

MON

OCTOBER 2018

MEXICAN CHICKEN & RICE

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

BROCCOLI & CORN PASTA BAKE

TUE 2nd

Ingredients: Durum wheat pasta, tomatoes, broccoli, water, carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter (milk), olive oil, onions, potato starch, garlic,

Ingredients in bold script contain allergens; gluten and milk

BEEF CASSEROLE WED & MINI ROAST

Ingredients: Potatoes, beef (Irish), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch. olive oil, tomato puree, oregano, garlic.

SHEPHERD'S PIE

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

COD PILAF

FRI 5th

3rd

THU

4th

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

Ingredients in bold script contain allergens; fish

PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens; gluten

	Per 100g
Energy KCal	
	109KCal
KJ	463 Kj
Fat	1.54a´
of which saturated	0.82g
Carbohydrates	17.65g
of which sugar	1.45a
Fibre	1.3g
Protein	6.8Ĭa
Salt	< 0.01g

Nutritional Information Per 100g 109KCal 1.54g 0.82g of which saturated Carbohydrates 17.65g 1.45g Fibre 1.3g 6.81c **Protein**

Nutritional Information Per 100g 120 KCal 505 Kj 3.6g 0.8g 14.96g of which saturated Carbohydrates Fibre Protein Salt

Nutritional Information		
Energy	Per 100g	
Energy KCal	76 KCal	
KJ	318 Kj	
Fat	2.46g	
of which saturated	1.01g	
Carbohydrates	9.29g	
of which sugar	1.47g	
Fibre	1.23g	
Protein	5.11g	
Salt	0.04g	

FRI

12th

15th

Nutritional Information		
Energy	Per 100g	
Energy KCal	89 KCal	
KJ	376 Kj	
Fat	1.29g [′]	
of which saturated	0.61g	
Carbohydrates	16.0Žg	
of which sugar	1.67g	
Fibre	1.27g	
Protein	4.24g	
Salt	< 0.01g	

Nutritional information		
Energy	Per 100g	
Energy KCal	141KCal	
KJ	597 Kj	
Fat	3.74g	
of which saturated	1.6g~	
Carbohydrates of which sugar	10.32g 2.88	
of which sugar	2.88	
Fibre	1.29g	
Protein	7.27g	
Salt	< 0.01g	

TURKEY CURRY & RICE TUE

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, 9th olive oil, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients in bold script contain allergens; mustard

WED HUNGARIAN 10th GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, beef (irish), tomatoes, water, swede, carrot, mixed peppers, onions, potato starch. olive oil, garlic, paprika, parsley, chives.

LAMB TANGIA & RICE

THU Ingredients: Rice, lamb, tomatoes, carrots, water, peppers, 11th sultanas, tomato puree, spinach, onions, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients on bold script contain allergens; mustard

Nutritional Information CREAMY FISH PIE Energy KCal KJ

Ingredients: Potatoes, cod, carrots, milk, maize corn, peas, onions, water, cream (milk), potato starch, dill, garlic

Ingredients in bold script contain allergens; fish and lactose

Carbohydrates Fibre

Protein

Carbohydrates of which sugar

Protein

Ingredients in bold script contain allergens; mustard

Ingredients: Rice, Turkey, coconut milk, peppers, onions,

potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, mustard seed, black pepper, fenugrek,

All beef used is of Irish origin

cardamon, turmeric, chilli powder, ginger.

TURKEY KORMA

& RICE

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow

Nutritional Information Per 100g Energy KCal KJ 119KCal

Nutritional Information

Nutritional Information

Nutritional Information

Energy KCal KJ

Fibre

Protein

Carbohydrates

Fat of which saturated

Fat of which saturated

Carbohydrates of which sugar

Fibre

Protein

Carbohydrates of which sugar

Fibre

Salt

Protein

Per 100g

117KCa

491Kj 1.41ģ

0.74g 16.74a

0.84g 1.18g 10.42g

0.01g

Per 100g

114KCa

479 Kj 3.38g 0.86g 13.49g

1.31g

1.74g

5.16g < 0.01c

Per 100g

110KCal

466Kj 2.3g 1.27g 19.12g 0.78 1.25g

4.86g <0.01c

Per 100g

78KCal 331 Kj

2g 0.86g 11.28g 1.75g 1.24g 4.47g

< 0.Ŏ1a

499 Kj 3.1g 1.94g 17.28g 0.55g 1.12g 6.5g < 0.01g Fat of which saturated





COTTAGE PIE

Ingredients: Potatoes, beef (Irish), water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic,

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

WED 24th

THU

FRI

26th

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

VEG PASTA BAKE

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

Per 100g **Energy** KCal KJ 100KCal 423 Ki Fat of which saturated 0.89g Carbohydrates 34.16a 0.8g Fibre 2.15g 6.46g **Protein** Salt

Nutritional Information

HSE/FSAI Approval no 4018 FC.

WED 17st

PASTA WITH CHICKEN & CORN

Ingredients: Durum wheat pasta, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil. garlic, parsley, chives.

Ingredients in bold script contain allergens; gluten

Energy KCal KJ

Proteir

Salt

Nutritional Information 120KCal 480 Ki 1.45g 0.27g 37.25g Fat of which saturated Carbohydrates 2.69g 2.04g 11.78g

GREEK HOTPOT & MASH

25th Ingredients: Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley.

Nutritional Information Per 100g **Energy** KCal 98KCal KJ 419Ki Fat of which saturated 1.18g 0.21g 34.44g Carbohydrates 3.45g 2.09g 8.27g Fibre Protein < 0.010 Sal+

THU 18th

PORK WITH MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, pork, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, mustard, pepper, fenugrek, cardamon, turmeric, chilli powder. ainaer, aarlic.

Ingredients in bold script contain allergens; mustard

Nutritional Information

80 KCal 377 Kj 1.54g 0.39g Fat of which saturated 11.12g 1.87g 1.33g 6.02g < 0.01g Carbohydrates Fibre Protein Salt

ITALIAN-STYLE FISH & PASTA PIE

Ingredients: 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		
Energy	Per 100g	
Energy KCal	98 KCal	
KJ	419 Ki	
Fat	1.18a	
of which saturated	0.21g	
Carbohydrates	34.44g	
of which sugar	3.45a	
Fibre	2.09g	
Protein	8.27g	
Salt	< 0.Ŏ1g	

TUNA PASTA BAKE

FRI 19th

Ingredients: Durum wheat pasta, tomatoes, tomato puree, tuna, carrots, milk, water, maize corn, onions, spinach, wheat flour, butter (milk), potato starch, olive oil, garlic, basil.

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

Nutritional Information

Per 100g 115KCal 487 Kj Fat of which saturated 2.27g 0.85g 35.45g Carbohydrates of which sugar 3.59g 2.06g 78.37g < 0.01g

Nutritional Information

Carbohydrates

Protein

MON 29th - BANK HOLIDAY

TUE **30th**

PASTA NAPOLI

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

Ingredients in bold script contain allergens; gluten

Nutritional Information		
Energy KCal K.J	Per 100g 93 KCal	
Fat of which saturated	394 Kj 1.05g 0.22g	
Carbohydrates of which sugar	36.1ŏg 3.6g	
Fibre Protein	2.31g 6.74g	
	< 0.01a	

22nd

MILD CHILLI CON MON CARNE

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder).

117KCal 491 Ki 2.41g Fat of which saturated WED 1.16g 17.13g 1.84g 1.45g 5.83g < 0.01g **31st**

Per 100g

CHICKEN **CASSEROLE & MASH**

Ingredients: Potatoes, Chicken, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

Nutritional Information	
Energy	Per 100g
Energy KCal	74 KCal
KJ	348Kj
Fat	0.84g
of which saturated	0.25a

0.9g 1.57g

OCTOBER

TUE 23rd

PORK & POTATO PIE

Ingredients: Potatoes, pork, water, carrots, peas, maize corn, swedes, potato starch, onions, tomato puree, olive oil, oregano, garlic.

Nutritional Information

Per 100a **Energy** KCal KJ 86KCal 363 Kj 1.51g 0.37g Fat of which saturated Carbohydrates 12.65g 1.47g 1.38g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow



Carbohydrates

Fibre



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TUE 2nd

EXICAN BEAN MON

Ingredients: Rice, tomatoes, carrots, corn, peppers, kidney beans, cannelini beans, water, tomato puree, onions, olive oil, parsley, chives, potato starch, garlic.

	Nutritional Information	
,	Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 98KCal 415 Kj 1.68g 0.89g 17.73g 1.62g 2.03g 4.09g 0.01g

Nutritional Information

Per 100g 109KCa 463 Kj 1.54g 0.82g Fat of which saturated Carbohydrates 17.65g 1.45g` Fibre 1.3g

BROCCOLI & CORN

Ingredients: Durum wheat pasta, tomatoes, broccoli, water, carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter (milk), olive oil, onions, potato starch, garlic, basil.

Protein

Ingredients in bold script contain allergens; gluten and milk

WED 3rd

PASTA BAKE

Ingredients: Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic, sunflower oil, dextrose.

Nutritional Information Per 100g **Energy** KCal KJ 111KCal 466 Kj 3.17g 0.51g 20.148g 2.03g 1.67g Fat of which saturated Carbohydrates Fibre 4.03g Protein

THU 4th

Ingredients: Potatoes, water, carrots, swedes, broad beans, cannelini beans, peas, onions, tomato puree, potato starch, olive oil, garlic, oregano.

Nutritional Information Per 100g 76 KCal 321 Ki 1.37g 0.59g 10.32g of which saturated Carbohydrates of which sugar 1.14g 1.1g 4.66g Fibre Protein < 0.01a

FRI 5th

MON

8th

VEGETABLE PILAF

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

	Nutritional Information	
	Energy KCal	Per 100g
	KCai KJ	89KCal 378 Kj
	Fat of which saturated	1.19g 0.64g
	Carbohydrates of which sugar	19.37̈́g
	Fibre	2.74g 1.75g
	Protein	3g < 0.01g
Ü	Salt	< 0.01g

OCTOBER

VEG PASTA

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

Ingredients in bold script contain allergens; gluten

141KCal 597 Kj 3.74g 1.6g Fat of which saturated Carbohydrates of which sugar 10.32g 2.88 1.29g 7.27g Fibre Protein

Nutritional Information

Per 100g

< 0.01g

TUE

Ingredients: Rice, butternut squash, coconut milk, diced potato, **9th** peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika.

Ingredients in bold script contain allergens; mustard

WED GOULASH & SAUTÉ 10th

Ingredients: Potatoes, sunflower oil, tomatoes, water, swede, peas, split red lentils, carrot, mixed peppers, onions, potato starch, olive oil, garlic puree, paprika, parsley, chives.

Nutritional Information Per 100g 92KCal 389 Kj 2.24g Fat of which saturated 0.37g Carbohydrates of which sugar 17.31g 1.71g Fibre Protein Salt

Nutritional Information

Energy KCal KJ

Protein Salt

Fat of which saturated

Carbohydrates of which sugar

Per 100a

107KCal

453K

3.6g 1.6g 16.00g

3.3g 1.2g 1.9g < 0.01g

Ingredients: Rice, carrots, chopped tomatoes, butternut 11th squash, sweet potato, water, peppers, spinach, sultanas, tomato puree, onions, (85% vegetables) garlic puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; Mustard

KČal 3	95 KCal
KJ	401 Kj
Fat	1.35g
of which saturated	0.64g
Carbohydrates	17.31g
of which sugar	1.65g ⁻
Fibre	1.31g
Protein	4.4g
Salt	< 0.01g

Nutritional Information

12th

Ingredients: Potatoes, carrots, maize corn, milk, peas, water, broad beans, cream (milk), onions, potato starch, parsley,

Ingredients in bold script contain allergens; Milk (lactose)

Nutritional Information		
Energy	Per 100g	
KCal	75KCal	
KJ	316 Kj	
Fat	2.03g	
of which saturated	0.82g	
Carbohydrates	12.32g	
of which sugar	1.94q	
Fibre	1.87g	
Protein	2.55g	
Salt	< 0.01g	

MON 15th

GETARLE KORMA

Ingredients: Rice, coconut milk, butternutsquash, peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, garlic, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

ivuti itionai iiiit	n mation
Energy KCal	Per 100g
	112 KCa
KJ	552 Kj
Fat	2.97g
of which saturated	1.54g
Carbohydrates	20.5g
of which sugar	0.83g
Fibre	1.49g
Protein	2.3g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





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TUE 16th

WED

17st

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

Nutritional Information	
Energy KCal	Per 100g 65KCal
KJ Fat	273Kj
of which saturated	1.28g 0.32g
Carbohydrates of which sugar	15.24g 1.94g
Fibre Protein	2.04g 4.05a
Salt	< 0.01g.

