



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

TEATIME

**OCTOBER
2018
MENU**

**MON
1st**

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**

Nutritional Information

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

**TUE
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

	Per 100g
Energy KCal	120 KCal
KJ	505 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

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

**THU
4th**

STIR FRIED BEEF & RICE

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

Nutritional Information

	Per 100g
Energy KCal	165 KCal
KJ	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

**FRI
5th**

L.D. BEANS & WAFFLES

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
Energy KCal	147 KCal
KJ	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

**MON
8th**

MEDITERRANEAN RICE

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

Nutritional Information

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

**TUE
9th**

BUTTERNUT SQUASH & SWEET POTATO SOUP

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

Nutritional Information

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

**WED
10th**

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
KJ	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

**THU
11th**

PENNE WITH STIR FRIED VEGETABLES

Ingredients: **Durum wheat pasta**, peppers, peas, corn, onion, olive oil, garlic, basil.

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

Nutritional Information

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

**FRI
12th**

CURRIED CHICKEN & RICE

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

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

Nutritional Information

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

**MON
15th**

MACCARONI & CHEESE

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 allergens; **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





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TEA TIME

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**TUE
16th**

LEEK & POTATO SOUP

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

Nutritional Information

	Per 100g
Energy	43KCal
KCal	177 KJ
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

**WED
17st**

VEGETABLE HASH

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

Nutritional Information

	Per 100g
Energy	115 KCal
KCal	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

**THU
18th**

CURRIED CHICKEN & RICE

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

Nutritional Information

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

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

**FRI
19th**

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

	Per 100g
Energy	120 KCal
KCal	505 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

**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.

Nutritional Information

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

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

**TUE
23rd**

L.D. BEANS & WAFFLES

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
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

**WED
24th**

STIR FRIED BEEF & RICE

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

Nutritional Information

	Per 100g
Energy	165 KCal
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

**THU
25th**

PENNE IN TOMATO & BASIL SAUCE

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

Nutritional Information

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

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

**FRI
26th**

CREAM OF TOMATO SOUP

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

Nutritional Information

	Per 100g
Energy	31 KCal
KCal	131 KJ
Fat	0.6g
of which saturated	0.22g
Carbohydrates	4.88g
of which sugar	0.99g
Fibre	1.67g
Protein	1.65g
Salt	0.04g

MON 29th - BANK HOLIDAY

**TUE
30th**

BEEF PILAF

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

Nutritional Information

	Per 100g
Energy	113 KCal
KCal	477KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.219g
Fibre	1.36g
Protein	5.7g
Salt	< 0.01g

**WED
31st**

MACCARONI & CHEESE

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,.

Nutritional Information

	Per 100g
Energy	147 KCal
KCal	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
Salt	0.23g

Ingredients in bold contain allergens; **gluten & milk (lactose)**

All beef used is of Irish origin

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

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

Nutritional Information

Energy	Per 100g
KCal	149 KCal
KJ	635 KJ
Fat	2.04g
<i>of which saturated</i>	0.3g
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<i>of which sugar</i>	3.14g
Fibre	1.89g
Protein	4.87g
Salt	0.02g

**TUE
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
KCal	120 KCal
KJ	505 KJ
Fat	3.6g
<i>of which saturated</i>	0.8g
Carbohydrates	14.96g
<i>of which sugar</i>	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

**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

Energy	Per 100g
KCal	93 KCal
KJ	394 KJ
Fat	1.05g
<i>of which saturated</i>	0.22g
Carbohydrates	36.16g
<i>of which sugar</i>	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

**THU
4th**

STIR FRIED BEEF & RICE

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

Nutritional Information

Energy	Per 100g
KCal	165 KCal
KJ	690 KJ
Fat	7.97g
<i>of which saturated</i>	1.93g
Carbohydrates	17.32g
<i>of which sugar</i>	0.38g
Fibre	1.62g
Protein	5.38g
Salt	0.01g

**FRI
5th**

L.D. BEANS & WAFFLES

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
KCal	147KCal
KJ	618 KJ
Fat	5.6g
<i>of which saturated</i>	0.63g
Carbohydrates	21.68g
<i>of which sugar</i>	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

**MON
8th**

MEDITERRANEAN RICE

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

Nutritional Information

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

**TUE
9th**

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 powder, vegetable oil).

