). Fibre 1.72g. Protein 4.33g. Salt < 0.01g.

26 Thu CARIBBEAN VEGETABLE CURRY & RICE

Rice, coconut milk, butternut squash, peppers, beans, peas, onions, water, olive oil, pineapple, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, paprika, garlic.

Ingredients in bold script contain allergens; mustard

Nutritional Information Per 100g: Energy 113KCal (476Kj). Fat 4.41g (of which saturated fat 2.45)

Carbohydrates 18.17g (of which sugar 1.15g). Fibre 1.42g. Protein 1.79g. Salt < 0.01g.

27 Fri VEGETABLE & PASTA PIE

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.

Nutritional Information Per 100g: Energy 78KCal (333Kj). Fat 1.01g (of which saturated fat 0.23g).

Carbohydrates 28.11g (of which sugar 3.85g). Fibre 2.15g. Protein 5.56g. Salt < 0.01g.

30 Mon

31 Tue

SHEPHERD'S VEGETABLE & POTATO PIE

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

Nutritional Information Per 100g: Energy 65KCal (201Kj). Fat 0.73g (of which saturated fat 0.15g).

Carbohydrates 10.02g (of which sugar 1.91g). Fibre 1.5g. Protein 1.5g. Salt < 0.01g.

All beef used is of Irish origin

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

Non Beef or Pork Menu October 2017.xlsm



- 2 Mon **LAMB TANGIA & RICE**
Rice, lamb, tomatoes, carrots, water, peppers, sultanas, tomato puree, spinach, onions, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 110KCal (466KJ). Fat 2.3g (of which saturated fat 0.1.27g).
Carbohydrates 19.12g (of which sugar 0.78). Fibre 1.25g. Protein 4.86g. Salt <0.01g.
- 3 Tue **TURKEY CASSEROLE & MASHED POTATO**
Potatoes, turkey, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.
Nutritional Information Per 100g: Energy 82KCal (336KJ). Fat .19g (of which saturated fat 0.19g).
Carbohydrates 12.59g (of which sugar 1.47g). Fibre 1.38g. Protein 6.71g. Salt < 0.01g.
- 4 Wed **TURKEY KORMA & RICE**
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 119 KCal (499 KJ). Fat 3.1g (of which saturated fat 1.94g).
Carbohydrates 17.28g (of which sugar 55g). Fibre 1.12g. Protein 6.5g. Salt < 0.01g.
- 5 Thu **PASTA BOLOGNAISE**
Durum wheat pasta, turkey, tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, olive oil, oregano, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 114KCal (479KJ). Fat 1.46g (of which saturated fat 0.3g).
Carbohydrates 34.49g (of which sugar 3.51g). Fibre 2.04. Protein 11.43g. Salt < 0.01g.
- 6 Fri **CREAMY FISH PIE**
Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream**, potato starch, dill, garlic
Ingredients in bold script contain allergens; fish and milk (lactose).
Nutritional Information Per 100g: Energy 78 KCal (331KJ). Fat 2g (of which saturated fat 0.86g).
Carbohydrates 11.28 g (of which sugar 1.75 g). Fibre 1.24 g. Protein 4.47g. Salt < 0.01g.
- 9 Mon **MILD CHILLI CON CARNE & RICE**
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).
Nutritional Information Per 100g: Energy 106KCal (446KJ). Fat 1.33g (of which saturated fat 0.67g).
Carbohydrates 17.13g (of which sugar 1.84g). Fibre 1.45g. Protein 7.42g. Salt < 0.01g.
- 10 Tue **CHICKEN CASSEROLE & POTATO**
Potatoes, Chicken, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.
Nutritional Information Per 100g: Energy 74 KCal (348KJ). Fat 1.14g (of which saturated fat 0.25g).
Carbohydrates 11.46g (of which sugar 0.9g). Fibre 1.57g. Protein 4.74g. Salt < 0.01g.
- 11 Wed **GREEK HOTPOT & SAUTE POTATOES**
Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, sunflower oil, dextrose, garlic puree, parsley.
Nutritional Information Per 100g: Energy 110KCal (508KJ). Fat 2.71g (of which saturated fat 0.45g).
Carbohydrates 14.06g (of which sugar 1.33). Fibre 1.76g. Protein 6.86g. Salt < 0.01g.
- 12 Thu **MILD BUTTERNUT SQUASH & BEAN CURRY WITH RICE**
Rice, butternut squash, coconut milk, diced potato, peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree, coriander, cumin, mustardseed, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, paprika.
Contains mustard.
Nutritional Information Per 100g: Energy 107KCal (453KJ). Fat 3.6g (of which saturated fat 1.6g).
Carbohydrates 16.00g (of which sugar 3.3g). Fibre 1.2g. Protein 1.9g. Salt < 0.01g.
- 13 Fri **TUNA PASTA BAKE**
Durum wheat pasta, tomatoes, tomato puree, **tuna**, carrots, **milk**, water, maize corn, onions, spinach, **wheat flour**, butter, potato starch, olive oil, garlic, basil.
Ingredients in bold script contain allergens; gluten, fish and milk (lactose).
Nutritional Information Per 100g: Energy 115KCal (487KJ). Fat 2.27g (of which saturated fat 0.85g).
Carbohydrates 35.45g (of which sugar 3.59g). Fibre 2.06g. Protein 78.37g. Salt < 0.01g.
- 16 Mon **PASTA NAPOLI**
Durum wheat pasta, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, potato starch, olive oil, basil, garlic.
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 78KCal (333KJ). Fat 1.01g (of which saturated fat 0.23g).
Carbohydrates 28.11g (of which sugar 3.85g). Fibre 2.15g. Protein 5.56g. Salt < 0.01g.
- 17 Tue **LAMB NAVARIN & POTATO**
Potatoes, Lamb, carrots, chopped tomatoes, swede, water, peas, onions, garlic, olive oil.
Nutritional Information Per 100g: Energy 75KCal (309KJ). Fat 1.72g (of which saturated fat 0.78g).
Carbohydrates 10.94g (of which sugar 1.81g). Fibre 1.52. Protein 4.54g. Salt < 0.01g.
- 18 Wed **LASAGNE**
Turkey, durum wheat lasagne, tomatoes, carrots, tomato puree, water, **milk**, peppers, onions, spinach, **flour**, **butter**, potato starch, olive oil, garlic, oregano.
Ingredients in bold script contain allergens; gluten and milk (lactose).
Nutritional Information Per 100g: Energy 123KCal (517KJ). Fat 2.48g (of which saturated fat 0.91g).
Carbohydrates 16.14g (of which sugar 2.77g). Fibre 1.32g. Protein 10.14g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Non Beef or Pork Menu October 2017.xlsm



- 19 Thu **TURKEY MIXED VEG WITH APRICOT & POTATO**
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.
Nutritional Information Per 100g: Energy 76 KCal (312KJ). Fat .86g (of which saturated fat 0.2g).
Carbohydrates 11.12g (of which sugar 1.87g). Fibre 1.33g. Protein 6.5g. Salt < 0.01g.
- 20 Fri **COD PROVENCAL & RICE**
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 208 KCal (885KJ). Fat 2.42g (of which saturated fat 0.26g).
Carbohydrates 42.8g (of which sugar 1.65g). Fibre 0.85g. Protein 6.59g. Salt < 0.01g.
- 23 Mon **MEXICAN CHICKEN & RICE**
Rice, chicken, tomatoes, carrots, maize corn, tomato puree, water, peppers, onions, potato starch, olive oil, garlic, parsley, chives.
Nutritional Information Per 100g: Energy 109KCal (463KJ). Fat 1.54g (of which saturated fat 0.82g).
Carbohydrates 17.65g (of which sugar 1.45g). Fibre 1.3g. Protein 6.81g. Salt < 0.01g.
- 24 Tue **COTTAGE PIE**
Potatoes, turkey, water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.
Nutritional Information Per 100g: Energy 70 KCal (287KJ). Fat 0.79g (of which saturated fat 0.19g).
Carbohydrates 9.59g (of which sugar 1.46g). Fibre 1.25g. Protein 6.65g. Salt < 0.01g.
- 25 Wed **VEGETABLE PASTA BAKE**
Durum wheat pasta, 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)
Nutritional Information Per 100g: Energy 100KCal (432KJ). Fat 2g (of which saturated fat 0.8g).
Carbohydrates 34.16g (of which sugar 3.54g). Fibre 2.15g. Protein 6.46g. Salt < 0.01g.
- 26 Thu **CARIBBEAN TURKEY CURRY & RICE**
Rice, turkey, coconut milk, butternut squash, peppers, beans, peas, onions, water, olive oil, pineapple, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, paprika, garlic.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 123KCal (516KJ). Fat 3.42g (of which saturated fat 1.98g).
Carbohydrates 17.06g (of which sugar 0.81g). Fibre 1.19g. Protein 7.17g. Salt < 0.01g.
- 27 Fri **FISH & PASTA PIE**
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 98KCal (419KJ). Fat 1.18g (of which saturated fat 0.21g).
Carbohydrates 34.44g (of which sugar 3.45g). Fibre 2.09g. Protein 8.27g. Salt < 0.01g.
- 30 Mon
- 31 Tue **SHEPHERD'S PIE**
Potatoes, lamb, water, carrots, swedes, peas, onions, tomato puree, potato starch, olive oil, garlic, oregano.
Nutritional Information Per 100g: Energy 76 KCal (318KJ). Fat 2.46g (of which saturated fat 1.01g).
Carbohydrates 9.29g (of which sugar 1.47g). Fibre 1.23g. Protein 5.11g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Chopped or Pureed Menu October 2017.xlsm