Nutritional Information Per 100g

75KCal 316 Kj 1.5g 0.34g of which saturated 16.99g 1.95g 2.2g 4.4g < 0.01g Carbohydrates Fibre Protein

Ingredients: Durum wheat pasta, tomatoes, carrots, peppers, maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten

THU 18th

FRI

19th

Ingredients: Potatoes, carrots, water, swedes, sweet potato, lentils, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, mustard, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; mustard

GETABLE PASTA

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

Ingredients in bold script contain allergens; gluten and milk

22nd

VEG & RICE

Ingredients: 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

Ingredients: Potatoes, carrots, swede, peas, lentils, water, onions, tomato puree, olive oil, potato starch, oragano, garlic.

Nutritional Information Per 100g 109KCal 457 Kj 1.45g 0.27g 34.79g 2.8g 2.56g 7.99g < 0.01g Fat of which saturated **Carbohydrates** of which sugar Fibre **Protein**

Nutritional Information Per 100g Energy 100KCal 423 Ki 2g 0.89g 34.16g 0.8g 2.15g 6.46g < 0.01g Carbohydrates of which sugar Fibre Protein

Nutritional Information		
Energy KCal	Per 100g	
	92 KCal	
KJ	389 Kj	
Fat	1.26g	
of which saturated	0.65g	
Carbohydrates	20.43g	
of which sugar	2.48g	
Fibre	1.91g	
Protein	3.4g ⁻	
Salt	< 0.01g	

Energy	Per 100g
Energy KCal	75KCal
KJ	316 Kj
Fat	1.5g ¹
of which saturated	0.34g
Carbohydrates of which sugar	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	< 0.01g

Nutritional Information

VEG PASTA BAKE

THU

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

Ingredients in bold script contain allergens; gluten and milk

GREEK VEGETABLE

25th Ingredients: Potatoes, tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley.

Nutritional Information Per 100g 100KCal 423 Kj 2g 0.89g Carbohydrates of which sugar 0.8g Fibre Protein 6.46c < 0.01aSalt

Per 100g 22KCal 232 Kj Fat of which saturated 0.6g 0.13g 11.72g Carbohydrates 1.36g 1.26.g 1.35g Fibre Protein <0.01c

Salt

Nutritional Information

FRI 26th

VEGETABLE & PASTA PIE

Ingredients: 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

MON 29th - BANK HOLIDAY

TUE **30th**

PASTA NAPOLI

Ingredients: 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

Per 100g **Energy** KCal KJ 93 KCal 394 Ki 1.05g 0.22g 36.16g Fat of which saturated Carbohydrates of which sugar 3.6g 2.31g 6.74g Fibre **Protein** < 0.01qSalt

Nutritional Information

WED **31st**

SWEET POTATO & VEG **CASSEROLE &**

Ingredients: Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic, sunflower oil, dextrose.

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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Nutritional Information		
Energy	Per 100g	
Energy KCal	111KCal	
KJ	466 Ki	
Fat	3.17g [°]	
of which saturated	0.51g	
Carbohydrates	20.148g	

1.67g 4.03g < 0.06g



Fibre

Protein Salt

OCTOBER

23rd



OCTOBER

MON 1st

EXICAN CHICKEN

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

TUE 2nd

Ingredients: Durum wheat pasta, tomatoes, broccoli, water, carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter (milk), olive oil, onions, potato starch.

Ingredients in bold script contain allergens: gluten and milk

3rd

TURKEY CASSEROLE & MINI ROAST

Ingredients: Potatoes, dextrose, sunflower oil, turkey, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

SHEPHERD'S PIE

THU 4th

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

COD PILAF

FRI 5th

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

Ingredients in bold script contain allergens; fish

PASTA ROLOGNAISF

MON 8th

Ingredients: Durum wheat pasta, turkey, tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic.

Ingredients in bold script contain allergens; gluten

Nutritional Information		
Energy	Per 100g	
KCal	109KCal	
KJ	463 Kj	
Fat	1.54g	
of which saturated	0.82g	
Carbohydrates	17.65g	
of which sugar	1.45g	
Fibre	1.3g	
Protein	6.81g	
Salt	< 0.01g	

Nutritional Information Per 100g 109KCal

463 Ki 1.54g 0.82g 17.65g 1.45g Fat of which saturated Carbohydrates of which sugar 1.3g 6.81g Protein

Nutritional Information

Energy	Per 100g
Energy KCal	114KCa
KJ	478Ki
Fat	2.76g
of which saturated	0.44g
Carbohydrates	14.46a
of which sugar	1.51a
Fibre	2.16g
Protein	7.21ğ
Salt	< 0.04g

Nutritional Information Per 100g

76 KCal 321 Ki 1.37g 0.59g 10.32g Fat of which saturated Carbohydrates 1.14g Fibre 1.1g 4.66g **Protein** < 0.01a

Nutritional Information

Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	87 P.T.100g 37 B 74KCal 1.276 Kj 0.61699 160249 1.675029 1.27679 4.24679 < 0.01g

Nutritional Information

Energy	Per 100g
KCal	117KCal
KJ	491 Kj
Fat	2.41g
of which saturated	1.16g
Carbohydrates	17.13g
of which sugar	1.84g
Fibre	1.45g
Protein	5.83g
Salt	< 0.01g
Salt	< 0.01g

URKEY CURRY TUE

9th Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree.

Ingredients in bold script contain allergens; mustard

HUNGARIAN 10th

Ingredients: Potatoes, olive oil, turkey, peppers, onions, potato starch, olive oil, garlic, paprika, parsley, chives.

520 Kj 2.34g 0.39g 13.49g Fat of which saturated Carbohydrates of which sugar 1.31g Fibre 1.74g Protein 6.69g < 0.01g

Nutritional Information

Nutritional Information

Energy KCal KJ

Fibre

Protein

Fat of which saturated

Carbohydrates of which sugar

Per 100a

117KCal

491Ki

1.41g 0.74g 16.74g

0.84g 1.18g 10.42g

0.01g

Per 100g

104 KCal

Per 100g

Per 100g

.AMB TANGIA

Ingredients: Rice, lamb, tomatoes, carrots, water, peppers, 11th sultanas, tomato puree, spinach, onions, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients on bold script contain allergens; mustard

Nutritional Information Energy KCal KJ

110KCal 466Kj 2.3g 1.27g 19.12g Carbohydrates of which sugar 0.78 1.25g 4.86g Fibre Protein <0.01g

12th

Ingredients: Potatoes, cod, carrots, milk, maize corn, peas, onions, water, cream (milk), potato starch, dill, garlic

Ingredients in bold script contain allergens; fish and Milk

Nutritional Information Energy KCal KJ

78KCal 331 Kj 2g 0.86g 11.28g Fat of which saturated Carbohydrates 1.75g 1.24g Fibre 4.47g < 0.01g **Protein** Salt

TURKEY KORMA

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper,

fenugrek, cardamon, turmeric, chilli powder, ginger. Ingredients in bold script contain allergens; mustard

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow

Nutritional Information Per 100g

Energy KCal KJ 119KCal 499 Kj Fat of which saturated 3.1g 1.94g 17.28g Carbohydrates of which sugar 0.55g 1.12g 6.5g < 0.01g Fibre Protein





COTTAGE PIE

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

Nutritional Information Per 100g **Energy** KCal KJ 70KCal 350 Ki Fat of which saturated 1.79g 0.19g Carbohydrates of which sugar 9.594g 1.46g 1.25g 6.65g Fibre Protein <0.01a

VEG PASTA BAKE

WED Durum wheat pasta, tomatoes, tomato puree, carrots, water, milk, peppers, onions, lentils, spinach, courgettes, flour, butter 24th (milk), potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten and milk

Nutritional Information		
Energy	Per 100g	
Energy KCal	117KCal	
KJ	491Kj	
Fat	1.41g	
of which saturated	0.74g	
Carbohydrates	16.74g	
of which sugar	0.84g	
Fibre	1.18g	
Protein	10.42g	
Salt	0.01g	

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PASTA WITH CHICKEN

Ingredients: Durum wheat pasta, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives.

Ingredients in bold script contain allergens; gluten

ı	Nutritional Information		
	neray	Per 100g	
	nergy Cal	120KCal	
K	IJ	480 Kj	
	at	1.45g	
	of which saturated	0.27ğ	
C	arbohydrates	37.25g	
	of which sugar	2.69g	
F	ibre	2.04g	
P	rotein	11.78g	
S	alt	< 0.01g	

GREEK HOTPOT R MASH

Ingredients: Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley,

Nutritional Information	
Energy KCal	Per 100g
KCal KJ	72KCal 321Ki
Fat of which saturated	0.73g 0.19a
Carbohydrates	10.87g
of which sugar Fibre	1.16g 1.12g
Protein	6.29g
Salt	< 0.01g.



THU 18th

Ingredients: Potatoes, turkey, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, mustard, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Ingredients in bold script contain allergens; mustard

Per 100g 80 KCal 377 Kj FRI 1.54g 26th

Fat of which saturated 0.39g 11.12g Carbohydrates 1.87g Fibre 1.33g 6.02g Protein

Nutritional Information

ITALIAN-STYLE FISH & PASTA PIE

Ingredients: 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 Info	rmation
Energy KCal	Per 100g
KCal KJ	98 KCal
Fat	419 Kj 1.18g
of which saturated	0.21g
Carbohydrates	34.44g
of which sugar	3.45g
Fibre	2.09g
Protein	8.27g < 0.01g
Salt	- 0 .019

FRI

19th

TUNA PASTA BAKE

Ingredients: Durum wheat pasta, tomatoes, tomato puree, tuna, carrots, milk, water, maize corn, onions, spinach, wheat flour, butter (milk), potato starch, olive oil, garlic, basil.

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

Nutritional Information Energy KCal 115KCal 487 Ki

2.27g 0.85g 35.45g 3.59g 2.06g 78.37g Fat of which saturated Carbohydrates Fibre Protein < 0.01a

Nutritional Information

of which saturated

Carbohydrates

Fibre

Protein

Per 100g

117KCal

491 Kj

2.41g 1.16g 17.13g 1.84g

1.45g

5.83g < 0.01a

MON 29th - BANK HOLIDAY

TUE **30th**

THU

25th

PASTA NAPOLI

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

Ingredients in bold script contain allergens; gluten

Fibre Protein Salt	3.45g 2.09g 8.27g < 0.01g
Nutritional I	Per 100g
Energy KCal K.J	93 KCal 394 Ki

MILD CHILLI CON MON CARNE & RICE

Ingredients: 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).

WED
31st

CHICKEN

Ingredients: Potatoes, Chicken, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch,

Fat of which saturated 1.05g² 0.22g 36.16g Carbohydrates 3.6g 2.31g Fibre Protein < 0.01c

22nd

23rd

Ingredients: Potatoes, turkey, water, carrots, peas, maize corn, swedes, potato starch, onions, tomato puree, olive oil, oregano, garlic.

Nutritional Information

Energy	Per 100g
Energy KCal	82 KCal
KJ	336 Kj
Fat	1.19g [°]
of which saturated	0.19g
Carbohydrates	12.59g
of which sugar	1.47g ̃
Fibre	1.38g
Protein	6.71g < 0.01g
Salt	< 0.01g

olive oil, tomato puree, oregano, garlic.

Per 100g 74 KCal 348Kj 0.84g 0.25g 11.46g Carbohydrates 0.9g ` 1.57g **Protein**

Nutritional Information

OCTOBER

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

MENU AND INGREDIENT LISTS MAY BE SUBJECT

All beef used is of Irish origin

TO CHANGE





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OCTOBER 2018

MEXICAN CHICKEN

Ingredients: Potatoes, carrots, chicken, butternut squash, peas, water, tomato, onions, olive oil.

