



**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

**LITTLE DINNERS
TEA TIME**

**OCTOBER
2018
MENU**

**MON
1st**

BUTTERNUT SQUASH & LENTIL PIE

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
2nd**

BEEF RAGU & BUTTERNUT SQUASH

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

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

**WED
3rd**

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

**THU
4th**

STIR FRIED BEEF & RICE

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

Nutritional Information

Energy	Per 100g
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**

LITTLE DINNERS BEANS & MASH

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

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

**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
of which saturated	1.44g
Carbohydrates	19.6g
of which sugar	0.91g
Fibre	1.82g
Protein	2.68g
Salt	0.02g

**TUE
9th**

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

Nutritional Information

Energy	Per 100g
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

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

**THU
11th**

STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

Nutritional Information

Energy	Per 100g
KCal	34 KCal
KJ	146 KJ
Fat	0.08g
of which saturated	0.04g
Carbohydrates	8.46g
of which sugar	8.33g
Fibre	0.28g
Protein	2.76g
Salt	0.01g

**FRI
12th**

CHICKEN, VEG & RICE

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

Nutritional Information

Energy	Per 100g
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**

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
Salt	0.23g

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

TEA TIME

**OCTOBER
2018
MENU**

**TUE
16th**

CREAMED MIXED VEGETABLES

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

Nutritional Information

Energy	Per 100g
KCal	31KCal
KJ	131 KJ
Fat	0.6g
<i>of which saturated</i>	0.22g
Carbohydrates	4.88g
<i>of which sugar</i>	0.99g
Fibre	1.67g
Protein	1.65g
Salt	0.01g

**WED
17th**

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
<i>of which saturated</i>	2.63g
Carbohydrates	14.11g
<i>of which sugar</i>	2.63g
Fibre	3.19g
Protein	1.89g
Salt	0.09g

**THU
18th**

CHICKEN, VEG & RICE

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

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

**FRI
19th**

BEEF RAGU & BUTTERNUT SQUASH

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

Nutritional Information

Energy	Per 100g
KCal	47 KCal
KJ	197 KJ
Fat	0.31g
<i>of which saturated</i>	0.24g
Carbohydrates	17.12g
<i>of which sugar</i>	1.83g
Fibre	2.17g
Protein	5.09g
Salt	0.01g

**MON
22nd**

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

Nutritional Information

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

**TUE
23rd**

LITTLE DINNERS BEANS & MASH

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

Nutritional Information

Energy	Per 100g
KCal	65 KCal
KJ	271 KJ
Fat	11g
<i>of which saturated</i>	2.63g
Carbohydrates	14.11g
<i>of which sugar</i>	2.63g
Fibre	3.19g
Protein	1.89g
Salt	0.09g

**WED
24th**

STIR FRIED BEEF & RICE

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

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

**THU
25th**

APPLE & MANGO PUDDING

Ingredients: Apple, Mango, water.

Nutritional Information

Energy	Per 100g
KCal	45 KCal
KJ	190 KJ
Fat	0.13g
<i>of which saturated</i>	0.04g
Carbohydrates	11.06g
<i>of which sugar</i>	9.43g
Fibre	1.93g
Protein	0.49g
Salt	0.01g

**FRI
26th**

MIXED BEAN HOT POT

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

Nutritional Information

Energy	Per 100g
KCal	58 KCal
KJ	244 KJ
Fat	0.86g
<i>of which saturated</i>	0.1g
Carbohydrates	10.66g
<i>of which sugar</i>	2.06g
Fibre	2.96g
Protein	2.49g
Salt	0.01g

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

Energy	Per 100g
KCal	43 KCal
KJ	184 KJ
Fat	0.13g
<i>of which saturated</i>	0.04g
Carbohydrates	10.74g
<i>of which sugar</i>	8.87g
Fibre	1.89g
Protein	0.45g
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
<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

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