- 2 Mon **LAMB TANGIA & POTATO**
Potatoes, lamb, carrots, peppers, sultanas, spinach, peas, tomatoes, water, onions, olive oil.
Nutritional Information Per 100g: Energy 65KCal (272KJ). Fat 2.18g (of which saturated fat 1.02g).
Carbohydrates 7.46g (of which sugar 2.01g). Fibre 1.52g. Protein 4.96g. Salt < 0.01g.
- 3 Tue **BEEF CASSEROLE & POTATO**
Potatoes, carrots, beef (Irish), water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.
Nutritional Information Per 100g: Energy 69KCal (283KJ). Fat 1.49g (of which saturated fat 0.65g).
Carbohydrates 7.39g (of which sugar 1.82g). Fibre 1.68g. Protein 5.06g. Salt < 0.01g.
- 4 Wed **TURKEY, MIXED VEGETABLES & POTATO**
Potatoes, carrots, turkey, water, sweet potatoes, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 66KCal (276KJ). Fat 1.05g (of which saturated fat 0.28g).
Carbohydrates 7.98g (of which sugar 2.06g). Fibre 1.61g. Protein 6.68g. Salt < 0.01g.
- 5 Thu **BOLOGNAISE SAUCE & POTATO**
Potato carrots, beef (Irish) water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 69KCal (281KJ). Fat 1.91g (of which saturated fat 0.75g).
Carbohydrates 6.85g (of which sugar 2.08g). Fibre 1.21g. Protein 4.43g. Salt < 0.01g.
- 6 Fri **CHICKEN & VEGETABLE PIE**
Potatoes, carrots, chicken, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 62KCal (260KJ). Fat 0.56g (of which saturated fat 0.33g).
Carbohydrates 8.13g (of which sugar 2.16g). Fibre 1.67g. Protein 6.2g. Salt < 0.01g.
- 9 Mon **BEEF VEGETABLES TOMATO & POTATO**
Potato, carrots, beef (Irish), water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 27KCal (280 KJ). Fat 2.03g (of which saturated fat 0.73g).
Carbohydrates 6.1g (of which sugar 1.7g). Fibre 1.25g. Protein 4.65g. Salt < 0.01g.
- 10 Tue **CHICKEN CASSEROLE & POTATO**
Potatoes, carrots, chicken, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 72KCal (306KJ). Fat 0.7g (of which saturated fat 0.34g).
Carbohydrates 11.27g (of which sugar 1.48g). Fibre 1.53g. Protein 5.81g. Salt < 0.01g.
- 11 Wed **GREEK HOTPOT & MASHED POTATO**
Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, sunflower oil, dextrose, parsley.
Nutritional Information Per 100g: Energy 68KCal (284KJ). Fat 2.08g (of which saturated fat 0.89g).
Carbohydrates 6.19g (of which sugar 1.7g). Fibre 1.19g. Protein 4.7g. Salt < 0.01g.
- 12 Thu **BUTTERNUT SQUASH & BEAN PIE**
Carrots, potatoes, swedes, water, butternut squash, beans, onions, olive oil.
Nutritional Information Per 100g: Energy 46KCal (287KJ). Fat 0.74g (of which saturated fat 0.2g).
Carbohydrates 9.34g (of which sugar 2.16g). Fibre 1.61g. Protein 1.34g. Salt < 0.01g.
- 13 Fri **TURKEY & VEGETABLES WITH TOMATO & POTATO**
Potatoes, carrots, turkey, water, courgettes, peppers, tomatoes, onions olive oil.
Nutritional Information Per 100g: Energy 57KCal (234KJ). Fat 0.93g (of which saturated fat 0.28g).
Carbohydrates 6.85g (of which sugar 1.85g). Fibre 1.18g. Protein 5.89g. Salt < 0.01g.
- 16 Mon **NAPOLI SAUCE & POTATO**
Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion.
Nutritional Information Per 100g: Energy 42KCal (173KJ). Fat 0.76g (of which saturated fat 0.26g).
Carbohydrates 10.27g (of which sugar 2.07g). Fibre 1.67g. Protein 2.17g. Salt < 0.01g.
- 17 Tue **LAMB NAVARIN & POTATO**
Potatoes, carrots, Lamb, chopped tomatoes, water, peas, swede, onions, olive oil.
Nutritional Information Per 100g: Energy 65KCal (272KJ). Fat 2.13g (of which saturated fat 1.02g).
Carbohydrates 7.44g (of which sugar 1.97g). Fibre 1.52. Protein 4.96g. Salt < 0.01g.
- 18 Wed **BOLOGNAISE SAUCE & POTATO**
Potato carrots, beef (Irish) water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 67KCal (281KJ). Fat 1.91g (of which saturated fat 0.75g).
Carbohydrates 6.85g (of which sugar 2.08g). Fibre 1.21g. Protein 4.43g. Salt < 0.01g.
- 19 Thu **TURKEY MIXED VEG WITH APRICOTS & POTATO**
Potatoes, turkey, carrot, water, butternut squash, peas, apricots, onion, olive oil.
Nutritional Information Per 100g: Energy 66KCal (277KJ). Fat 1.05g (of which saturated fat 0.28g).
Carbohydrates 8.2g (of which sugar 2.42g). Fibre 1.58g. Protein 6.67g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Chopped or Pureed Menu October 2017.xlsm



- 20 Fri **CHICKEN WITH PROVENCAL VEG & POTATO**
Potatoes, chicken, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 58KCal (246Kj). Fat 1.44g (of which saturated fat 0.38g).
Carbohydrates 6.8g (of which sugar 1.69g). Fibre 1.23g. Protein 5.01g. Salt < 0.01g.
- 23 Mon **MEXICAN CHICKEN AND POTATO**
Potatoes, carrots, chicken, butternut squash, peas, water, tomato, onions, olive oil.
Nutritional Information Per 100g: Energy 59KCal (250Kj). Fat 1.13g (of which saturated fat 0.43g).
Carbohydrates 6.8237g (of which sugar 1.83g). Fibre 1.39g. Protein 5.89g. Salt < 0.01g.
- 24 Tue **COTTAGE PIE**
Potatoes, carrots, Beef (irish), swedes, peas, water, tomato puree, onions, olive oil.
Nutritional Information Per 100g: Energy 67KCal (280Kj). Fat 1.87g (of which saturated fat 0.66g).
Carbohydrates 6.71g (of which sugar 2g). Fibre 1.49g. Protein 4.6g. Salt < 0.01g.
- 25 Wed **VEGETABLE BOLOGNAISE & POTATO**
Carrots, potatoes, butternut squash, water, tomatoes, peppers, lentils, onions, olive oil
Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 26 Thu **TURKEY MIXED VEG WITH BUTTERNUT SQUASH & POTATO**
Potatoes, turkey, carrot, water, butternut squash, peppers, onion, olive oil.
Nutritional Information Per 100g: Energy 74KCal (303Kj). Fat 1.93g (of which saturated fat 0.38g).
Carbohydrates 5.7g (of which sugar 1.08g). Fibre 0.82g. Protein 8.86 g. Salt < 0.01g.
- 27 Fri **TURKEY, ITALIAN STYLE VEG & POTATO**
Potatoes, turkey, carrots, chopped tomatoes, lentils, water, peppers, courgette, tomato puree, spinach, onion.
Nutritional Information Per 100g: Energy 76KCal (310Kj). Fat 1.09g (of which saturated fat 0.4g).
Carbohydrates 6.64g (of which sugar 1.65g). Fibre 1.16g. Protein 5.37. Salt < 0.01g.
- 30 Mon
- 31 Tue **SHEPHERD'S PIE**
Potatoes, carrots, lamb, water, butternut squash, peas, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 75KCal (314Kj). Fat 2g 2.39 (of which saturated fat 0.98g).
Carbohydrates 9.32g (of which sugar 1.45g). Fibre 1.21g. Protein 4.98g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Veg Chopped or Pureed Menu October 2017.xlsm