BROCCOLI, MIXED VEG & POTATO

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

BEEF CASSEROLE WED & MASH

Ingredients: Potatoes, carrots, beef (Irish) water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

SHEPHERD'S PIE

THU

5th

MON

MON

1st

TUE

2nd

3rd

Ingredients: Potatoes, carrots, lamb, water, butternut squash, peas, onions, tomato puree, olive oil.

CHICKEN & VEG

Ingredients: Potatoes, carrots, chicken, water, courgettes, peppers, tomatoes, onions olive oil.

BOLOGNAISE

Ingredients: Potato carrots, beef (irish) water, courgettes, tomatoes, onions, tomato puree, olive

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 59 KCal 250 Kj 1.13g 0.43g 6.82g 1.83g 1.39g 5.89g < 0.01g	

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 23KCal 97Kj 0.42g 0.13g 5.08g 1.19g 0.91g 1.19g < 0.01q

Nutritional Information	
Energy KCal	Per 100g 69 KCal
KJ	283 Kj
Fat of which saturated	1.49g 0.65g
Carbohydrates of which sugar	7.39g 1.82g
Fibre	1.68g
Protein Salt	5.06g < 0.01g

reactional into	·····ation
Energy KCal KJ Fat	Per 100g 65 KCal 272 Kj 2.13g
of which saturated	1.02g
Carbohydrates of which sugar	7.44g 1.97g
Fibre	1.53g
Protein	5.41g
Salt	< 0.01g

Nutritional Information

Nutritional Information	
Energy	Per 100g
Energy KCal	72 KCal
KJ	306 Kj
Fat	0.7g ´
of which saturated	0.34̄g
Carbohydrates	11.27g
of which sugar	1.48g
Fibre	1.53g
Protein	5.81g < 0.01g
Salt	< 0.01g

Nutritional Information	
Energy KCal KJ Fat	Per 100g 67 KCal 281 Kj
of which saturated Carbohydrates	1.91g 0.75g 6.85g
of which sugar Fibre	2.08g 1.21g
Protein Salt	4.43g < 0.01g

TUE CASSEROLE & MASH 9th

Ingredients:Potatoes, carrots, turkey, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Ingredients: Potatoes, carrots, beef (Irish), water, swedes, peppers, , onions, olive oil, tomato puree.

LAMB TANGIA

THU

12th

11th Ingredients: Potatoes, lamb, carrots,peppers, spinach, peas, tomatoes, water, onions, olive oil.

TURKEY PIE

Ingredients: Potatoes, carrots, turkey, swede, peas, water, tomato puree, onion, olive oil.

TURKEY CASSEROLE MON& MASH 15th

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information Per 100g **Energy** KCal KJ 69 KCal 283 Kj 1.49g 0.65g 7.39g 1.82g Fat of which saturated

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow



0.65g 7.39g 1.82g 1.69g 5.06g < 0.01g **Protein** Salt

Fat of which saturated

Carbohydrates of which sugar

Fibre

Nutritional Information

Nutritional Information

69 KCal

283 Kj

1.49g 0.65g 7.39g 1.82g 1.68g 5.06g

Per 100g

69 KCal

< 0.01g

283 Kj 1.49g

Energy KCal

Fibre

Protein

Fat of which saturated

Carbohydrates of which sugar

Nutritional Inf	ormation
Energy	Per 100g
Energy KCal	65KCal
KJ	272Kj
Fat	2.18ģ
of which saturated	1.02g
Carbohydrates	7.46g
of which sugar	2.01g
Fibre	1.52g
Ductois	1 96g

Nutritional Information Per 100g 58KCal 0.95g 0.23g

Carbohydrates of which sugar 6.71g Fibre 5.96g < 0.01g **Protein** Salt

Carbohydrates of which sugar

Protein



COTTAGE PIE

Ingredients: Potatoes, beef (Irish), carrots, water, peas, onions, swede, water.

Nutritional Information 82KCal 346 Ki 1.89g 0.66g of which saturated Carbohydrates of which sugar 10.24g 1.31 Fibre Protein 4.99g 0.4g

24th

WED & PO

Ingredients: Carrots, potatoes, butternut squash, water, tomatoes, peppers, lentils, onions, olive

Per 100g 46 KCal 194 Kj 0.83g Fat of which saturated 0.26g 11.27g 2.07g 1.74g 2.4g < 0.01g **Carbohydrates** of which sugar

Nutritional Information

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CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

L)	Nutritional Information		
	neray	Per 100g	
ķ	nergy (Cal	72KCal	
k	(J	306Kj	
	at	0.7g	
	of which saturated	0.34g	
(Carbohydrates	11.27̈́g	
	of which sugar	1.48g	
F	ibre	1.53g	
F	Protein	5.81g	
_ (ale	< 0.01a	

Energy KCal KJ

Fibre

Protein

Fat of which saturated

Carbohydrates of which sugar

GREEK HOTPOT & POTATO

THU **25th** Ingredients: Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

ation r 100g
KCal 4 Kj 31g 19g 7g 19.g 28g).01g
J.UIG
֡

THU 18th

WED

17st

TURKEY, MIXED VEG WITH APRICOT & POTATO

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, olive oil.

Nutritional Information Per 100g 66 KCal 277 Kj 1.05g 0.28g 8.2g 2.42g 1.58g

6.67g < 0.01g

TURKEY, ITALIAN **STYLE VEG &** 26th POTATO

MON 29th - BANK HOLIDAY

Ingredients: Potatoes, turkey, mixed vegetables, chopped tomatoes, water, tomato puree, spinach, onion.

Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre	Per 100g 56 KCal 240 Kj 0.92g 0.28g 6.64g 1.65g 1.16g
Protein	5.79g
Salt	< 0.01g

Nutritional Information

FRI 19th

MIXED VEGETABLES

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information

NAPOLI SAUCE TUE 30th

> Ingredients: Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers,

Nutritional Information		
Energy	Per 100g	
Energy KCal	42 KCal	
KJ	173 Kj	
Fat	0.76a	
of which saturated	0.26g	
Carbohydrates	10.27g	
of which sugar	2.07g	
Fibre	1.67g	
Protein	2 17g	

Sal+

22nd

BEEF, VEGETABLES, **MON TOMATO & POTATO**

Ingredients: Potato, carrots, beef (Irish), water, courgettes, tomatoes, onions, tomato puree, olive

Per 100g **Energy** KCal 72KCal 280 Kj 2.03g 0.73g of which saturated 6.1g 1.7g 1.25g 4.65g Carbohydrates Fibre Protein

Nutritional Information Per 100g 57 KCal 234 Ki 0.93g 0.28g 6.85g 1.85g 1.18g Fat of which saturated Carbohydrates

Fibre

Protein

WED **31st**

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow

Per 100g **Energy** KCal 72KCal Fat of which saturated

Nutritional Information

< 0.01a

306Kj 0.7g 0.34g 11.27g 1.48g 1.53g Fibre Protein

OCTOBER

23rd

TURKEY TUE & VEGETABLE PIE

Ingredients: Potatoes, turkey, mixed vegetables, water.





MON 1st

Ingredients: Potatoes, carrots, butternut squash, peas, water, tomato, onions, olive oil.

Nutritional Information		
Energy	Per 100g	
KCal	59 KCal	
KJ	250 Kj	
Fat	1.13g	
of which saturated	0.43g	
Carbohydrates	6.82g	
of which sugar	1.83g	
Fibre	1.39g	
Protein	5.89g	
Salt	< 0.01g	
	Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein	

Nutritional Information

Energy KCal KJ

Energy KCal KJ

Fibre

Salt

Protein

Energy KCal KJ

Fibre

Salt

Protein

Energy KCal

Fat of which saturated

Carbohydrates

Fat of which saturated

Nutritional Information

Carbohydrates

Ingredients: Potatoes, carrots, water, sweet potato, peas, onions, olive oil.

57KCal 263Ki 0.86g 0.15g 9.81g 2.52g 2.99g 3.16g < 0.01g Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt

Nutritional Information



EC

2nd

BROCCOLI, MIXED

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

	Per 100g	
	109KCal	W
	463 Kj	W
	1.54g	
saturated	0.82g	l 10

57KCal

263Ki

0.86g 0.15g 9.81g

2.52g 2.99g

3.16g

Per 100g

234Kj

0.26q

6.9g 1.08

1.71g

1.46g

< 0.01a

Per 100g

2.4g < 0.01a

Fat of which Carbohydrates 1.45g 1.3g 6.81g < 0.01g Fibre **Protein**

/ED

Ingredients: Potatoes, carrots, , water, swedes, peppers, , onions, olive oil, tomato puree.

Nutritional Information Per 100g **Energy** KCal KJ 69 KCal 283 Ki Fat of which saturated 1.49g 0.65g 7.39g 1.82g 1.69g Carbohydrates of which sugar Fibre 5.06g Protein < 0.01qSalt

WED 3rd

VEG CASSEROLE

Ingredients: Potatoes, carrots, water, sweet potato, peas, onions, olive oil.

Nutritional Information VEG TANGIA Per 100g

THU

TUE

Ingredients: Potatoes, carrots, peppers,, spinach, peas, tomatoes, water, onions, olive oil.

Nutritional Information Per 100g **Energy** KCal KJ 59 KCal 250 Kj 1.13g 0.43g 6.82g 1.83g 1.39g 5.89g Fat of which saturated Carbohydrates of which sugar Fibre Protein < 0.01aSalt

4th

SHEPHERD'S **VEG PIE**

Ingredients: Potatoes, carrots, water, butternut squash, peas, onions, tomato puree, olive oil.

54KCal FRI 12th

Ingredients: Potatoes, carrots, butternut squash, swede, peas, water, tomato puree, onion, olive

Nutritional Information Per 100g

Energy KCal 57KCal 263 Ki 0.86g 0.15g 9.81g Fat of which saturated Carbohydrates of which sugar 2.52g 2.99g 3.16g < 0.01g Fibre Protein

5th

Ingredients: Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil

42 KCal 176 Ki MON 0.83g 15th

Fat of which saturated 0.61g Carbohydrates 16.0Žg 1.67g Fibre 1.27g 4.24a Protein < 0.010Salt

Nutritional Information

VEG CASSEROLE

Ingredients: Potatoes, carrots, water, sweet potato, peas, onions, olive oil.

Nutritional Information

Per 100g **Energy** KCal 57KCal 263Ki 0.86g 0.15g Fat of which saturated 9.81g 2.52g 2.99g 3.16g Carbohydrates Fibre Protein

OCTOBER MON 8th

Ingredients: Carrots, potatoes, butternut squash, water, tomatoes, peppers, lentils, onions, olive oil.

Nutritional Information Per 100g 46 KCal 194 Kj 0.83g of which saturated 0.26g 11.27g Carbohydrates of which sugar 2.07g 1.74g Fibre

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





TUE

16th Ingredients: Potatoes , carrots, swedes, peas, lentils, water, onions, potato starch, tomato puree, olive oil, oregano, garlic.

Nutritional Information		
Per 100g 65KCal 273Kj 1.28g 0.32g 15.24g 1.94g 2.04g. 4.05g. < 0.01g.		

24th

BOLOGNAISE WED SAUCE & POTATO

Ingredients: Potato carrots, water, butternut squash, peas, chopped tomatoes, onions, olive

Per 100g 46 KCal 194 Ki 0.93g 0.22g of which saturated Carbohydrates of which sugar 8.78g 2.38g 1.81g Fibre 1.39g < 0.01g Protein

Nutritional Information

Nutritional Information

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VEG CASSEROLE WED & MASH

Ingredients: Potatoes, sweet potato carrots, water, peas, swedes, onions, olive oil, tomato puree.

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 72KCal 306Kj 0.7g 0.34g 11.27g 1.48g 1.53g 5.81g	
Salt	< 0.01g.	

25th

GREEK HOTPOT THU & POTATO

Ingredients: Potatoes, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

Per 100g 57 KCal 234 Kj 1.01g 0.31g Fat of which saturated Carbohydrates of which sugar 6.19g 1.7g 1.19.g Fibre 6.28g <0.01c Protein Salt

THU 18th

17st

Ingredients: Potatoes, carrots, butternut squash, water, peas, onions, apricots, olive oil.

