

4018

FC.



OCTOBER 2018

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

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 KCa	
KJ	635 Kj	
Fat	2.04g	
of which saturated	0.3g ̃	
Carbohydrates	27.69g 3.14g	
of which sugar	3.14g~	
Fibre	1.89g	
Protein	4.87g	
Salt	0.02g	

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

Fat of w

Fibr

Protein

TU	E
9t	h

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.



'av	Per 100g	
ЭУ	120 KCal	
	505 Kj	١ ١
	3.6g [*]	
hich saturated	0.8g	Ι,
ohydrates	14.96g	
hich sugar	1.8g	
A	1.85a	

5.06g 0.04q

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

PASTA NAPOLI

WED 3rd

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 93 KCal 394 Ki 1.05g 0.22g 36.16g Fat of which saturated Carbohydrates 3.6g 2.31g 6.74g Protein

Nutritional Information

THU
11th

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

Ingredients in bold script contain allergens; gluten

PENNE WITH STIRFRIED

VEGETABLES

Nutritional Inf	ormatioi
Energy	Per 100
Energy KCal	256 KC 1088 Kj
KJ	1088 Kj
Fat	7.08g
of which saturated	0.99g
Carbohydrates	40.13g 2.15g
of which sugar	2.15g~
Fibre	6.2g
Protein	2.76g
Salt	0.01a

THU 4th

STIR FRIED BEEF

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

165 KCal 690 Kj FRI 7.97g 1.93g of which saturated 12th 17.32g 0.38g Carbohydrates

Fibre Protein 5.38g 0.01a

Nutritional Information

Fat

Carboh of which

Fibre

Protein

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

1	Nutritional Info	ormation
	Energy	Per 100g
	Energy KCal	111 KCal
	KJ	467 Kj
	Fat	3.46a
	of which saturated	0.94ğ
	Carbohydrates	13.69g 0.89g
	of which sugar	0.89g ̃
	Fibre	1.88g
П	Protoin	6919

0.01a

Salt

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.

	618 Kj 5.6q	
saturated /drates sugar	0.63g 21.68g 1.4g	M0 151
	1.42g	

2.58g 0.38g

Per 100g

DN

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

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

Nutritional Information

Carbohydrates of which sugar 19.6g 0.91g 1.82g Fibre Protein 2.68g 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





16th

LEEK & POTATO

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

Nutritional Info	rmation
Energy	Per 100g
KCal	43KCal
KJ	177 Kj
Fat	1.95g
of which saturated Carbohydrates	0.28g 5.66g 1.31g
of which sugar Fibre	0.88g
Protein	0.88g
Salt	0.01g

WED 24th

THU

25th

FRI

26th

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 17st

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

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

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

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

13.69g 0.89a Fibre 1.88g Protein 6.94q 0.01g Salt

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TO	MAT (D SOU	

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

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Fnergy	Per 100g
Energy KCal	31 KCa
KJ	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

Nutritional Information

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.

Per 100g 120 KCal 505 Ki

Per 100g 93 KCal

394 Kj

1.05g

0.22g 36.16g

3.6g 2.31g 6.74g < 0.01g

Per 100g

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

Nutritional Information

MON 29th - BANK HOLIDAY

TUE

BEEF PILAF

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

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

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

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 allengens; gluten & milk (lactose)

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.

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

Nutritional Information

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





MON 1st

& 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

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	3.14g		
Fibre	1.89g		
Protein	4.87g		
Salt	0.02g		

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

TUE

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 oi).

Ingredients in bold script contain allergens; fish and gluten.

Nutritional Information Fat of which saturated Carbohydrates of which sugar **Protein** Salt

120 KCal 505 Kj 3.6g

of which saturated 0.8g 14.96g Carbohydrates 1.8g 1.85g Fibre 5.06g **Protein**

Energy KCal

WED 10th

THU

11th

TURKEY PILAF

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

Nutritional Information Energy KCal 93 KCal 1.05g 0.22g 36.16g 3.6g 2.31g **Carbohydrates** of which sugar Fibre **Protein** < 0.01a Salt

PASTA NAPOLI

WED 3rd

THU

4th

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

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 100			
Energy KCal K.J	256 KC 1088 K			
Fat	7.08g 0.99g			
of which saturated	0.99ğ			
Carbohydrates of which sugar	40.13g 2.15g			
Fibre	6.2g			
Protein	2.76g			
Salt	0.01g			

STIR FRIED BEEF

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

Nutritional Information				
Energy	Per 100g			
Energy KCal KJ	165 KCal 690 Kj			
Fat of which saturated	7.97g 1.93g			
Carbohydrates of which sugar	17.32g 0.38g			
Fibre	1.62g			
Protein	5.38g			
Salt	0.01g			

CURRIED CHICKEN FRI 12th

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

Juil	0.019
Nutritional Info	ormation
Energy	Per 100g
Energy KCal	111 KCa
KJ	467 Kj
Fat of which saturated	3.46g 0.94g
Carbohydrates of which sugar	13.69g
	0.89g
Fibre	1.88g
Protein	6 94a

0.01g

Salt

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.

Nutritional information		
Energy	Per 100g	
Energy KCal	147KCal	
KJ	618 Kj	
Fat	5.6g [°]	
of which saturated	0.63g	
Carbohydrates	21.68g	
of which sugar	1.4g ~	
Fibre	1.4Žg	
Protein	2.58g	
Salt	0.38g	

MACCARONI &

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,

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

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

MEDITERRANEAN

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

Nutritional Information Per 100g 148 KCal 623 Kj

7.13g 1.44g of which saturated Carbohydrates of which sugar 19.6g 0.91g 1.82g Fibre Protein 2.68g 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



OCTOBER 2018



TUE

TURKEY PILAF

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

Nutritional Information			
Energy	Per 100g		
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		

WED 24th

THU

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 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 0.4g

Nutritional Information

of which saturated

Carbohydrates

Protein

Energy KCal

Fat of which saturated

Carbohydrates

of which sugar

Per 100g

111 KCal 467 Ki

3.46g 0.94g

13.69g 0.89a

1.88g

6.94q

0.01g

103KCal

2.13g

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

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 1.89g 4.87g Protein 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

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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	8.21g			
of which saturated	2.77g 15.29g			
Carbohydrates	15.29g			
of which sugar	0.83			
Fibre	1.17g.			
Protein	3.67g.			
Salt	0.8g.			

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 Fibre 1.17a 3.67g Protein

Nutritional Information

Nutritional Information

TUE 30th

31st

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	1.11ğ
Carbohydrates	16.58g
of which sugar	0.2.19g
Fibre	1.36g
Protein	5.7g.
Cal+	< 0.01q.

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.

MACCARONI & CHEESE WED

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 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 Fibre

Protein

6.14g

0.93a

OCTOBER 2018

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 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