- 2 Mon **VEG TANGIA & POTATO**
Potatoes, carrots,peppers, sultanas,spinach, peas, tomatoes, water, onions, olive oil.
Nutritional Information Per 100g: Energy 65KCal (272Kj). Fat 2.18g (of which saturated fat 1.02g).
Carbohydrates 7.46g (of which sugar 2.01g). Fibre 1.52g. Protein 4.96g. Salt < 0.01g.
- 3 Tue **VEG CASSEROLE & POTATO**
Potatoes, sweet potato,carrots, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.
Nutritional Information Per 100g: Energy 75KCal (313Kj). Fat 0.7g (of which saturated fat 0.31g).
Carbohydrates 16.27g (of which sugar 3.05g). Fibre 2.99. Protein 5.99g. Salt < 0.01g.
- 4 Wed **VEGETABLES WITH TOMATO & POTATO**
Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil.
Nutritional Information Per 100g: Energy 42KCal (176Kj). Fat 0.83g (of which saturated fat 0.19g).
Carbohydrates 7.91g (of which sugar 1.96). Fibre 1.43g. Protein 1.2g. Salt < 0.01g.
- 5 Thu **VEG BOLOGNAISE SAUCE & POTATO**
Potato carrots, water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07g). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 6 Fri **VEGETABLE PIE**
Potatoes, carrots, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 57KCal (263Kj). Fat 0.86g (of which saturated fat 0.15g).
Carbohydrates 9.81g (of which sugar 2.52g). Fibre 2.99g. Protein 3.16g. Salt < 0.01g.
- 9 Mon **VEG BOLOGNAISE SAUCE & POTATO**
Potato carrots, water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07g). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 10 Tue **VEG CASSEROLE & POTATO**
Potatoes, carrots,water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 75KCal (313Kj). Fat 0.7g (of which saturated fat 0.31g).
Carbohydrates 11.27g (of which sugar 1.48g). Fibre 1.53g. Protein 5.81g. Salt < 0.01g.
- 11 Wed **VEG HOTPOT & MASHED POTATO**
Potatoes, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, onions,olive oil, parsley.
Nutritional Information Per 100g: Energy 39KCal (167Kj). Fat 0.89g (of which saturated fat 0.26g).
Carbohydrates 7.31g (of which sugar 2g). Fibre 1.41g. Protein 1.09g. Salt < 0.01g.
- 12 Thu **BUTTERNUT SQUASH & BEAN PIE**
Carrots, potatoes, swedes, water, butternut squash, beans, onions, olive oil.
Nutritional Information Per 100g: Energy 46KCal (287Kj). Fat 0.74g (of which saturated fat 0.2g).
Carbohydrates 9.34g (of which sugar 2.16g). Fibre 1.61g. Protein 1.34g. Salt < 0.01g.
- 13 Fri **VEGETABLES WITH TOMATO & POTATO**
Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil.
Nutritional Information Per 100g: Energy 40KCal (170Kj). Fat 0.8g (of which saturated fat 0.23g).
Carbohydrates 7.7g (of which sugar 1.91g). Fibre 1.35g. Protein 1.11g. Salt < 0.01g.
- 16 Mon **NAPOLI SAUCE & POTATO**
Potatoes, carrot, chopped tomatoes, lentils,water, tomato puree, spinach, peppers, courgettes, onion.
Nutritional Information Per 100g: Energy 42KCal (173Kj). Fat 0.76g (of which saturated fat 0.26g).
Carbohydrates 10.27g (of which sugar 2.07g). Fibre 1.67g. Protein 2.17g. Salt < 0.01g.
- 17 Tue **VEGETABLE NAVARIN & POTATO**
Potatoes, carrots, chopped tomatoes,water,peas,swede, onions, olive oil.
Nutritional Information Per 100g: Energy 50KCal (210Kj). Fat 0.2g (of which saturated fat 0.04).
Carbohydrates 10.94g (of which sugar 1.22g). Fibre 1.77gm. Protein 1.81g. Salt < 0.01g.
- 18 Wed **VEG BOLOGNAISE SAUCE & POTATO**
Potato carrots, water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07g). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 19 Thu **MIXED VEG WITH APRICOTS & POTATO**
Potatoes, carrot, water, butternut squash, peas, apricots,onion, olive oil.
Nutritional Information Per 100g: Energy 50KCal (211Kj). Fat 0.93g (of which saturated fat 0.22).
Carbohydrates 9.71g (of which sugar 2.86g). Fibre 1.88g. Protein 1.46g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Veg Chopped or Pureed Menu October 2017.xlsm



- 20 Fri **PROVENÇAL VEG & POTATO**
Potatoes, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 42KCal (176Kj). Fat 0.83 (of which saturated fat 0.19g).
Carbohydrates 7.91g (of which sugar 1.69g). Fibre 1.43g. Protein 1.2. Salt < 0.01g.
- 23 Mon **MEXICAN VEG AND POTATO**
Potatoes, carrots, butternut squash, peas, water, tomato, onions, olive oil.
Nutritional Information Per 100g: Energy 53KCal (240Kj). Fat 0.93g (of which saturated fat 0.22g).
Carbohydrates 9.74g (of which sugar 2.83g). Fibre 1.39g. Protein 2.6g. Salt < 0.01g.
- 24 Tue **VEGETABLE PIE**
Potatoes, carrots, swedes, peas, water, tomato puree, onions, olive oil.
Nutritional Information Per 100g: Energy 67KCal (280Kj). Fat 1.87g (of which saturated fat 0.66g).
Carbohydrates 6.71g (of which sugar 2g). Fibre 1.49g. Protein 4.6g. Salt < 0.01g.
- 25 Wed **VEGETABLE BOLOGNAISE & POTATO**
Carrots, potatoes, butternut squash, water, tomatoes, peppers, lentils, onions, olive oil
Nutritional Information Per 100g: Energy 46KCal (194Kj). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 26 Thu **MIXED VEG WITH BUTTERNUT SQUASH & POTATO**
Potatoes, carrot, water, butternut squash, peppers, onion, olive oil.
Nutritional Information Per 100g: Energy 54KCal (234Kj). Fat 0.91g (of which saturated fat 0.26g).
Carbohydrates 6.9 (of which sugar 1.08g). Fibre 1.7g. Protein 1.46g. Salt < 0.01g.
- 27 Fri **ITALIAN STYLE VEG & POTATO**
Potatoes, carrots, chopped tomatoes, lentils, water, peppers, courgette, tomato puree, spinach, onion.
Nutritional Information Per 100g: Energy 56KCal (235Kj). Fat .93g (of which saturated fat 0.4g).
Carbohydrates 6.64g (of which sugar 1.65g). Fibre 1.16g. Protein 5.37. Salt < 0.01g.
- 30 Mon
- 31 Tue **VEGETABLE SHEPHERD'S PIE**
Potatoes, carrots, water, butternut squash, peas, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 54KCal (234Kj). Fat 0.91 (of which saturated fat 0.26g).
Carbohydrates 6.9g (of which sugar 1.08). Fibre 1.71g. Protein 1.46g. Salt < 0.01g.