Per 100g 50 KCal 211 Ki 0.93g 0.22g **26th** of which saturated

Carbohydrates of which sugar 9.71g 2.86g 1.88g 1.46g < 0.01a

Nutritional Information

Nutritional Information

Ingredients: Potatoes, carrots, chopped tomatoes, lentils, water, peppers, courgette, tomato puree, spinach, onion.

Nutritional Information Per 100g **Energy** KCal KJ 57 KCal 240 Kj 0.99g 0.4g 6.64g 1.65g 1.16g 5.37g < 0.01g Carbohydrates of which sugar Protein Salt

FRI 19th

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

Per 100g 58 KCal 376 Kj Fat of which saturated 0.99g 0.4g 6.82g Carbohydrates 1.82g 1.18g 5.41g Protein < 0.01q

Nutritional Information

Energy KCal KJ

Protein

Protein

Fat of which saturated

Carbohydrates

Per 100g

42 KCal

176 Kj 0.83g

0.61g

16.02g

1.67g`

1.27g

< 0.010

< 0.01g

30th

MON 29th - BANK HOLIDAY

Ingredients: Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion.

Nutritional Information Per 100g 42 KCal

173 Kj 0.76g 0.26g 10.27g Carbohydrates of which sugar 2.07g 1.67g 2.17g < 0.01g

MON **22nd**

Ingredients: Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil.

VEG CASSEROLE

Ingredients: Potatoes, carrots, water, sweet potato, peas, onions, olive oil.

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow

Nutritional Information Per 100g **Energy** KCal KJ 57KCal Fat of which saturated Carbohydrates of which sugar

263Kj 0.86g 0.15g 9.81g 2.52g 2.99g 3.16g < 0.01g Fibre Protein

OCTOBER

23rd

VEGETABLE PIE

Ingredients: Potatoes, mixed vegetables, water.

Per 100g 57 KCal 234 Ki Fat of which saturated 0.93g Carbohydrates 6.85g 1.85g 1.18g Fibre 5.89a

Nutritional Information





MON 1st

MEXICAN CHICKEN

Ingredients: Potatoes, carrots, chicken, butternut squash, peas, water, tomato, onions, olive oil.

Nutritional Information		
Nutritional Info Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre	Per 100g 59 KCal 250 Kj 1.13g 0.43g 6.82g 1.83g 1.39g	
Protein	5.89g < 0.01g	
Salt	< 0.01g	

9th

TUE CASSEROLE & MASH

Ingredients: Potatoes, carrots, turkey, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.



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TUE 2nd

BROCCOLI, MIXED VEG & POTATO

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

Nutritional information		
Energy	Per 100g	
Energy KCal	23KCal	
KJ	97Kj	
Fat	0.42g	
of which saturated	0.13g	
Carbohydrates of which sugar	5.08g	
of which sugar	1.19g	
Fibre	0.91g	
Protein	1.19a	

< 0.01a

WED 10th

HUNGARIAN

Ingredients: Potatoes, carrots, turkey, water, swedes, peppers, , onions, olive oil, tomato puree.

Nutritional Information Per 100g 69 KCal 283 Kj Fat of which saturated 1.49g 0.30g Carbohydrates of which sugar 7.39g 1.82g 1.69g Fibre 5.60g Protein < 0.01c Salt

WED 3rd

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes onions, olive oil, tomato puree.

Nutritional Information

Energy	Per 100g
Energy KCal	72KCal
KJ	306Kj
Fat	0.7g
of which saturated	0.34g
Carbohydrates	11.27g
of which sugar	1.48g
Fibre	1.53g
Protein	5.81g
Salt	< 0.01g.

LAMB TANGIA

THU 11th Ingredients: Potatoes, lamb, carrots,peppers, spinach, peas, tomatoes, water, onions, olive oil.

Nutritional Information 65KCal 272Kj 2.18g 1.02g 7.46g 2.01g 1.52g Fat of which saturated Carbohydrates of which sugar Fibre Protein 4.96g < 0.01g

SHEPHERD'S PIE

THU 4th

5th

8th

Ingredients: Potatoes, carrots, lamb, water, butternut squash, peas, onions, tomato puree, olive oil.

Nutritional Information

Energy	Per 100g
Energy KCal	65 KCal
KJ	272 Kj
Fat	2.13g [°]
of which saturated	1.02g
Carbohydrates	7.44g
of which sugar	1.97g
Fibre	1.53g
Protein	5.41g
Salt	< 0.Ŏ1g

FRI 12th

15th

TURKEY PIE

Ingredients: Potatoes, carrots, turkey, swede, peas, water, tomato puree, onion, olive oil.

Nutritional information	
Energy	Per 100g
Energy KCal	58KCal
KJ	331 Ki
Fat	0.95g
of which saturated	0.23g
Carbohydrates of which sugar	6.71g
of which sugar	2a J
Eibro	1 /10~

5.96g < 0.01g

Protein Salt

Per 100g 72 KCal 306 Kj

0.7g 0.34g 11.27g Fat of which saturated Carbohydrates 1.48g 1.53g Fibre 5.81g < 0.01g Protein Salt

Nutritional Information

TURKEY CASSEROLE MON

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information Per 100g **Energy** KCal KJ 69 KCal 283 Kj 1.49g 0.65g 7.39g 1.82g 1.68g Fat of which saturated

Carbohydrates of which sugar Fibre Protein

OCTOBER 2018

BOLOGNAISE

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive

Ingredients: Potatoes, carrots, chicken, water,

courgettes, peppers, tomatoes, onions olive oil.

Nutritional Information Per 100g 240 Ki Fat of which saturated 0.93g Carbohydrates Protein

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





16th

TURKEY COTTAGE TUE PIE

Ingredients: Potatoes, turkey, carrots, water, peas, onions, swede, water.

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

WED 24th

Ingredients: Carrots, potatoes, butternut squash, water, tomatoes, peppers, lentils, onions, olive

Per 100g 46 KCal 194 Kj 0.83g 0.26g 11.27g Fat of which saturated Carbohydrates of which sugar 2.07g 1.74g 2.4g < 0.01g Fibre Protein

Nutritional Information

HSE/ FSAI Approval no 4018 EC

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WED 17st

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information Per 100g **Energy** KCal KJ 72KCal 306Kj 0.7g 0.34g Fat of which saturated Carbohydrates of which sugar 11.27g 1.48g 1.53g Fibre 5.81g < 0.01g. **Protein**

THU **25th**

GREEK HOTPOT & POTATO

Ingredients: Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

Nutritional Information Per 100g 57 KCal 234 Kj 1.01g 0.31g 6.19g 1.7g 1.19.g Fat of which saturated **Carbohydrates** of which sugar Protein <0.01g

THU 18th

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, olive oil.

Nutritional Information Per 100g 66 KCal 277 Kj 1.05g 0.28g of which saturated Carbohydrates of which sugar 8.2g 2.42g Fibre 1.58g 6.67g < 0.01g

26th

Ingredients: Potatoes, turkey, mixed vegetables, chopped tomatoes, water, tomato puree, spinach,

Nutritional into	rmation
Energy	Per 100g
Energy KCal	56 KCal
KJ	240 Kj
Fat	0.92g [°]
of which saturated	0.28g
Carbohydrates	6.64g
of which sugar	1.65g
Fibre	1.16g
Protein	5.79g
Salt	< 0.01g

FRI 19th

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information Per 100g 58KCal 243 Kj 0.99g 0.4g 6.82g Fat of which saturated Carbohydrates of which sugar 1.82g 1.18g 5.41g Protein

Nutritional Information

Energy KCal

Fat

Fibre

Salt

Protein

TUE **30th**

MON 29th - BANK HOLIDAY

Ingredients: Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers,

Nutritional Information Per 100g **Energy** KCal KJ 42 KCal 173 Ki 0.76g 0.26g 10.27g 2.07g Fat of which saturated Carbohydrates of which sugar Fibre 1.67g 2.17g < 0.01g **Protein**

23rd

TURKEY, **MON VEGETABLES, TOMATO** 22nd & POTATO

Ingredients: Potato, carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

72KCal 280 Kj 2.03g 0.73g of which saturated 6.1g 1.7g 1.25g 4.65g 0.01g. Carbohydrates

Per 100g

WED
31st

CHICKEN CASSEROLE

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information Per 100g **Energy** KCal 72KCal

Sal+

306Kj 0.7g 0.34g 11.27g 1.48g 1.53g Fat of which saturated Carbohydrates of which sugar Fibre 5.81g < 0.01g Protein

OCTOBER

TUE & VEGETA

Ingredients: Potatoes, turkey, mixed vegetables, water.

Nutritional Information

Energy	Per 100g
Energy KCal	57 KCal
KJ	234 Kj
Fat	0.93g
of which saturated	0.28g
Carbohydrates	6.85g
of which sugar	1.85g
Fibre	1.18g
Protein	5.89g
Salt	< 0.01g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





MON

1st

TUE

2nd

WED

3rd

THU

4th

FRI

5th

OCTOBER

2018

SWEET & SOUR CHICKEN WITH RICE

Ingredients: Rice, Chicken, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concetrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, santhan gum, paprika concentrate, salammoniac) Carrot, Corn kernels, Onion, Pineapple.

PASTA WITH TOMATO & BASIL & GOUJONS

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

Ingredients in bold script contain allergens; egg & gluten.

COTTAGE PIE

Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (corriander, sage leaf), sunflower oil, citric acid, garlic) carrots, water, peas, onions, swede

SAUSAGE. MASH & BEANS

Ingredients: Potatoes, Sausage (pork 74% Rusk (**Wheat flour**, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451) Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Ingredients in bold script contain allergens; gluten & sulphates

FISH FINGERS, MINI ROAST & PEAS

Ingredients: Potatoes, **Fish Fingers** (**cod, wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Peas.

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

PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens; gluten

Per 100g KCal 130KCal 130KCal 1519 K j 1.18g of which saturated 0.80g 23.13g of which sugar 6.68g 6.68g 1.02g Protein 6.94g 5.14g 6.21g 6.	Nutritional Information	
Jail 0.319	Fat of which saturated Carbohydrates of which sugar Fibre	130KCal 519 Kj 1.18g 0.80g 23.13g 6.68g 1.02g

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

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

| Nutritional Information | Energy | 76 KCal | 76 KCal | 321 Kj | Fat | 1.37 g | 0.59g | Carbohydrates | 0.59g | Carbohydrates | 1.14g | Fibre | 1.1g | Protein | 4.66g | Salt | 50 KCal | 4.66g | Salt | 50 KCal | 50 K

Nutritional Information	
Energy	Per 100g
KCal	89 KCal
KJ	376 Kj
Fat	1.29g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

Nutritional Information	
Energy	Per 100g
KCal	141KCal
KJ	597 Kj
Fat	3.74g
of which saturated	1.6g
Carbohydrates	10.32g
of which sugar	2.88
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

TURKEY CURRY & RICE

9th Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger,garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; mustard

BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

WED Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, soya fibre, dextrose, Hydrolysed soya protein, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), french beans.

Ingredients in bold script contain allergens; soya and sulphor

CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

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

Ingredients in bold script contain allergens; egg

FISH CAKES. SAUTÉ. CARROT

FRI 12th

Ingredients: Potatoes, **Fish Cake** (**white fish** 32%) breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (**wheat flour** calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, **wheat flour**, (**wheatflour**, calcium carbonate, iron, niacian, thiamin) maize starch, salt, **mustard powder**), Carrots.