Ingredients in bold script contain allergens; **fish and gluten**.

Nutritional Information

Energy	Per 100g
KCal	103KCal
KJ	437KJ
Fat	2.13g
<i>of which saturated</i>	0.19 g
Carbohydrates	17.64g
<i>of which sugar</i>	0.65g
Fibre	1.04g
Protein	4.39g
Salt	< 0.01g.

**WED
10th**

TURKEY PILAF

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

Nutritional Information

Energy	Per 100g
KCal	93 KCal
KJ	394 KJ
Fat	1.05g
<i>of which saturated</i>	0.22g
Carbohydrates	36.16g
<i>of which sugar</i>	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

**THU
11th**

PENNE WITH STIRFRIED VEGETABLES

Ingredients: **Durum wheat pasta**, peppers,peas,corn, onion, olive oil, garlic, basil.

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

Nutritional Information

Energy	Per 100g
KCal	256 KCal
KJ	1088 KJ
Fat	7.08g
<i>of which saturated</i>	0.99g
Carbohydrates	40.13g
<i>of which sugar</i>	2.15g
Fibre	6.2g
Protein	2.76g
Salt	0.01g

**FRI
12th**

CURRIED CHICKEN & RICE

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

Energy	Per 100g
KCal	111 KCal
KJ	467 KJ
Fat	3.46g
<i>of which saturated</i>	0.94g
Carbohydrates	13.69g
<i>of which sugar</i>	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

**MON
15th**

MACCARONI & CHEESE

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 Information

Energy	Per 100g
KCal	147 KCal
KJ	9.12 KJ
Fat	5.36g
<i>of which saturated</i>	10.94g
Carbohydrates	2.52g
<i>of which sugar</i>	0.43g
Fibre	6.14g
Protein	0.93g
Salt	0.23g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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**AFTER SCHOOL
TEA TIME**

**OCTOBER
2018
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**TUE
16th**

TURKEY PILAF

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

Nutritional Information

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

**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, orange, salt, chillies, chilli powder, black pepper, peppers, corn, onions, peas, olive oil, sunflower oil, garlic, chives.

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

Nutritional Information

	Per 100g
Energy	115 KCal
KCal	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

**THU
18th**

CURRIED CHICKEN & RICE

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

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

Nutritional Information

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

SAUSAGE & MASH

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

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

**FRI
19th**

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 powder, vegetable oil).

Ingredients in bold script contain allergens; **fish and gluten.**

Nutritional Information

	Per 100g
Energy	103 KCal
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**MON
22nd**

L.D. BEANS & WAFFLES

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
Energy	147 KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

**TUE
23rd**

**WED
24th**

STIR FRIED BEEF & RICE

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

Nutritional Information

	Per 100g
Energy	165 KCal
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

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

**FRI
26th**

SAUSAGE & MASH

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.**

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	Per 100g
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Fat	8.21g
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Carbohydrates	15.29g
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Fibre	1.17g
Protein	3.67g
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MON 29th - BANK HOLIDAY

**TUE
30th**

BEEF PILAF

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

Nutritional Information

	Per 100g
Energy	113 KCal
KCal	477 KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.219g
Fibre	1.36g
Protein	5.7g
Salt	< 0.01g

**WED
31st**

MACCARONI & CHEESE

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,**

Ingredients in bold contain allergens; **gluten & milk (lactose)**

Nutritional Information

	Per 100g
Energy	147 KCal
KCal	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
Salt	0.23g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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