Non Beef Chopped or Pureed Menu October 2017.xlsm



- 2 Mon **LAMB TANGIA & POTATO**
Potatoes, lamb, carrots, peppers, sultanas, spinach, peas, tomatoes, water, onions, olive oil.
Nutritional Information Per 100g: Energy 65KCal (272KJ). Fat 2.18g (of which saturated fat 1.02g).
Carbohydrates 7.46g (of which sugar 2.01g). Fibre 1.52g. Protein 4.96g. Salt < 0.01g.
- 3 Tue **TURKEY CASSEROLE & POTATO**
Potatoes, turkey, water, peas, swede, french beans, broad beans, onion, olive oil, tomato puree.
Nutritional Information Per 100g: Energy 57KCal (234KJ). Fat 0.93g (of which saturated fat 0.28g).
Carbohydrates 6.85g (of which sugar 1.85g). Fibre 1.18g. Protein 5.89g. Salt < 0.01g.
- 4 Wed **TURKEY, MIXED VEGETABLES & POTATO**
Potatoes, carrots, turkey, water, sweet potatoes, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 66KCal (276KJ). Fat 1.05g (of which saturated fat 0.28g).
Carbohydrates 7.98g (of which sugar 2.06g). Fibre 1.61g. Protein 6.68g. Salt < 0.01g.
- 5 Thu **BOLOGNAISE SAUCE & POTATO**
Potato carrots, turkey water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 57KCal (237KJ). Fat 0.93g (of which saturated fat 0.30g).
Carbohydrates 6.85g (of which sugar 2.08g). Fibre 1.21g. Protein 5.88g. Salt < 0.01g.
- 6 Fri **CHICKEN & VEGETABLE PIE**
Potatoes, carrots, chicken, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 62KCal (260KJ). Fat 0.56g (of which saturated fat 0.33g).
Carbohydrates 8.13g (of which sugar 2.16g). Fibre 1.67g. Protein 6.2g. Salt < 0.01g.
- 9 Mon **TURKEY & VEGETABLES WITH TOMATO & POTATO**
Potatoes, carrots, turkey, water, courgettes, peppers, tomatoes, onions olive oil.
Nutritional Information Per 100g: Energy 56KCal (234KJ). Fat 1g (of which saturated fat 0.26g).
Carbohydrates 6.1g (of which sugar 1.7g). Fibre 1.25g. Protein 6.16g. Salt < 0.01g.
- 10 Tue **CHICKEN CASSEROLE & POTATO**
Potatoes, carrots, chicken, water, sweet potato, peas, onions, olive oil.
Nutritional Information Per 100g: Energy 72KCal (306KJ). Fat 0.7g (of which saturated fat 0.34g).
Carbohydrates 11.27g (of which sugar 1.48g). Fibre 1.53g. Protein 5.81g. Salt < 0.01g.
- 11 Wed **GREEK HOTPOT & POTATO**
Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, onions, potato starch, olive oil, parsley.
Nutritional Information Per 100g: Energy 57KCal (234KJ). Fat 0.93g (of which saturated fat 0.28g).
Carbohydrates 6.85g (of which sugar 1.85g). Fibre 1.18g. Protein 5.89g. Salt < 0.01g.
- 12 Thu **BUTTERNUT SQUASH & BEAN PIE**
Carrots, potatoes, swedes, water, butternut squash, beans, onions, olive oil.
Nutritional Information Per 100g: Energy 46KCal (287KJ). Fat 0.74g (of which saturated fat 0.2g).
Carbohydrates 9.34g (of which sugar 2.16g). Fibre 1.61g. Protein 1.34g. Salt < 0.01g.
- 13 Fri **TURKEY & VEGETABLES WITH TOMATO & POTATO**
Potatoes, carrots, turkey, water, courgettes, peppers, tomatoes, onions olive oil.
Nutritional Information Per 100g: Energy 57KCal (234KJ). Fat 0.93g (of which saturated fat 0.28g).
Carbohydrates 6.85g (of which sugar 1.85g). Fibre 1.18g. Protein 5.89g. Salt < 0.01g.
- 16 Mon **NAPOLI SAUCE & POTATO**
Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion.
Nutritional Information Per 100g: Energy 42KCal (173KJ). Fat 0.76g (of which saturated fat 0.26g).
Carbohydrates 10.27g (of which sugar 2.07g). Fibre 1.67g. Protein 2.17g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Non Beef Chopped or Pureed Menu October 2017.xlsm



- 17 Tue **LAMB NAVARIN & POTATO**
Potatoes, carrots, Lamb, chopped tomatoes, water, peas, swede, onions, olive oil.
Nutritional Information Per 100g: Energy 66KCal (272KJ). Fat 2.13g (of which saturated fat 1.02g).
Carbohydrates 7.44g (of which sugar 1.97g). Fibre 1.52. Protein 4.96g. Salt < 0.01g.
- 18 Wed **BOLOGNAISE SAUCE & POTATO**
Potato, carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 57KCal (237KJ). Fat 0.93g (of which saturated fat 0.30g).
Carbohydrates 6.85g (of which sugar 2.08g). Fibre 1.21g. Protein 5.88g. Salt < 0.01g.
- 19 Thu **TURKEY MIXED VEG WITH APRICOTS & POTATO**
Potatoes, turkey, carrot, water, butternut squash, peas, apricots, onion, olive oil.
Nutritional Information Per 100g: Energy 66KCal (277KJ). Fat 1.05g (of which saturated fat 0.28g).
Carbohydrates 8.2g (of which sugar 2.42g). Fibre 1.58g. Protein 6.67g. Salt < 0.01g.
- 20 Fri **CHICKEN WITH PROVENCAL VEG & POTATO**
Potatoes, chicken, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 58KCal (246KJ). Fat 1.44g (of which saturated fat 0.38g).
Carbohydrates 6.8g (of which sugar 1.69g). Fibre 1.23g. Protein 5.01g. Salt < 0.01g.
- 23 Mon **MEXICAN CHICKEN AND POTATO**
Potatoes, carrots, chicken, butternut squash, peas, water, tomato, onions, olive oil.
Nutritional Information Per 100g: Energy 59KCal (250KJ). Fat 1.13g (of which saturated fat 0.43g).
Carbohydrates 6.8237g (of which sugar 1.83g). Fibre 1.39g. Protein 5.89g. Salt < 0.01g.
- 24 Tue **TURKEY & VEGETABLE PIE**
Potatoes, turkey, mixed vegetables, water.
Nutritional Information Per 100g: Energy 57KCal (234KJ). Fat 0.93g (of which saturated fat 0.28g).
Carbohydrates 6.85g (of which sugar 1.85g). Fibre 1.18g. Protein 5.89g. Salt < 0.01g.
- 25 Wed **VEGETABLE BOLOGNAISE & POTATO**
Carrots, potatoes, butternut squash, water, tomatoes, peppers, lentils, onions, olive oil.
Nutritional Information Per 100g: Energy 46KCal (194KJ). Fat 0.83g (of which saturated fat 0.26g).
Carbohydrates 11.27g (of which sugar 2.07). Fibre 1.74g. Protein 2.4g. Salt < 0.01g.
- 26 Thu **TURKEY MIXED VEG WITH BUTTERNUT SQUASH & POTATO**
Potatoes, turkey, carrot, water, butternut squash, peppers, onion, olive oil.
Nutritional Information Per 100g: Energy 74KCal (303KJ). Fat 1.93g (of which saturated fat 0.38g).
Carbohydrates 5.7g (of which sugar 1.08g). Fibre 0.82g. Protein 8.86 g. Salt < 0.01g.
- 27 Fri **TURKEY, ITALIAN STYLE VEG & POTATO**
Potatoes, turkey, carrots, chopped tomatoes, lentils, water, peppers, courgette, tomato puree, spinach, onion.
Nutritional Information Per 100g: Energy 76KCal (310KJ). Fat 1.09g (of which saturated fat 0.4g).
Carbohydrates 6.64g (of which sugar 1.65g). Fibre 1.16g. Protein 5.37. Salt < 0.01g.
- 30 Mon
- 31 Tue **SHEPHERD'S PIE**
Potatoes, carrots, lamb, water, butternut squash, peas, onions, tomato puree, olive oil.
Nutritional Information Per 100g: Energy 75KCal (314KJ). Fat 2g 2.39 (of which saturated fat 0.98g).
Carbohydrates 9.32g (of which sugar 1.45g). Fibre 1.21g. Protein 4.98g. Salt < 0.01g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