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

| Nutritional Information | Energy | Fer 100g | KCal | 117KCal | 491Kj | Fat | 1.41g | of which saturated | 0.74g | Carbohydrates | 16.74g | 6 which sugar | 0.84g | Fibre | 1.18g | Protein | 10.42g | Salt | 0.04g |

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

1	Nutritional Information		
	Energy	Per 100g	
	Energy KCal	155 KCal	
	KJ	649 Kj	
	Fat	6.13g [°]	
	of which saturated	0.64g	
	Carbohydrates	19.44g	
	of which sugar	1.23g	
	Fibre	2.04g	
	Protein	5.77g	
	Salt	0.27g	

Nutritional Information			
Energy	Per 100g		
Energy KCal	139KCal		
KJ	585 Kj		
Fat	4.53a´		
of which saturated	0.53g		
Carbohydrates	20.19a		
of which sugar	1.46a		
Fibre	2.23g		
Protein	3.54g		

Protein 3.549 Salt 0.05g Nutritional Informatio

MON 15th

TURKEY KORMA & RICE

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

Ingredients in bold script contain allergens; mustard

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Nutritional Ir	nformation
Energy	Per 100g
Energy KCal	119KCa
KJ	499 Kj
Fat	3.1g ´
of which saturated	1.779
Carbohydrates	17.28g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04g





BEEF CASSEROLE

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

Nutritional Information		
Fneray	Per 100g	
Energy KCal	84 KCal	
KJ	445 Kj	
Fat	1.76g [°]	
of which saturated	0.009	
Carbohydrates	10.85̃g	
of which sugar	1.31g	
Fibre	1.46g	
Protein	5.04g	
Salt	0.01g	

WED	
24th	

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

TURKEY PASTA ARRABIATA

powder

Ingredients in bold script contain allergens: gluten

Energy KCal KJ 487 Kj Fat of which saturated 1.82g 0.35a Carbohydrates of which sugar 29.87g 2.28g Fibre Protein 13.46g 0.04g

Nutritional Information

Nutritional Information

Nutritional Information

Fat of which saturated

Fat of which saturated

Carbohydrates of which sugar

Fibre

Salt

Protein

Energy KCal KJ

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar

Carbohydrates of which sugar

Fibre

Protein

Per 100g

129 KCal 541 Ki

4g 0.53g

17.88g 1.53g

2.04g

4.65g

0.05g

Per 100g

98 KCal

419 Ki

1.18g

0.21g 34.44g

3.45g

2.09g 8.27g

< 0.01a

Per 100g

182 KCal 559 Ki

3.98g 1.29g

38.37g 2.91g

2.05g 8.88g

0.2a

< 0.01a

Nutritional Information

HSE/FSAI Approval no 4018 EC

WED 17st

PASTA WITH CHICKEN & CORN

Ingredients: Durum wheat pasta, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

Ingredients in bold script contain allergens; gluten

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

THU 18th

FRI

19th

22nd

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

FISH FINGERS. WAFFLES &

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato

(seasoning onion, salt & pepper)] Fish Fingers (cod, wheat flour, water,

extract, pepper, turmeric, curcuma powder, vegetable oi), Baked Beans

potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika

(Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika,

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered

chilli peppers, paprika, cumin, oregano, garlic powder,

L.D. BAKED BEANS

starch, salt, pepper extract, Turkey Burger [Turkey

Ingredients in bold script contain allergens; fish & gluten

MILD CHILLI CON

MON CARNE & RICE

& CARROTS

Nutritional Information		
Energy	Per 100g	
Energy KCal	120KCal	
KJ	480 Kj	
Fat	1.45g [°]	
of which saturated	0.27g	
Carbohydrates	37.25g	
of which sugar	2.69g	
Fibre	2.04g	
Protein	11.78g	
Salt	0.04g	

Nutritional Information Per 100g 120 KCal 546 Kj 3.99g 0.61g of which saturated Carbohydrates 11.93g 0.88a Fibre 1.09g Protein 9.26g

0.24q

Nutritional Information Per 100g **Energy** KCal 141 KCa 593 Ki 4.25g 0.46a of which saturated Carbohydrates 20.17g 1.25g Fibre 1.62g 5.23g **Protein**

0.04a

Nutritional Information

Energy	Per 100g
Energy KCal	117KCal
KJ	491 Kj
Fat	2.41g
of which saturated	1.16g
Carbohydrates of which sugar	17.13g
	1.84g
Fibre	1.45g
Protein	5.83g
Salt	0.04g

which sugar bre otein It	1.84g 1.45g 5.83g 0.04g	31s
utritional In	formation	

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

CHICKEN GOUJONS. **SAUTÉ & MIXED VEG**

Ingredients: Potatoes (sunflower oil), Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, **25th** tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder, emulsifier, xanthan gum) rapeseed oil, peas, corn, swede.

Ingredients in bold script contain allergens; egg

FISH CAKES, MINI ROAST, PEAS & CORN

FRI 26th

Ingredients: Potatoes (sunflower oil) Fish Cake (white fish 32%) breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, mustard powder), Peas, corn.

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

MON 29th - BANK HOLIDAY

MEATBALLS IN PASTA

Ingredients: Durum wheat pasta 42%, chopped tomatoes, meatballs 17% [pork 39%,beef 39%, rusk (wheat flour, salt, **30th** raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chilli powder, blackpepper. carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten

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

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

Nutritional Information

Per 100a 95 KCal 401 Kj Fat of which saturated 1.35g 0.64g Carbohydrates of which sugar 17.31g 1.65g Fibre **Protein** 4.4q

OCTOBER

23rd

Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, rusk (wheat Ingredients: Potatoes, meatoalis (1 % Ipon 37 %) beta 37 %). Ingredients: Potatoes, meatoalis (1 % Ipon 37 %) beta 37 %). Ingredients: Potatoes, meatoalis (1 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 3 powder, blackpepper, seasoning (salt, onion powder, **soya fibre**, dextrose, Hydrolysed **soya protein**, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid,

MEATBALLS GRAVY. MASH

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





MON

1st

TUE

2nd

WED

3rd

THU

4th

FRI

5th

HSE/ FSAI Approval no 4018 FC.

OCTOBER 2018

SWEET & SOUR CHICKEN WITH RICE

Ingredients: Rice, Chicken, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concetrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: quer gum, spices, flavourings, santhan gum, paprika concentrate, salammoniac) Carrot, Corn kernels, Onion,

PASTA WITH TOMATO & BASIL & GOUJONS

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

Ingredients in bold script contain allergens; eqq & gluten.

COTTAGE PIE

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

LAMB CASSEROLE & MASH

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

FISH FINGERS, MINI ROAST & PEAS

Ingredients: Potatoes, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Peas.

Ingredients in bold script contain allergens; fish &

PASTA BOLOGNAISE

Ingredients: Durum wheat pasta, beef (Irish), tomatoes, tomato puree, carrots, spinach, onions, courgettes, water, potato starch, 8th olive oil, salt, oregano, garlic.

Nutritional Information		
Energy	Per 100g	
KCal	130KCal	
KJ	519 Kj	
Fat	1.18g	
of which saturated Carbohydrates of which sugar	0.80g 23.13g 6.68g	
Fibre	1.02g	
Protein	6.94g	
Salt	0.31g	

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

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

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

Nutritional Information Per 100g 89 KCal 376 Kj Fat of which saturated 1.29g 0.61g Carbohydrates 16.0Žg 1.67g 1.27g

Nutritional Information	
Energy KCal KJ	Per 100g 141KCal 597 Kj
Fat of which saturated	3.74g 1.6g
Carbohydrates of which sugar	10.32g 2.88
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

TURKEY CURRY

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; mustard

BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

WED Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, soya fibre, dextrose, Hydrolysed soya protein, natural 10th flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), french beans.

Ingredients in bold script contain allergens; soya and sulphor

CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Chicken Breast **11th** Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder, emulsifier, xanthan gum) rapeseed oil. Peas, Corn.

Ingredients in bold script contain allergens: egg

FISH CAKES, SAUTÉ, CARROT

FRI 12th

MON

15th

TUE

9th

Ingredients: Potatoes, Fish Cake (white fish 32%) breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, mustard powder), Carrots.

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

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

Ingredients in bold script contain allergens; mustard

Nutritional Information Per 100g **Energy** KCal KJ 117KCal 491Kj Fat of which saturated 1.41g 0.74g 16.74g Carbohydrates of which sugar 0.84g 1.18g 10.42g Protein Salt

Nutritional Information	
Energy	Per 100g
KCal	76 KCal
KJ	321 Kj
Fat	1.37g
of which saturated	0.59g
Carbohydrates	10.3Žg
of which sugar	1.14a
Fibre	1.1g
Protein	4.66g
Salt	< 0.01g

Nutritional Information	
Energy KCal	Per 100g
	155 KCal
KJ	649 Ki
Fat	6.13g [°]
of which saturated	0.64g
Carbohydrates	19.44g
of which sugar	1.23g
Fibre	2.04g
Protein	5.77g
C-la	0.27a

1	Nutritional Info	ormation
	Energy	Per 100g
	Energy KCal	139KCa
	KJ	585 Ki
	Fat	4.53g
	of which saturated	0.53g
	Carbohydrates	20.19a
	of which sugar	1.46g
	Fibre	2.23g
	Protein	3.54a

	_
	N
	En KC
	KJ
	Fa

utritional Information Per 100g 119KCal 499 Ki 3.1g 1.94a of which saturated 17.28g

0.05a

Fibre Protein

Carbohydrates 0.55g 1.12g 6.5g 0.04a

All beef used is of Irish origin

TURKEY KORMA

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow



Ingredients in bold script contain allergens; gluten



BEEF CASSEROLE

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

Nutritional information	
Per 100g	
84 KCal	
445 Kj	
1.76g [°]	
0.63g	
10.85g	
1.31g T	
1.46g	
5.04g	
0.01g	

Nutritional Information

Nutritional Information

Energy KCal

Fibre

Protein

of which saturated

of which saturated

Carbohydrates

Fibre

Protein

Carbohydrates

Per 100g

120KCa

480 Kj

1.45g 0.27g 37.25g

2.69a

2.04g 11.78g

0.04g

Per 100g

120 KCal 546 Kj

3.99g 0.61g

11.93g

0.88a

1.09g

9.26g

0.24a

WED
24th

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

TURKEY PASTA ARRABIATA

powder

Ingredients in bold script contain allergens: gluten

Energy KCal KJ 487 Kj Fat of which saturated 1.82g 0.35a Carbohydrates of which sugar 29.87g 2.28g Fibre Protein 13.46g 0.04g

Nutritional Information

HSE/ FSAI Approval no 4018 EC

OCTOBER

WED 17st

PASTA WITH CHICKEN & CORN

Ingredients: Durum wheat pasta, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

L.D. BAKED TURKEY BURGER.

GRAVY. MINI ROAST CARROTS

Ingredients: Potatoes, (sunflower oil) gravy (potato starch,

extract, flavourings, onion, herbs (coriander, sage,

bayleaf)sunflower oil, citric acid, garlic), carrots

riceflour, salt, sugar, caramlised sugar, maltodextrin, yeast

Ingredients in bold script contain allergens; gluten

CHICKEN GOUJONS. **SAUTÉ & MIXED VEG**

Ingredients: Potatoes (sunflower oil), Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, **25th** tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, egg white powder, emulsifier, xanthan gum) rapeseed oil, peas, corn, swede.

Ingredients in bold script contain allergens; egg

MON 29th - BANK HOLIDAY

Nutritional Information Per 100g **Energy** KCal KJ 129 KCal 541 Ki Fat of which saturated 4g 0.53g Carbohydrates of which sugar 17.88g 1.53g 2.04g Fibre **Protein** 4.65g 0.05g

FISH CAKES. MINI ROAST. PEAS & CORN

FRI **26th**

Ingredients: Potatoes (sunflower oil) Fish Cake (white fish 32%) breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, mustard powder), Peas, corn.

