



HSE/ FSAI

4018

EC

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	Per 100g
KCal	84 KCal
KJ	355 Kj
Fat	2.68g
of which saturated	1.14g
Carbohydrates	12.15g
of which sugar	1.08g
Fibre	1.11g
Protein	3.57g
Salt	0.7g

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

Nutritional Information . 541 Kj Fat of which saturated Carbohydrates of which sugar Fibre Protein Salt

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 16.22 1.07g 77.g

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

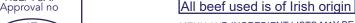
Nutritional Information	
Energy	Per 100g
KCal	131 KCal
KJ	549 Kj
Fat	7.1g
of which saturated	2.35g
Carbohydrates	13.82g
of which sugar	1.16g
Fibre	1.68g
Protein	3.87g
Salt	1.3g

FISH FINGERS, MINI ROAST & LITTLE DINNERS BAKED

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

Ingredients in bold script contain allergens; fish & gluten

Nutritional Information 135KČa 566 Kj Fat of which saturated Carbohydrates of which sugar Fibre Protein 19.05̈g 1.62g Protein Salt



MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