After School Menu October 2017.xlsm



- 2 Mon **MEATBALLS IN GRAVY WITH MASHED POTATOES, PEAS & CORN**
Potatoes, pork meatballs [pork 81%, **breadcrumbs** (wheat flour, water, yeast), **celery, mustard**, onions, water, dextrose (maize)], Peas, Corn, gravy (Potato starch, rice flour, salt, sugar, caramelised sugar, Maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic.
Ingredients in bold script contain allergens; gluten, celery and mustard, soya.
Nutritional Information Per 100g: Energy 84KCal (354Kj). Fat 2.8g (of which saturated fat 1g).
Carbohydrates 12.27 (of which sugar 0.84g). Fibre 0.78g. Protein 3.27g. Salt 0.7g.
- 3 Tue **BEEF CASSEROLE & MASHED POTATO**
Potatoes, beef (Irish), carrots, water, peas, onions, swedes, gravy (Potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, Citric acid, garlic.
Nutritional Information Per 100g: Energy KCal (Kj). Fat g (of which saturated fat g).
Carbohydrates 14.04g (of which sugar 1.49g). Fibre 2.12g. Protein 5.56g. Salt 0.4g.
- 4 Wed **CHICKEN GOUGONS, MASHED POTATOES AND CARROTS**
Potatoes, 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: Energy 88KCal (372Kj). Fat 1.6g (of which saturated fat .13g).
Carbohydrates 14.27g (of which sugar .99g). Fibre 1.54g. Protein 4.93g. Saltg 0.02g
- 5 Thu **PASTA BOLOGNAISE**
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 372KCal (891Kj). Fat 2.64g (of which saturated fat 0.69g).
Carbohydrates 17.05g (of which sugar 2.67g). Fibre 1.56 g. Protein 7.49g. Salt 0.21g.
- 6 Fri **FISH FINGERS, MASHED POTATOES AND CARROTS**
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), Carrots,
Ingredients in bold script contain allergens; fish and gluten.
Nutritional Information Per 100g: Energy 111KCal 467Kj). Fat 2.54g (of which saturated fat 0.22g).
Carbohydrates 18.04g (of which sugar 0.87g). Fibre 1.17g. Protein 4.86. Salt 0.3g.
- 9 Mon **MILD CHILLI CON CARNE & RICE**
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 (491Kj). Fat 2.41g (of which saturated fat 1.16g).
Carbohydrates 17.13g (of which sugar 1.84g). Fibre 1.45g. Protein 5.83g. Salt 0.04.
- 10 Tue **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 0.3g.
- 11 Wed **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.
- 12 Thu **TURKEY CURRY & RICE**
Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, sultanas, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, Salt.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 117KCal (492Kj). Fat 1.41 (of which saturated fat 0.74).
Carbohydrates 16.73g (of which sugar 0.84g). Fibre 1.18g. Protein 10.41g Salt 0.21g.
- 13 Fri **SAUSAGES, SAUTE POTATOES & 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, peas, 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.
- 16 Mon **BEEF RAGU & RICE**
Rice, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, potato starch, onions, olive oil, garlic puree.
Nutritional Information Per 100g: Energy 228KCal (966Kj). Fat 3.38g (of which saturated fat 0.72g).
Carbohydrates 43.01g (of which sugar 1.4g). Fibre 0.83g. Protein 7.47g. Salt < 0.01g.
- 17 Tue **L.D. BAKED TURKEY BURGER WITH GRAVY, MASHED POTATOES& MIXED VEGETABLES**
Potatoes, Turkey, (seasoning onion,salt &pepper), carrot,peas,corn, gravy (potato starch, riceflour, salt,sugar,caramilised sugar,maltodextrin,yeast extract,flavourings,onion,herbs (coriander,sage,bayleaf)sunflower oil,citric acid,garlic)
Nutritional Information Per 100g: Energy 74KCal (310Kj). Fat 0.42g (of which saturated fat 0.12g).
Carbohydrates 9.82 g (of which sugar 0.4g). Fibre 0.91g. Protein 8.28g. Salt < 0.5g.

All beef used is of Irish origin
MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE
Enterprise Unit No 2, Savilles Cross, Rathdrum, Co Wicklow

After School Menu October 2017.xlsm



- 18 Wed **LASAGNE**
Beef (Irish), durum wheat lasagne, tomatoes, carrots, tomato puree, water, milk, peppers, onions, spinach, flour, butter, potato starch, olive oil, garlic, oregano.
Ingredients in bold script contain allergens: gluten and milk (lactose).
Nutritional Information Per 100g: Energy 136KCal (573KJ). Fat 3.81g (of which saturated fat 1.52g).
Carbohydrates 16.14g (of which sugar 2.77g). Fibre 1.32g. Protein 8.18. Salt 0.04g.
- 19 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, carrot, peas, corn, beans.
Ingredients in bold script contain allergens: gluten, soya & sulphur dioxide.
Nutritional Information Per 100g: Energy 131KCal (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.
- 20 Fri **FISH FINGERS, SAUTE POTATOES & CARROTS**
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, carrots.
Ingredients in bold script contain allergens: fish and gluten.
Nutritional Information Per 100g: Energy 141KCal (594KJ). Fat 4.56g (of which saturated fat .54g).
Carbohydrates 19.73g (of which sugar 1.33g). Fibre 1.91g. Protein 4.89g. Salt 0.4g
- 23 Mon **MEXICAN CHICKEN & RICE**
Rice, chicken, tomatoes, carrots, maize corn, tomato puree, water, peppers, onions, potato starch, olive oil, garlic, parsley, chives, salt.
Nutritional Information Per 100g: Energy 109KCal (463KJ). Fat 1.54g (of which saturated fat 0.82g).
Carbohydrates 17.65g (of which sugar 1.45g). Fibre 1.3g. Protein 6.81g. Salt 0.04g
- 24 Tue **BEEF PATTI IN GRAVY WITH MASHED POTATOES & MIXED VEG**
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, carrots, peas, beans/
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 12.15g (of which sugar 1.08g). Fibre 1.11g. Protein 3.57. Salt 0.7g.
- 25 Wed **TUSCAN SAUSAGE AND PASTA**
Durum wheat pasta 43%, Sausage 20% (pork 20%, rusk, wheat flour, salt, processing aid E503, water, spice extracts, stabilizer E451, flavour enhancer E621, antioxidant E301, preservative E221, sulphur dioxide, hydrolysed vegetables, soya), tomatoes, carrots, water, tomato puree, onions, potato starch, garlic.
Ingredients in bold script contain allergens: gluten, soya, sulphur dioxide.
Nutritional Information Per 100g: Energy 227KCal 963KJ). Fat 6.58 g (of which saturated fat 2.13).
Carbohydrates 34.79g (of which sugar 3.04g). Fibre 2.15g. Protein 7.63g. Salt 1.3g.
- 26 Thu **CARIBBEAN TURKEY CURRY & RICE**
Rice, turkey, coconut milk, butternut squash, peppers, onions, water, olive oil, pineapple, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, paprika, garlic, salt.
Ingredients in bold script contain allergens: mustard
Nutritional Information Per 100g: Energy KCal 123 (521 KJ). Fat 3.42 g (of which saturated fat 1.98g).
Carbohydrates 17.06g (of which sugar 0.81g). Fibre 1.91g. Protein 7.17g. Salt < 0.04g.
- 27 Fri **CHICKEN GOUGONS, MASHED POTATOES & CARROTS**
Potatoes, 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: Energy 88KCal (372KJ). Fat 1.6g (of which saturated fat 0.13g).
Carbohydrates 14.27g (of which sugar 0.99g). Fibre 1.54g. Protein 4.93g. Salt 0.02g
- 30 Mon
- 31 Tue **MEATBALLS IN GRAVY WITH MASH & CARROTS**
Potatoes, pork meatballs (pork 81%, breadcrumbs (wheat flour, water, yeast), celery, mustard, onions, water, dextrose (maize)), carrots, gravy (Potato starch, rice flour, salt, sugar, caramelised sugar, Maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic).
Ingredients in bold script contain allergens: gluten, celery and mustard, soya.
Nutritional Information Per 100g: Energy 84KCal (354KJ). Fat 2.8g (of which saturated fat 1g).
Carbohydrates 12.27 (of which sugar 0.84g). Fibre 0.78g. Protein 3.27g. Salt 0.7g.