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

Per 100g 98 KCal 419 Ki Fat of which saturated 1.18g 0.21g 34.44g Carbohydrates of which sugar 3.45g 2.09g 8.27g **Fibre Protein** < 0.01c Salt

Nutritional Information

Energy KCal KJ

Fibre

Salt

Protein

Fat of which saturated

Carbohydrates of which sugar

Per 100g

182 KCal 559 Ki

3.98g 1.29g

38.37g 2.91g

2.05g

8.88a

0.2a

Nutritional Information

THU 18th

FISH FINGERS. WAFFLES & L.D. BAKED BEANS

FRI 19th

22nd

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Turkey Burger [Turkey (seasoning onion, salt & pepper)] Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika,

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

MILD CHILLI CON

MON CARNE & RICE

Nutritional Information Per 100g **Energy** KCal 141 KCa 593 Ki 4.25g 0.46a of which saturated Carbohydrates 20.17g 1.25g Fibre 1.62g 5.23g **Protein** 0.04a

Nutritional Information Per 100g

491 Kj Fat 2.41g 1.16g of which saturated Carbohydrates 17.13g 1.84g 1.45g Fibre 5.83g 0.04g **Protein** Salt

117KCal

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder,

MEATBALLS GRAVY. MASH & CARROTS

23rd

Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, rusk (wheat Ingredients: Potatoes, meatoalis (1 % Ipon 37 %) beta 37 %). Ingredients: Potatoes, meatoalis (1 % Ipon 37 %) beta 37 %). Ingredients: Potatoes, meatoalis (1 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 37 %). Ingredients: Potatoes, meatoalis (2 % Ipon 37 %), and a fine death (2 % Ipon 3 powder, blackpepper, seasoning (salt, onion powder, **soya fibre**, dextrose, Hydrolysed **soya protein**, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid,

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

Nutritional Information Per 100g

Energy 84KCal 355 Kj Fat of which saturated 2.68g 1.14g Carbohydrates 12.15g 1.08g 1.11g Fibre 3.57g Protein 0.07a

MEATBALLS IN PASTA

Ingredients: Durum wheat pasta 42%, chopped tomatoes, meatballs 17% [pork 39%,beef 39%, rusk (wheat flour, salt, **30th** raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chilli powder, blackpepper. carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

Ingredients in bold script contain allergens; gluten

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

WED

Ingredients: Potatoes(potatoes, sunflower oil) Turkey Burger **31St** [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, riceflour, salt, sugar, caramlised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil citric acid, garlic), peas

Per 100a **Energy** KCal KJ 95 KCal 401 Kj Fat of which saturated 1.35g 0.64g Carbohydrates of which sugar 17.31g 1.65g Fibre **Protein** 4.4q < 0.01a

Nutritional Information

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





Approval no TUE 4018 2nd FC.

WED

3rd

THU

4th

FRI

5th

MON

8th

OCTOBER 2018

MEXICAN BEAN MON & RICE

Ingredients: Rice, tomatoes, carrots, corn, peppers, kidney beans, cannelini beans, water, tomato puree, onions, olive oil, parsley, chives, potato starch, garlic, salt.

Nutritional Information	
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 98KCal 415 Kj 1.68g 0.89g 17.73g 1.62g 2.03g 4.09g 0.04g
	·

BROCCOLI & CORN PASTA BAKE

Ingredients: Durum wheat pasta, tomatoes, broccoli, water, carrots, tomato puree, milk, maize corn, lentils, spinach, wheat flour, butter (milk), olive oil, onions, potato starch, garlic, basil

Ingredients in bold script contain allergens; gluten and milk

Per 100g 109KCal 463 Kj 1.54g 0.82g 17.65g 1.45g 1.3g 6.81g

/EGETABLE CASSEROLE & MINI ROAST

Ingredients: Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, 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	
Energy KCal KJ	Per 100g 111KCal 466 Kj
Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	3.17g 0.51g 20.148g 2.03g 1.67g 4.03g < 0.04g

SHEPHERD'S VEGETABLE PIE

Ingredients: Potatoes, water, carrots, swedes, broad beans, cannelini beans, peas, onions, 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		
Energy	Per 100g	
Energy KCal	43 KCal	
KJ	333 Kj	
Fat	1.23g	
of which saturated	0.25g	
Carbohydrates	6.28g	
of which sugar	2.78g	
Fibre	2g 1.96 g	
Protein		
Salt	0.04g	

VEG FINGERS, MINI ROAST, PEAS & CORN

Potatoes, vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) wheat flour (Wheat flour.calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, tumeric), peas, corn.

Ingredients in bold script contain allergens; gluten

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

MON 15th

VEG PASTA BOLOGNAISE

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

Ingredients in bold script contain allergens; gluten

Nutritional Information Per 100g 141KCal 597 Kj

3.74g 1.6g of which saturated Carbohydrates 10.32g 2.88 1.29g Fibre 7.27g 0.04g Protein

BUTTERNUT SQUASH TUE

Ingredients: Rice, butternut squash, coconut milk, diced potato, 9th peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika, salt.

Ingredients in bold script contain allergens; mustard

HUNGARIAN WED GOULASH & SAUTE 10th

Ingredients: Potatoes, sunflower oil, tomatoes, water, swede, peas, split red lentils, carrot, mixed peppers, onions, potato starch, olive oil, garlic puree, paprika, parsley, chives, salt.

Nutritional Information Per 100g Energy KCal 92KCal 389 Kj Fat of which saturated 2.24g 0.37g Carbohydrates of which sugar 17.31g 1.71g Fibre Protein 0.04a Salt

Nutritional Information

Energy KCal KJ

Fibre

Protein Salt

Fat of which saturated

Carbohydrates of which sugar

Per 100g

107KCal

453K

3.6g 1.6g 16.00g

3.3g 1.2g 1.9g 0.04c

THU Ingredients: Rice, carrots, chopped tomatoes, butternut squash, sweet potato, water, peppers, spinach, sultanas, lentils, tomato puree, onions, (85% vegetables) garlic puree, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; Mustard

Energy KCal	Per 100g 95 KCal
KJ	401 Kj
Fat of which saturated	1.35g 0.64g
Carbohydrates of which sugar	17.31g 1.65g
Fibre	1.31g
Protein	4.4g
Salt	0.04g

Nutritional Information

VEGETABLE PIE FRI 12th

Ingredients: Potatoes, carrots, maize corn, milk, peas, water, broad beans, cream (milk), onions, potato starch, parsley.

Ingredients in bold script contain allergens: Milk (lactose)

Nutritional Info	ormation
Energy	Per 100g
Energy KCal	75KCal
KJ	316 Ki
Fat	2.03a [°]
of which saturated	0.82a
Carbohydrates	12.3Žg
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	0.04g

Nutritional Information

Energy KCal KJ

of which saturated

Per 100g

112 KCal

VEGETABLE KORMA

Ingredients: Rice, coconut milk, butternutsquash, peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, garlic, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE







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COTTAGE VFGETARLF PIE

Ingredients: Potatoes, carrots, swedes, peas, lentils, water, onions, 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		
Rutritional Info Energy KCal KJ Fat of which saturated Carbohydrates of which sugar	Per 100g 65KCal 273Kj 1.28g 0.32g 15.24g 1.94g	
Fibre Protein Salt	2.04g 4.05g < 0.01g.	

Nutritional Information		
Energy	Per 100g	
Energy KCal	65KCal	
KJ	273Kj	
Fat	1.28ģ	
of which saturated	0.32g	
Carbohydrates	15.24g	
of which sugar	1.94g	
Fibre	2.04g	
Protein	4.05g	
Salt	< 0.01g.	

24th

THU

TUE

30th

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

Ingredients in bold script contain allergens; gluten and milk

VEG PASTA BAKE



Nutritional Information

MEDITERRANEAN STYLE VEG PASTA

Ingredients: Durum wheat pasta, tomatoes, carrots, peppers, maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil, salt.

Ingredients in bold script contain allergens; gluten

Nutritional Information	
Energy KCal K.J	Per 100g 75KCal
Fat of which saturated	316 Kj 1.5g 0.34g
Carbohydrates of which sugar Fibre	16.99g 1.95g 2.2g
Protein Salt	4.4g 0.04g

GREEK VEGETABLE HOTPOT & MASH

Ingredients: Potatoes, tomatoes, water, carrots, tomato puree, **25th** courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley, salt.

Nutritional Info	rmation
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 22KCal 232 Kj 0.6g 0.13g 11.72g 1.36g 1.26.g 1.35q
Salt	0.04g

MIXED VEG & APRICOT **WITH MASH**

THU 18th

FRI

19th

MON

22nd

TUE

16th

WED

17st

Ingredients: Potatoes, carrots, water, sweet potato, lentils, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, mustard, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic, salt.

Ingredients in bold script contain allergens; mustard

Nutritional Information		
Energy	Per 100g	
KCal	109KCal	
KJ	457 Kj	
Fat	1.45g	
of which saturated	0.27g	
Carbohydrates	34.79g	
of which sugar	2.8g	
Fibre	2.56g	
Protein	7.99g	
Salt	0.04g	

VEG FINGERS, MINI ROAST, PEAS & CORN

26th Potatoes, vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) wheat flour (Wheat flour, calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, tumeric), peas, corn.

Ingredients in bold script contain allergens; gluten

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

Nutritional Information

VEG FINGERS, MINI ROAST, L.D BAKED BEANS

Potatoes, Vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) wheat flour (Wheat flour, calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, tumeric), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Ingredients in bold script contain allergens; gluten

Nutritional Information		
Energy KCal	Per 100g	
KCai KJ	111 KCal 465 Kj	
Fat of which saturated	2.87g 0.25g	
Carbohydrates of which sugar	18.19g 1.6g	
Fibre	1.89g	
Protein	3.04g	
Salt	0.4g	

Nutritional Information

Energy KCal

Carboh

Fibre

Protein

Fat

PASTA NAPOLI

MON 29th - BANK HOLIDAY

Ingredients: Durum wheat pasta, chopped tomatoes, tomato puree, diced 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 93 KCal 394 Kj 1.05g 0.22g 36.16g 3.6g Carbohydrates of which sugar 2.31g 6.74g 0.04g Fibre Protein

Salt

VEG & RICF

Ingredients: 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.

saturated	389 Kj 1.26g 0.65g	WE
/drates sugar	20.43g 2.48g 1.91g 3.4g 0.04g	WE 31s

Per 100g

SWEET POTATO & VEG CASSEROLE & SAUTE

Ingredients: Potatoes (potatoes, sun lower oil), water, sweet potatoes, peas, lentils, carrots, swedes, onions, 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 111KCal 466 Kj Fat of which saturated 3.17g 0.51g Carbohydrates of which sugar 20.148g 2.03g Fibre 1.67g 4.03g 0.04g **Protein**

MIXED VEGETABLE TUE & POTATO PIE

23rd Ingredients: Potatoes, carrots, swede, peas, lentils, water, onions, tomato puree, olive oil, potato starch, oragano, garlic,

Per 100g 75KCal 316 Ki Fat of which saturated Carbohydrates 16.99g Fibre Protein

Nutritional Information

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





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OCTOBER

PENNE IN TOMATO & BASIL SAUCE

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

Ingredients in bold script contain allergens; gluten

2nd

Ingredients: Potatoes, sunflower oil, beef (Irish), chopped peppers, spinach, onions, potato starch, olive oil, garlic, salt.

Energy	Per 100g
Energy KCal	149 KCa
KJ	635 Kj
Fat	2.04g
of which saturated	0.3g ̃
Carbohydrates	27.69a
of which sugar	27.69g 3.14g
Fibre	1.89g
Protein	4.87g
Salt	0.02g

Fat

Carbo

Fibre

Protein

Fibre

Fat

Carbol

Fibre

Protein

Protein

Nutritional Information

TUE 9th

BUTTERNUT SQUASH &

Ingredients: Ingredients: Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

Per 100g 54 KCal 227 Kj 0.1g 0.1a of which saturated Carbohydrates of which sugar 13.67g 1.7g Fibre 1.73g Protein 1.27g 0.01a

Nutritional Information

MON

1st

BEEF RAGU & MINI ROAST

tomatoes, water, tomato puree, carrots, sweetcorn, red

rei ioog	
120 KCal	
505 Kj	-
3.6g [*]	U.
0.8g	
14.96g	
1.8g	
1.85g	
5.06g	
0.04g	
	120 KCal

VED Oth

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Nutritional Information Per 100g **Energy** KCal 93 KCal Fat of which saturated 1.05g 0.22g 36.16g 3.6g 2.31g **Carbohydrates** of which sugar Fibre 6.74g **Protein** < 0.01a

WED 3rd

PASTA NAPOLI

Ingredients: 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 100a 93 KCal 394 Kj THU 1.05g 0.22g 36.16g Fat of which saturated Carbohydrates of which sugar 3.6g 2.31g 6.74g Protein

Nutritional Information

Nutritional Information

PENNE WITH STIRFRIED **VEGETABLES**

Ingredients: Durum wheat pasta, peppers, peas, corn, onion, 11th olive oil, garlic, basil

Ingredients in bold script contain allergens; gluten

Nuti itional iiiio	illiation
Energy	Per 100g
Energy KCal	256 KCa 1088 Kj
KJ	
Fat	7.08g 0.99g
of which saturated	
Carbohydrates of which sugar	40.13g 2.15g
Fibre	6.2g
Protein	2.76g
Salt	0.01g

THU 4th

STIR FRIED BEEF

Ingredients: Rice, beef (irish) mixed vegetables, onion, garlic, olive oil, salt.

165 KCal 690 Kj 7.97g 1.93g of which saturated 17.32g 0.38g Carbohydrates

5.38g 0.01a

CURRIED CHICKEN FRI 12th

Ingredients: Rice, chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, mustard seed, black pepper, fenugrek,

of which sugar	2.15g
Fibre	6.2g
Protein	2.76g
Salt	0.01g
Nutritional Inf	ormation
Energy	Per 100g
Energy KCal	111 KCal 467 Ki
K.I	467 Ki

cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 111 KCa 467 Kj 3.46g 0.94g 13.69g 0.89g 1.88g 6.94g 0.01g
--	--

FRI 5th

MON

8th

L.D. BEANS

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

h saturated sydrates h sugar	147KCal 618 Kj 5.6g 0.63g 21.68g 1.4g 1.42a	M(15
	1.42g	

2.58g 0.38g

ON ith

MACCARONI &

Ingredients: 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 contain allengens; gluten & milk (lactose)

Nutritional Info	ormation
Energy	Per 100g
Energy KCal	147 KCal
KJ	9.12 Kj
Fat	5.36g 10.94g
of which saturated	
Carbohydrates	2.52g
of which sugar	0.43g
Fibre	6.14g
Protein	0.93g
Salt	0.23a

2018

MEDITERRANEAN

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

Per 100g 148 KCal 623 Kj 7.13g 1.44g Fat of which saturated Carbohydrates of which sugar 19.6g 0.91g 1.82g Fibre Protein 2.68g 0.02g

Nutritional Information

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





16th

17st

LEEK & POTATO

Ingredients: Water, potatoes, leeks, onion, olive oil, garlic, potato

Nutritional Inf	ormation
Energy	Per 100g
KCal	43KCal
K.J	177 Ki
Fat	1.95g
of which saturated	0.28g
Carbohydrates	5.66g
of which sugar	1.31g
Fibre	0.88g
Protein	0.88g
Salt	0.01g
Protein	0.88g

WED 24th

25th

STIR FRIED BEEF & RICE

Ingredients: Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.

Per 100a Fat of which saturated 7.97g 1.93g Carbohydrates of which sugar 17.32g 0.38g 1.62g Protein 5.38g 0.01a

Nutritional Information

HSE/ FSAI Approval no 4018 EC

VEGETABLE HASH

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

Nutritional Information	
Energy	Per 100g
Energy KCal	115 KCal
KJ	481 Kj
Fat	4.73g
of which saturated	0.6g
Carbohydrates	14.92g
of which sugar	1.42g
Fibre	2.67g
Protein	2.62g
Salt	0.4g

Nutritional Information

THU

PENNE IN TOMATO & BASIL SAUCE

Ingredients: 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** KCal KJ 149 KCa 635 Kj Fat of which saturated 2.04g 0.3g Carbohydrates of which sugar 27.69g 3.14g Fibre 1.89g Protein 4.87g 0.02g

THU 18th

CURRIED CHICKEN

Ingredients: Rice, chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

Per 100g 111 KCal 467 Ki 3.46g 0.94g of which saturated

Carbohydrates of which sugar 13.69g 0.89a Fibre 1.88g Protein 6.94q 0.01g Salt

FRI **26th**

CREAM OF TOMATO SOUP

Ingredients: Chopped tomatos, water, potatoes, paprika, onion, garlic, potato starch.

Nutritional Info	ormation
Fneray	Per 100g
Energy KCal	31 KCal 131 Kj
KJ	
Fat	0.6g 0.22g
of which saturated	
Carbohydrates	4.88g
of which sugar	0.99g
Fibre	1.67g
Protein	1.65g
Calt .	0.04~

FRI 19th

BEEF RAGU

Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

Nutritional Information Per 100g 120 KCal 505 Ki Fat of which saturated 3.6g 0.8g 14.96g Carbohydrates of which sugar

1.8g 1.85g Fibre 5.06g **Protein** Salt

Nutritional Information

Fat of which saturated

Carbohydrates

Protein

Per 100g 93 KCal

394 Kj

1.05g

0.22g 36.16g

3.6g 2.31g 6.74g < 0.01g

MON 29th - BANK HOLIDAY

TUE

BEEF PILAF

Ingredients: Rice, beef (irish), tomatoes, tomato puree, carrots. peppers, spinach, water, onions, potato starch, olive oil, basil,

Nutritional Info	rmation
Energy	Per 100g
Energy KCal	113 KCa
KJ	477Kj
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.2.19g
Fibre	1.36g
Protein	5.7g.
a 1.	< 0.01a

Nutritional Information

Energy KCal KJ

Fibre

Protein

Fat of which saturated

Carbohydrates

Per 100g

147 KCal 9.12 Kj

5.36g 10.94a

2.52g 0.43g

6.14g

0.93a

MON **22nd**

PASTA NAPOLI

Ingredients: 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

WED **31st**

MACCARONI & CHEESE

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

Ingredients: Durum wheat macaroni 43%, milk, water, wheat

Ingredients in bold contain allengens; gluten & milk (lactose)

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum Co Wicklow

quaranteed

OCTOBER

L.D. BEANS

23rd Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Nutritional Information Per 100g 147KCal

618 Kj Fat of which saturated 5.6g 0.63g Carbohydrates 21.68g 1.4g 1.42g 2.58g 0.38g Fibre Protein



OCTOBER

1st

MON

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

Ingredients in bold script contain allergens; gluten

& BASIL SAUCE

2nd

BEEF RAGU & MINI ROAST

Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

Nutritional Information	
Energy	Per 100g
Energy KCal	149 KCal
KJ	635 Kj
Fat	2.04g
of which saturated	0.3g
Carbohydrates	27.69a
of which sugar	27.69g 3.14g
Fibre	1.89g
Protein	4.87g
Salt	0.02g

Nutritional Information Per 100g **Energy** KCal 120 KCal 505 Kj 3.6g of which saturated

0.8g 14.96g 1.8g 1.85g 5.06g 0.04a

Carbohydrates Fibre **Protein**

Nutritional Information

Fat of which saturated

WED 10th

THU

11th

FRI

12th

TUE

powder, vegetable oi).

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil. basil, garlic.

PENNE WITH STIRFRIED

Ingredients: Durum wheat pasta, peppers, peas, corn, onion,

FISH FINGERS & SAUTÉ

Ingredients: Potatoes, sunflower oil, Fish Fingers (cod, wheat

flour, water, potato starch, modified starch, yeast, salt, raising

agents (E450 E500), paprika extract, pepper, turmeric, curcuma

Ingredients in bold script contain allergens; fish and gluten.

Nutritional Information Per 100g Fat of which saturated Carbohydrates of which sugar **Protein** Salt

Nutritional Information

93 KCal

6.2g

2.76g

0.01a

Per 100g

0.93g

Energy KCal

Fibre

Protein Salt

TURKEY PILAF

Fat of which saturated 1.05g 0.22g 36.16g 3.6g 2.31g **Carbohydrates** of which sugar Fibre 6.74a **Protein** < 0.01a

PASTA NAPOLI

WED 3rd

THU

4th

FRI

5th

Ingredients: 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

STIR FRIED BEEF

Ingredients: Rice, beef (irish) mixed vegetables, onion,

garlic, olive oil, salt.

L.D. BEANS

1.05g 0.22g 36.16g Carbohydrates of which sugar 3.6g 2.31g 6.74g < 0.01g Protein

Per 100a

93 KCal

394 Ki

0.01a

Per 100g

147KCal

618 Ki

5.6g 0.63g

21.68g

1.4g ` 1.42g

2.58g 0.38g

Nutritional Information

165 KCal 690 Kj 7.97g 1.93g 17.32g 0.38g Carbohydrates Fibre Protein 5.38g

Nutritional Information

Fat

Fibre

Protein

of which saturated

Carbohydrates of which sugar

CURRIED CHICKEN

Ingredients in bold script contain allergens; gluten

Ingredients: Rice, chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

Nutritional Information Per 100g 256 KCal 1088 Ki 7.08g 0.99g Carbohydrates 40.13g 2.15g

Nutritional Information Per 100g 3.46g 0.94g Carbohydrates of which sugar 13.69g 0.89g 1.88g **Protein** 6.94g Salt 0.01a

CHEESE

MON

Ingredients: Durum wheat macaroni 43%, milk, water, wheat 15th flour, white & red cheddar cheese [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions,

MACCARONI

VEGETABLES

olive oil, garlic, basil,

butter.

Ingredients in bold contain allengens; gluten & milk (lactose)

MON

MEDITERRANEAN

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

Ingredients: Waffles (potato 81% dehydrated potato, sunflower

oil, potato starch, salt, pepper extract, Cannellini beans, diced

tomato, onion, garlic, tomato puree, water, paprika, sugar.

Nutritional Information

Energy	Per 100g
Energy KCal	148 KCal
KJ	623 Kj
Fat	7.13g 1.44g
of which saturated	
Carbohydrates	19.6g 0.91g
of which sugar	
Fibre	1.82g
Protein	2.68g
Salt	0.02g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum. Co Wicklow



8th

147 KCal 9.12 Kj 5.36g 10.94g Fat of which saturated 2.52g 0.43g Carbohydrates 6.14g

Nutritional Information

Fibre Protein



TUE

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, 16th peppers, spinach, water, onions, potato starch, olive oil,

Nutritional Information		
Energy KCal KJ Fat Carbohydrates of which saturated Carbohydrates of which sugar Fibre Protein	Per 100g 93 KCal 394 Kj 1.05g 0.22g 36.16g 3.6g 2.31g 6.74a	
Salt	< 0.01g	

WED 24th

STIR FRIED BEEF & RICE

Ingredients: Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.

Per 100a Fat of which saturated 7.97g 1.93g Carbohydrates of which sugar 17.32g 0.38g 1.62g Fibre Protein 5.38g Salt 0.01a

Nutritional Information

HSE/FSAI Approval no 4018 FC

WED 17st

MEATBALL HASH

Ingredients: Saute potatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic, citric Acid E330) Parsley, Wheat protein.lemon peel.oragano.salt.chillies.chilli

powder, blackpepper.peppers, corn, onions, peas, olive oil, sunflower oil.garlic, chives.

Ingredients in bold script contain allergens; gluten, celery

Nutritional Information Per 100g 115 KCal 481 Ki Fat of which saturated 4.73g 0.6a Carbohydrates 14.92g 1.42g Fibre 2.67g Protein 2.62a 0.4a

Nutritional Information

Nutritional Information

Nutritional Information

of which saturated

Carbohydrates

Fibre

Salt

Protein

Fibre

Protein

Energy KCal

Fat of which saturated

Carbohydrates

of which sugar

Per 100a

111 KCal 467 Ki

3.46g 0.94g

13.69g 0.89a

1.88g

6.94q

0.01g

Per 100g

103KCal

2.13g

0.19 g 17.<u>6</u>4g

THU 25th

PENNE IN TOMATO & BASIL SAUCE

Ingredients: 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** KCal KJ 149 KCa 635 Kj Fat of which saturated 2.04g 0.3g Carbohydrates of which sugar 27.69g 3.14g Fibre 1.89g Protein 4.87g Salt 0.02g

THU

18th

CURRIED CHICKEN

Ingredients: Rice, chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, mustard seed, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

Ingredients in bold script contain allergens; mustard

SAUSAGE & MASH

FRI 26th Ingredients: Potatoes, Sausage (pork 74% Rusk (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450. E451)

Ingredients in bold script contain allergens; gluten, sulphites, sulphur dioxide.

Nutritional Information		
Energy	Per 100g	
Energy KCal	146KCal	
KJ	611Kj	
Fat	8.21á	
of which saturated	2.77g	
Carbohydrates	15.29g	
of which sugar	0.83	
Fibre	1.17g.	
Protein	3.67g.	
Salt	0.8q.	