After School (2) Menu October 2017.xlsm



- 2 Mon **MEATBALLS IN GRAVY WITH MASHED POTATOES, PEAS & CORN**
Potatoes, pork meatballs [pork 81%, **breadcrumbs** (wheat flour, water, yeast), **celery**, **mustard**, onions, water, dextrose (maize)], Peas, Corn, gravy (Potato starch, rice flour, salt, sugar, caramelised sugar, Maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic).
Ingredients in bold script contain allergens; gluten, celery and mustard, soya.
Nutritional Information Per 100g: Energy 84KCal (354KJ). Fat 2.8g (of which saturated fat 1g).
Carbohydrates 12.27 (of which sugar 0.84g). Fibre 0.78g. Protein 3.27g. Salt 0.7g.
- 3 Tue **BEEF CASSEROLE & MASHED POTATO**
Potatoes, beef (Irish), carrots, water, peas, onions, swedes, gravy (Potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, Citric acid, garlic).
Nutritional Information Per 100g: Energy KCal (KJ). Fat g (of which saturated fat g).
Carbohydrates 14.04g (of which sugar 1.49g). Fibre 2.12g. Protein 5.56g. Salt 0.4g.
- 4 Wed **CHICKEN GOUGONS, MASHED POTATOES & CARROTS**
Potatoes, 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: Energy 88KCal (372KJ). Fat 1.6g (of which saturated fat 0.13g).
Carbohydrates 14.27g (of which sugar 0.99g). Fibre 1.54g. Protein 4.93g. Salt 0.02g.
- 5 Thu **PASTA BOLOGNAISE**
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 209KCal (891KJ). Fat 2.64g (of which saturated fat 0.69g).
Carbohydrates 17.05g (of which sugar 2.67g). Fibre 1.56 g. Protein 7.49g. Salt 0.21g.
- 6 Fri **FISH FINGERS, MASHED POTATOES & PEAS**
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 and gluten.
Nutritional Information Per 100g: Energy 111KCal 467KJ). Fat 2.54g (of which saturated fat 0.22g).
Carbohydrates 18.04g (of which sugar 0.87g). Fibre 1.17g. Protein 4.86. Salt 0.3g.
- 9 Mon **MILD CHILLI CON CARNE & RICE**
Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, salt, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder).
Nutritional Information Per 100g: Energy 230KCal (974J). Fat 3.47g (of which saturated fat 0.78g).
Carbohydrates 42.6 g (of which sugar 1.83g). Fibre 0.98g. Protein 7.98g. Salt 0.21g.
- 10 Tue **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 0.3g.
- 11 Wed **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.
- 12 Thu **TURKEY CURRY & RICE**
Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, sultanas, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree, Salt.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 117KCal (492KJ). Fat 1.41 (of which saturated fat 0.74).
Carbohydrates 16.73g (of which sugar 0.84g). Fibre 1.18g. Protein 10.41g Salt 0.21g.
- 13 Fri **PASTA BOLOGNAISE**
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 209KCal (891KJ). Fat 2.64g (of which saturated fat 0.69g).
Carbohydrates 17.05g (of which sugar 2.67g). Fibre 1.56 g. Protein 7.49g. Salt 0.21g.
- 16 Mon **BEEF RAGU & RICE**
Rice, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, potato starch, onions, olive oil, garlic puree, salt.
Nutritional Information Per 100g: Energy 228KCal (966KJ). Fat 3.38g (of which saturated fat 0.72g).
Carbohydrates 43.01g (of which sugar 1.4g). Fibre 0.83g. Protein 7.47g. Salt < 0.01g.
- 17 Tue **L.D. BAKED TURKEY BURGER WITH GRAVY, MASHED POTATOES& MIXED VEGETABLES**
Potatoes, Turkey, (seasoning onion, salt & pepper), carrot, peas, corn, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic)
Nutritional Information Per 100g: Energy 74KCal (310KJ). Fat 0.42g (of which saturated fat 0.12g).
Carbohydrates 9.82 g (of which sugar 0.4g). Fibre 0.91g. Protein 8.28g. Salt < 0.5g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

After School (2) Menu October 2017.xlsm



18 Wed LASAGNE

Beef (Irish), **durum wheat lasagne**, tomatoes, carrots, tomato puree, water, **milk**, peppers, onions, spinach, **flour**, **butter**, potato starch, olive oil, garlic, oregano.

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

Nutritional Information Per 100g: Energy 136KCal (573Kj). Fat 3.81g (of which saturated fat 1.52g).

Carbohydrates 16.14g (of which sugar 2.77g). Fibre 1.32g. Protein 8.18. Salt 0.04g.

19 Thu FISH FINGERS, MASHED POTATOES & MIXED VEG

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, corn, carrot, beans.

Ingredients in bold script contain allergens; fish and gluten.

Nutritional Information Per 100g: Energy 98KCal 414Kj). Fat 2.28g (of which saturated fat 0.25g).

Carbohydrates 15.91g (of which sugar 1.14g). Fibre 1.19g. Protein 4.35g Salt 0.4g.

20 Fri COD PROVENCAL & RICE

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 208 KCal (885Kj). Fat 2.42g (of which saturated fat 0.26g).

Carbohydrates 42.8g (of which sugar 1.65g). Fibre 0.85g. Protein 6.59g. Salt < 0.01g.

23 Mon MEXICAN CHICKEN & RICE

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

Nutritional Information Per 100g: Energy 109KCal (463Kj). Fat 1.54g (of which saturated fat 0.82g).

Carbohydrates 17.65g (of which sugar 1.45g). Fibre 1.3g. Protein 6.81g. Salt 0.04g

24 Tue MIXED BEAN HOT POT & MASHED POTATO

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.

25 Wed PASTA NAPOLI

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

Ingredients in bold script contain allergens; gluten.

Nutritional Information Per 100g: Energy 78KCal (333Kj). Fat 1.01g (of which saturated fat 0.23g).

Carbohydrates 28.11g (of which sugar 2.85g). Fibre 2.15g. Protein 5.56g. Salt < 0.01g.

26 Thu CARIBBEAN TURKEY CURRY & RICE

Rice, turkey, coconut milk, butternut squash, peppers, onions, water, olive oil, pineapple, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, paprika, garlic, salt.

Ingredients in bold script contain allergens; mustard

Nutritional Information Per 100g: Energy KCal 123 (521 Kj). Fat 3.42 g (of which saturated fat 1.98g).

Carbohydrates 17.06g (of which sugar 0.81g). Fibre 1.91g. Protein 7.17g. Salt < 0.04g.

27 Fri CHICKEN GOUGONS, MASHED POTATOES & CARROTS

Potatoes, 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 88KCal (372Kj). Fat 1.6g (of which saturated fat 0.13g).

Carbohydrates 14.27g (of which sugar 0.99g). Fibre 1.54g. Protein 4.93g. Salt 0.02g

30 Mon

31 Tue MEATBALLS IN GRAVY WITH MASHED POTATOES & CARROTS

Potatoes, pork meatballs [pork 81%, **breadcrumbs** (**wheat flour**, water, yeast), **celery**, **mustard**, onions, water, dextrose (maize)], Carrots, gravy (Potato starch, rice flour, salt, sugar, caramelised sugar, Maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bay leaf)

sunflower oil, citric acid, garlic.

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

Nutritional Information Per 100g: Energy 84KCal (354Kj). Fat 2.8g (of which saturated fat 1g).

Carbohydrates 12.27 (of which sugar 0.84g). Fibre 0.78g. Protein 3.27g. Salt 0.7g.