SAUSAGE & MASH

FRI 19th

Ingredients: Potatoes, Sausage (pork 74% Rusk (Wheat flour, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 Sodium sulphate, flavour enhancer E621, stabiliser E450,

Ingredients in bold script contain allergens; gluten, sulphites sulphur dioxide

Energy KCal 146KCal 611Ki Fat of which saturated 8.21g 2.77g 15.29g 0.83 Carbohydrates of which sugar 1.17g 3.67g

TUE 30th

BEEF PILAF

MON 29th - BANK HOLIDAY

Ingredients: Rice, beef (irish), tomatoes, tomato puree, carrots. peppers, spinach, water, onions, potato starch, olive oil, basil,

Nutritional Information		
Energy KCal	Per 100g	
	113 KCal	
KJ	477Kj	
Fat	2.32g	
of which saturated	1.11 a	
Carbohydrates	16.58g	
of which sugar	0.2.19g	
Fibre	1.36g	
Protein	5.7g.	
Calt	< 0.01a.	

MON **22nd**

Ingredients: Potatoes, sunflower oil, Fish Fingers (cod, wheat flour, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi).

Ingredients in bold script contain allergens; fish and gluten.

WED

31st

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

MACCARONI & CHEESE

Ingredients in bold contain allengens; gluten & milk (lactose)

Nutritional Information Per 100g **Energy** KCal KJ 147 KCal 9.12 Kj Fat of which saturated 5.36g 10.94a Carbohydrates 2.52g 0.43g

6.14g

0.93a

Fibre

Protein

L.D. BEANS

23rd Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Nutritional Information Per 100g 147KCal 618 Kj Fat of which saturated 5.6g 0.63g Carbohydrates 21.68g 1.4g 1.42g 2.58g 0.38g Fibre Protein

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2. Rathdrum Enterprise Centre, Corballis Upper, Rathdrum Co Wicklow



OCTOBER 2018



HSE/ FSAI Approval no 4018

EC

OCTOBER

MON 1st

Ingredients: Butternut Squash, lentils, peas, water.

Nutritional Information		
Energy	Per 100g	
KCal	47 KCal	
KJ	197 Kj	
Fat	0.31g	
of which saturated	0.24g	
Carbohydrates	17.12g	
of which sugar	1.83g	
Fibre	2.17g	
Protein	5.09g	
Salt	0.01g	

TUE 9th

Ingredients: Butternut Squash, Sweet potato & Water.

Nutritional Information		
Energy KCal	Per 100g 54 KCal	
KJ	227 Kj	
Fat of which saturated	0.1g 0.1g	
Carbohydrates of which sugar	13.67g 1.7g	
Fibre	1.73g	
Protein	1.27g	
Salt	0.01g	

BEEF RAGU &

2nd Ingredients: Butternut Squash, beef (Irish), carrots,peppers, chopped tomatoes, water, spinach, tomato puree, onions.

Nutritional Information	
Energy KCal KJ Fat	Per 100g 47 KCal 197 Kj 0 31g
of which saturated Carbohydrates of which sugar Fibre Protein Salt	0.31g 0.24g 17.12g 1.83g 2.17g 5.09g 0.01g

Nutritional Information

Ener KCal KJ

Fat of w

Carb of wh

Fat of which

Carbohy

Fibre

Protein

WED 10th

TURKEY PILAF

Ingredients: Rice, Turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

93 KCal 394 Kj 1.05g 0.22g 36.16g Carbohydrates of which sugar 3.6g 2.31g Fibre Protein < 0.01qSalt

Nutritional Information

3rd

Ingredients: Sweet potato, peppers, onion, peas, corn, olive oil, garlic.

9 у	Per 100g 65 KCal 271 Kj	•
ich saturated	11g 2.63g	
ohydrates iich sugar	14.11g 2.63g	
:	3.19g	

0.09a

THU 11th

STEWED APPLE

Ingredients: Apple, Pear, water.

Nutritional ini	ormatio
Energy	Per 100
Energy KCal	34 KCa
KJ	146 Kj
Fat	0.08a
of which saturated	0.08g 0.04g
Carbohydrates	8.46g 8.33g
of which sugar	8.33ğ
Fibre	0.28g
Protein	2.76g
Salt	0.01g

THU 4th

STIR FRIED BEEF

Ingredients: Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.

KCal 16 KJ 69	Nutritional Information		
	• 100g 5 KCal 0 Kj		
of which saturated 1.9 Carbohydrates 17 of which sugar 0.3	77g 73g .32g 88g		
Fibre 1.6 Protein 5.3	52g 88g 01g		

Nutritional Informations

FRI 12th

CHICKEN, VEG & RICE

Ingredients: Rice, chicken, peppers, carrots, onion, olive

Nutritional Information 111 KCal 467 Ki Fat of which saturated 3.46g 0.94g Carbohydrates of which sugar 13.69g 0.89g 1.88g

6.94g

6.14g 0.93g

0.23g

FRI 5th

BEANS & MASH

Ingredients: Potatoes, beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

	271 Kj	
saturated drates sugar	11g 2.63g 14.11g 2.63g 3.19g	M0 15

1.89g 0.09g

MANGO & PEAR

Ingredients: Mango, pear, water.

Salt 0.01a **Nutritional Information** 147 KCal 9.12 Kj Fat of which saturated 5.36g 10.94g Carbohydrates of which sugar 2.52g 0.43g

Protein

Protein

MON 8th

MEDITERRANEAN

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

Nutritional information		
Per 100g		
148 KCal		
623 Kj		
7.13g 1.44g		
1.44ğ		
19.6g		
0.91g		
1.82g		
2.68g		
0.02g		

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





CREAMED MIXED VEGETABLES

Ingredients: Water, carrot, sweed, french beans, broad beans, potatoes, peas, onion, potato starch.

Nutritional Information		
Energy	Per 100g	
KCal	31KCal	
KJ	131 Kj	
Fat	0.6g	
of which saturated	0.22g	
Carbohydrates	4.88g	
of which sugar	0.99g	
Fibre Protein	1.67g	
Salt	1.65g 0.01g	

WED 24th

STIR FRIED BEEF & RICE

Ingredients: Rice, beef (irish) mixed vegetables, onion, garlic, olive oil.

| Energy | Fer 100g | KCal | 165 KCal | 690 Kj | Fat | 7.97g | of which saturated | 1.93g | Carbohydrates | 17.32g | of which sugar | 0.38g | Fibre | 1.62g | Protein | 5.38g | Salt | 0.01g |

Nutritional Information

HSE/ FSAI Approval no IE 4018 EC

WED PO

MEDITERRANEAN VEG & SWEET POTATO

Ingredients: Sweet potato, peppers, onion, peas, corn, olive oil, garlic.

Nutritional Information		
Energy	Per 100g	
KCal	65 KCal	
KJ	271 Kj	
Fat	11g	
of which saturated	2.63g	
Carbohydrates	14,11g	
of which sugar	2.63g	
Fibre	3.19g	
Protein	1.89g	
Salt	0.09g	

Nutritional Information

THU 25th

APPLE & MANGO PUDDING

Ingredients: Apple, Mango, water.

| Nutritional Information | Per 100g | KCal | 45 KCal | 190 Kj | Fat | 0.13g | of which saturated | 0.04g | Carbohydrates | of which sugar | 9.43g | Fibre | 1.93g | Protein | 0.49g | Salt | 0.01g |

THU 18th

CHICKEN, VEG & RICE

Ingredients: Rice, chicken, peppers, carrots, onion, olive

	Per 100g	
	111 KCal 467 Ki	FI
h saturated	3.46g 0.94g	26

 Carbohydrates of which sugar
 0.89g

 Fibre
 1.88g

 Protein
 6.94g

 Salt
 0.01g

Fat

FRI 26th

MIXED BEAN HOT

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

| Nutritional Information | Energy | KCal | 58 KCal | KJ | 244 Kj | Fat | 0.86g | 0.1g | Carbohydrates | 0.6g | fibre | 2.96g | Fibre | 2.96g | Frotein | 2.49g | Salt | 0.01g |

FRI 19th

BEEF RAGU & BUTTERNUT SQUASH

Ingredients: Butternut Squash, beef (Irish), carrots,peppers, chopped tomatoes, water, spinach, tomato puree, onions.

Energy Per 100g KCal 47 KCal KJ 197 Kj Fat 0.21g of which saturated 0.24g Carbohydrates 17.12g of which sugar 1.83g

Nutritional Information

 TUE 30th

BEEF PILAF

MON 29th - BANK HOLIDAY

Ingredients: Rice, beef (Irish), tomatoes, tomato puree, carrots, peppers, spinach, water, onions, potato starch, olive oil, basil, garlic.

Nutritional Information

Energy Per 100g

KCal 43 KCal

KJ 184 Kj

 Fat of which saturated of which saturated of which sugar
 0.049

 Carbohydrates of which sugar
 10.74g

 Fibre
 1.89g

 Protein
 0.45g

 Salt
 0.01g

MON 22nd

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

Nutritional Information		
Energy KCal KJ	Per 100g 54 KCal 227 Kj	
Fat of which saturated	0.1g ² 0.1g	
Carbohydrates of which sugar	13.67g 1.7g	
Fibre	1.73g	
Protein	1.27g	
Salt	0.01g	

WED 31st

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

Nutritional Information

Energy Per 100g
KCal 147 KCal
KJ 9-12 Kj
Fat 5.36g
of which saturated 10.94g
Carbohydrates 2.52g
of which sugar 0.43g
Fibre 6.14g
Protein 0.93g

OCTOBER 2018 MENU

TUE 23rd

BEANS & MASH

Ingredients: Potatoes, beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

reactitional information		
Energy	PerP4/00039g	
Energy KCal	65 KCal	
KJ	271 Kj	
Fat	11g	
of which saturated	2.63g	
Carbohydrates	14.11g 2.63g	
of which sugar		
Fibre	3.19g	
Protein	1.89g	
Salt	0.09g	

Nutritional Information

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE





FISH FINGERS, MINI ROAST

Ingredients: Potatoes, **Fish Fingers** (**cod, wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oi), Baked Beans

BEEF PATTI IN GRAVY WITH MASHED POTATŒS & PEAS

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, soya fibre, dextrose, Hydrolysed soya protein, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic) peas.

Ingredients in bold script contain allergens; soya and sulphor dioxide

Nutritional Information Energy KCal KJ Fat of which saturated Carbohydrates of which sugar 84 KCal 355 Kj 2.68g 1.14g 12.15g Fibre Protein Salt

Nutritional Information

Fat

Protein Salt

of which saturated
Carbohydrates
of which sugar
Fibre

129 KCa 541 Kj

CHICKEN GOUJONS, SAUTÉ POTATŒS & CARROTS

Ingredients: Potatoes, sunflower oil, 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

FISH CAKES, MASHED **POTATŒS & CORN**

Ingredients: Potatoes, Fish Cake (white fish 32%) breadcrumbs wheat flour, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcmin) potato flake, seasoning (rusk (wheat flour calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, wheat flour, (wheatflour, calcium carbonate, iron, niacian, thiamin) maize starch, salt, mustard

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

Nutritional Information Fat of which saturated Carbohydrates of which sugar Fibre Protein 0.16g 16.22g 1.07g 1.77.g Protein

SAUSAGES, MINI WAFFLES MIXED VEGETABLES

Ingredients: Waffles (potatoes81%, dehydrated potato, sunflour oilpotato starch, salt, pepper extract) Sausage 30% (pork 74% Rusk containing (Wheat flour, potato starch, pork protein extract, waterice(calcium carbonate,iron,niacin,thiamin)salt,spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 Sodium Sulphate flavour enhancer E621, stabiliser E450,E451), corn, peas, swede

Ingredients in bold script contain allergens; gluten, sulphites & sulphur

Nutritional Information		
Energy KCal KJ Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt	Per 100g 131 KCal 549 Kj 7.1g 2.35g 13.82g 1.16g 1.68g 3.87g 1.3g	

Nutritional Information

Fat
of which saturated
Carbohydrates
of which sugar
Fibre
Protein

Protein Salt

& LITTLE DINNERS BAKED

(Cannellini Beans, diced tomato, onion, garlic, brown sugar & salt.

Ingredients in bold script contain allergens; fish & gluten



All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow



135KČa 566 Kj

19.05̈g 1.62g 1.72g