All beef used is of Irish origin

MENU INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

After School Vegetarian Menu October 2017.xlsm



- 2 Mon **VEGETABLE TANGIA & RICE** Rice, chopped tomatoes, butternut squash, water, peppers, spinach, sultanas, tomato puree, onions, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, salt.
Ingredients in bold script contain allergens; Mustard
Nutritional Information Per 100g: Energy 109KCal (Kj). 455 Fat 0.52g (of which saturated fat 0.52g).
Carbohydrates 19.38g (of which sugar 1.45g). Fibre 2.42g. Protein 3.98g. Salt < 0.04g.
- 3 Tue **SWEET POTATO & VEGETABLE CASSEROLE & MASHED POTATO**
Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, sunflower oil, dextrose, tomato puree, oregano, garlic, salt.
Nutritional Information Per 100g: Energy KCal (Kj) Fat g (of which saturated fat g).
Carbohydrates g (). Fibre g. Protein g. Salt < 0.01g.
- 4 Wed **QUORN GOUGONS, MASHED POTATOES & CARROTS** Potatoes, Quorn Gougons (mycoprotein (55%), **wheat** flour (contains added calcium, iron, niacin & thiamine), sunflower oil, water, **wheat** starch, rehydrated free range egg white, milk proteins, salt, natural flavourings, **wheat** semolina, yeast, firming agent: calcium acetate; gelling agent: pectin) Carrots
Ingredients in bold script contain allergens; egg, Wheat.
Nutritional Information Per 100g: Energy 115KCal (483KJ). Fat 3.6g (of which saturated fat 0.4g).
Carbohydrates 19.58g (of which sugar 1.62). Fibre 2.44g. Protein 4.12g. Salt 0.27g
- 5 Thu **PASTA BOLOGNAISE**
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 94KCal (402KJ). Fat 1.1g (of which saturated fat 0.21g).
Carbohydrates 36.68g (of which sugar 3.87g). Fibre 2.38g. Protein 6.99g. Salt 0.1g.
- 6 Fri **VEGETABLE FINGERS, MASHED POTATOES & CARROTS**
Potatoes, **Vegetable Fingers** (Sweetcorn, Carrots, peas, **breadcrumbs** batter (**wheat** flour, potato starch, salt) potato flake, vegetable oil, **egg** white, salt, modified maize starch, yeast extract, natural flavourings, **mustard**) carrots.
Ingredients in bold script contain allergens; mustard, egg and gluten.
Nutritional Information Per 100g: Energy 109KCal (457KJ). Fat 3.06g (of which saturated fat 0.31g).
Carbohydrates 17.68g (of which sugar 1.68g). Fibre 2.16g. Protein 2.59g. Salt 0.04g.
- 9 Mon **MILD CHILLI WITH VEGETABLES & RICE**
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.
Nutritional Information Per 100g: Energy 92 KCal (389KJ). Fat 1.26g (of which saturated fat 0.65g).
Carbohydrates 20.43g (of which sugar 2.48g). Fibre 1.91g Protein 3.4g. Salt 0.02g
- 10 Tue **VEGETABLE HASH**
Saute potatoes, corn, broad beans, peppers, onions, peas, olive oil, sunflower oil, garlic, chives, salt.
Nutritional Information Per 100g: Energy 107KCal (450KJ). Fat 3.82g (of which saturated fat .46g).
Carbohydrates 14.67g (of which sugar 1.4g). Fibre 3.11g Protein 3.52g Salt 0.2g.
- 11 Wed **QUORN PATTI IN GRAVY WITH MASHED POTATOES & PEAS**
Potatoes, Quorn Patti (mycoprotein, rehydrated free range **egg** white, textured **wheat** protein, (**wheat** flour, stabiliser, sodium alginate, colour caramel) Onions, Vegetable oils (palm, rapeseed) natural flavourings (contains salt, sugar, potassium chloride, smoked yeast, smoked flavourings) **milk** proteins, roasted **barley** malt extract, firming agents calcium chloride, calcium acetate), gravy (potato starch, malodextrin, vegetable oil, salt, colour E150c, **wheat** flour, flavour enhancer, E621 & E 635, flavourings, emulsifier E322, sugar, herb & spice extract, onion extract), Peas
Ingredients in bold script contain allergens; gluten, egg and milk (lactose).
Nutritional Information Per 100g: Energy 76KCal (314KJ). Fat 1.47g (of which saturated fat 0.47g).
Carbohydrates 11.46g (of which sugar 1.45g). Fibre 1.56g. Protein 4.05g Salt 0.4g.
- 12 Thu **MILD VEGETABLE CURRY & RICE**
Rice, Water, carrots, broad beans, green beans, peas, swede, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, paprika, garlic.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 63KCal (424KJ). Fat 0.39g (of which saturated fat 0.25g).
Carbohydrates 16.20g (of which sugar 2.93g). Fibre 2.53g. Protein 3.42g. Salt < 0.01g.
- 13 Fri **QUORN SAUSAGE, MASHED POTATO & MIXED VEGETABLES**
Potatoes, Quorn Sausage 20% (mycoprotein (24) rehydrated free range **egg** white, rusk (**wheat** flour salt) textured **wheat** protein (**wheat** flour, gelling agent: sodium alginate) onion, rapeseed oil, seasoning (salt, yeast, herbs (bay, majoram, rosemary, sage, ground sage) spices (black pepper, nutmeg, white pepper) sugar, onion powder, potassium chloride, **barley** malt extract, garlic powder, flavouring, sunflower oil, herb extract) Tapioca starch, firming agents: calcium chloride, calcium chloride, calcium acetate; pea fibre) Peas, carrot, corn, beans.
Ingredients in bold script contain allergens; gluten, soya, sulphur dioxide.
Nutritional Information Per 100g: Energy 68KCal (289KJ). Fat 0.75g (of which saturated fat 0.44g).
Carbohydrates 12.06g (of which sugar 1.27g). Fibre 2.08g. Protein 4.02g. Salt .01 g.
- 16 Mon **VEGETABLE RAGU & RICE**
Rice, chopped tomatoes, water, tomato puree, carrots, lentils, sweetcorn, red peppers, spinach, potato starch, onions, olive oil, garlic puree, salt.
Nutritional Information Per 100g: Energy 206KCal (875KJ). Fat 1.87g (of which saturated fat 0.19g).
Carbohydrates 46.23g (of which sugar 2.31g). Fibre 1.13g. Protein 4.97g. Salt < 0.02g.
- 17 Tue **SHEPHERDS VEGETABLE PIE**
Potatoes, carrot, swede, peas, lentils, water, tomato puree, olive oil, potato starch, oregano, garlic, gravy (potato starch, malodextrin, vegetable oil, salt, colour E150c, **wheat** flour, flavour enhancer, E621 & E 635, flavourings, emulsifier E322, sugar, herb & spice extract, onion extract)
Ingredients in bold script contain allergens; gluten.
Nutritional Information Per 100g: Energy 59KCal (252KJ). Fat 0.98g (of which saturated fat .33).
Carbohydrates 10.95g (of which sugar 2.07g). Fibre 1.47g. Protein 1.5g. Salt 0.01g.

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- 18 Wed **VEGETABLE LASAGNE**
Durum wheat pasta, tomatoes, tomato puree, water, carrots, peppers, milk, onions, spinach, lentils, courgettes, flour, butter, potato starch, olive oil, basil, garlic.
Ingredients in bold script contain; gluten, milk (lactose)
Nutritional Information Per 100g: Energy 112KCal (473KJ). Fat 2.49g (of which saturated fat 0.95g).
Carbohydrates 20.34g (of which sugar 3.39g). Fibre 1.67g. Protein 4.81g. Salt 0.04g.
- 19 Thu **QUORN SAUSAGE, MASHED POTATO & MIXED VEGETABLES**
Potatoes, Quorn Sausage 20%(mycoprotein(24)rehydrated freerange egg white,rusk(wheat flour salt)textured wheat protein(wheat flour,gelling agent:sodium alginate)onion,rapeseed oil, seasoning(salt,yeast,herbs(bay,majoram,rosemary,sage,ground sage)spices(black pepper,nutmeg,white pepper)sugar,onion powder,potassium chloride,barley malt extract,garlic powder,flavourig,sunflower oil,herb extract)Tapioca starch,firming agents:calcium chloride,calcium chloride,calcium acetate:pea fibre) Peas,carrot,corn,beans.
Ingredients in bold script contain allergens; gluten, soya, sulphur dioxide.
Nutritional Information Per 100g: Energy 68KCal (289KJ). Fat 0.75g (of which saturated fat 0.44g).
Carbohydrates 12.06g (of which sugar 1.27g). Fibre 2.08g. Protein 4.02g. Salt .01 g.
- 20 Fri **VEGETABLE FINGERS, SAUTE POTATOES & CARROTS**
Potatoes, **Vegetable Fingers** (Sweetcorn, Carrots,peas,breadcrumbs batter(wheatflour,potato starch,salt)potato flake,vegetable oil,egg white,salt,modified maize starch,yeast extract,natural flavourings,mustard) carrots.
Ingredients in bold script contain allergens; mustard,egg and gluten.
Nutritional Information Per 100g: Energy 149KCal (627KJ). Fat 5.23g (of which saturated fat .59g).
Carbohydrates 21.33g (of which sugar 1.89g). Fibre 2.89g. Protein 3g. Salt .04g.
- 23 Mon **MEXICAN QUORN & RICE**
Rice, Quorn (mycoprotein 89% rehydrated freerange egg white,natural flavouring, firming agent,calcium chloride,calcium acetate,gelling agent-pectin) tomatoes, carrots, corn,peppers,water, tomato puree, onions, olive oil,parsley,chives,potato starch, garlic.
Ingredients in bold script contain allergens; egg
Nutritional Information Per 100g: Energy 98KCal (415KJ). Fat 1.68g (of which saturated fat 0.89).
Carbohydrates 17.73g (of which sugar 1.62g). Fibre 2.03g. Protein 4.09g. Salt 0.1g.
- 24 Tue **QUORN PATTI IN GRAVY WITH MASHED POTATOES & MIXED VEG**
Potatoes, Quorn Patti (mycoprotein,rehydrated free range egg white,textured wheat protein,(wheat flour,stabiliser,sodium alginate,colour caramel)Onions,Vegetable oils(palm,rapeseed)natural flavourings (contains salt,sugar,potassium chloride,smoked yeast,smoked flavourings)milk proteins,roasted barley malt extract,firming agents calcium chloride,calcium accelate) , gravy (potato starch, malodextrin,vegetable oil, salt, colour E150c, wheat flour, flavour enhancer, E621 & E 635, flavourings, emulsifier E322, sugar, herb & spice extract, onion extract), Peas, Corn, Carrots &Swede.
Ingredients in bold script contain allergens; gluten, egg and milk (lactose).
Nutritional Information Per 100g: Energy 76KCal (314KJ). Fat 1.47g (of which saturated fat 0.5g).
Carbohydrtates 12.25q (of which sugar 1.33q). Fibre 1.21q. Protein 3.74. Salt 0.6q.
- 25 Wed **VEGETABLE PASTA BAKE**
Durum wheat pasta, 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)
Nutritional Information Per 100g: Energy 177 KCal (757KJ). Fat 2.11g (of which saturated fat 0.72g).
Carbohydrates 18.32g (of which sugar 2.8g). Fibre 1.72g. Protein 4.33g. Salt < 0.01g.
- 26 Thu **CARIBBEAN VEGETABLE CURRY & RICE**
Rice, coconut milk, butternut squash, peppers, beans,peas,onions, water, olive oil, pineapple, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, paprika, garlic,salt.
Ingredients in bold script contain allergens; mustard
Nutritional Information Per 100g: Energy 113KCal (476KJ). Fat 4.41g (of which saturated fat 2.45g).
Carbohydrates 18.17q (of which sugar 1.15q). Fibre 1.42q. Protein 1.79q. Salt 0.04.
- 27 Fri **QUORN GOUGONS,MASHED POTATOES & CARROTS**
Potatoes, Quorn Gougons (mycoprotein (55%), wheat flour (contains added calcium, iron, niacin &thiamine), sunflower oil, water, wheat starch, rehydrated free range egg white, milk proteins,salt,natural flavourings, wheat semolina, yeast, firming agent:calcium acetate:gelling agent:pectin) Carrots
Ingredients in bold script contain allergens; egg, Wheat.
Nutritional Information Per 100g: Energy 100KCal (423KJ). Fat 2.17g (of which saturated fat 0.23g).
Carbohydrates 16.22q (of which sugar 0.1.12). Fibre 1.97q. Protein 4.39q. Saltq 0.24q
- 30 Mon
- 31 Tue **SHEPHERD'S VEGETABLE & POTATO PIE**
Potatoes, carrots, swedes, peas, lentils, water, onions, tomato puree, olive oil, potato starch, oregano, garlic,salt.
Nutritional Information Per 100g: Energy 65KCal (201KJ). Fat 0.73g (of which saturated fat 0.15g).
Carbohydrates 10.02g (of which sugar 1.91g). Fibre 1.5g. Protein 1.5g. Salt < 0.01g.

Tea Time Standard Menu Menu October 2017.xlsm



2 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.

3 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.

4 Wed CREAM OF VEGETABLE SOUP

Water, carrot, sweet, 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.

5 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.

6 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.

9 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).
Carbohydrates 10.66g (of which sugar 2.06g). Fibre 2.96g. Protein 2.49g. Salt .01.

10 Tue 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.

11 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.

12 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.

13 Fri 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.

16 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.

17 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.

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 Standard Menu Menu October 2017.xlsm



- 18 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.
- 19 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.
- 20 Fri **SWEET POTATO AND BUTTERNUTSQUASH SOUP**
Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, mustard seed, black pepper, fenugreek, cardamon, 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 2.75). Fibre 2g. Protein 1.06g. Salt 0.04g.
- 23 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.
- 24 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.
- 25 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.
- 26 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.
- 27 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.
- 30 Mon
- 31 Tue **CREAM OF VEGETABLE SOUP**
Water, carrot, sweet, 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.

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 for After School Menu October 2017.xlsm



- 2 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.
- 3 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.
- 4 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.
- 5 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.
- 6 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.
- 9 Mon **SAUSAGE & BEAN HOTPOT**
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, beans, water, peppers, tomato puree, onions, potato starch, olive oil, oregano garlic, salt.
Ingredients in bold script contain allergens; gluten, soya & sulphur dioxide.
Nutritional Information Per 100g: Energy 146KCal (611Kj). Fat 8.21g (of which saturated fat 2.77g).
Carbohydrates 15.29g (of which sugar 0.83g). Fibre 1.17g. Protein 3.67g. Salt 0.8g.
- 10 Tue **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.
- 11 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.
- 12 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.
- 13 Fri **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.
- 16 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 0.83g). Fibre 1.17g. Protein 3.67g. Salt 0.8g.
- 17 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).
Carbohydrates 17.34g (of which sugar 2.37g). Fibre 2.04g. Protein 2.09g. Salt 0.05g.

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

Tea Time for After School Menu October 2017.xlsm



18 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.

19 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.

20 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 2.75). Fibre 2g. Protein 1.06g. Salt 0.04g.

23 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.

24 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.

25 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.

26 Thu SAUSAGE AND SAUTE POTATO

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, dextrose, vegetable oil.

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.

27 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.

30 Mon

31 Tue

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.

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Tea Time Infant Menu October 2017.xlsm



2 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.

3 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.

4 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.

5 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.

6 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.

9 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.

10 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.

11 Wed 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.

12 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.

13 Fri 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.

16 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.

17 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.

18 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.

19 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.

20 Fri BUTTERNUT SQUASH & LENTIL PIE

Butternut Squash, lentils, peas, water

Nutritional Information Per 100g: Energy 47KCal (197Kj). Fat .31g (of which saturated fat .24g). Carbohydrates 17.12g (of which sugar 1.83g). Fibre 2.17g. Protein 5.09g. Salt .01g.

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

Tea Time Infant Menu October 2017.xlsm



- 23 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.
- 24 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.
- 25 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.
- 26 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.
- 27 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.
- 30 Mon
- 31 Tue **CREAMED MIXED VEGETABLES**
 Water, carrot, swede, 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.

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

Weekly Menu Menu October 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%), 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: Energy 129KCal (541Kj). Fat 4g (of which saturated fat .53g).

Carbohydrates 17.88g (of which sugar 1.53g). Fibre 2.04g. Protein 4.65g. Saltg 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. Saltg 0.04g

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