



***The following menus are samples.***

***Customers will be emailed their Monthly menus  
directly***

***For more information about our menus or about  
Little Dinners please contact us or email  
[info@littledinners.ie](mailto:info@littledinners.ie)***



**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**TEA TIME**



**SAMPLE MENU**

**MON TURKEY PILAF**

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

**Nutritional Information**

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

**TUE 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 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	0.2.19g
Fibre	1.36g
Protein	5.7g.
Salt	< 0.01g.

**THU CURRIED CHICKEN & SAUTÉ**

Ingredients: Potatoes (sunflower oil) 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	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

**FRI CREAM OF VEGETABLE SOUP**

Ingredients: Water, carrot, swede, French beans, broad beans, potatoes, peas, onion, garlic, potato starch.

**Nutritional Information**

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

**MON 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)**

**Nutritional Information**

	Per 100g
Energy	147 KCal
KCal	617 KJ
Fat	9.12g
of which saturated	5.36g
Carbohydrates	10.94g
of which sugar	2.52g
Fibre	0.43g
Protein	6.14g
Salt	0.23g

**TUE 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.

**TUE**

**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

**WED PENNE IN TOMATO & BASIL SAUCE**

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

**WED**

**Nutritional Information**

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

**THU BEEF PILAF**

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

**THU**

**Nutritional Information**

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

**FRI PASTA NAPOLI**

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

**FRI**

**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

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**



**TEA TIME**



**SAMPLE MENU**

**MON**

## 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.

**TUE**

## CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) 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**

**WED**

## TURKEY PILAF

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

**THU**

## VEGETABLE HASH

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

**FRI**

## CREAM OF VEGETABLE SOUP

Ingredients: Water, carrot, swede, French beans, broad beans, potatoes, peas, onion, garlic, potato starch.

### 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

### Nutritional Information

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

### Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

### 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	0.401g

### Nutritional Information

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

**MON**

## 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.

**TUE**

## 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**

**WED**

## 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.

**THU**

## CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) 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**

**FRI**

## 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**

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	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

### Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

### 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

### Nutritional Information

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

### 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





**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**TEA TIME  
AFTER SCHOOL**

**MON**

## TURKEY PILAF

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

### Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	0.04g

**MON**

## 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**, salt.

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

### Nutritional Information

	Per 100g
Energy	147 KCal
KCal	617 KJ
Fat	9.12g
of which saturated	5.36g
Carbohydrates	10.94g
of which sugar	2.52g
Fibre	0.43g
Protein	6.14g
Salt	0.23g

**TUE**

## 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

**TUE**

## FISH FINGERS & MINI ROAST

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

	Per 100g
Energy	103KCal
KCal	437KJ
Fat	2.13g
of which saturated	0.19g
Carbohydrates	17.64g
of which sugar	0.65g
Fibre	1.04g
Protein	4.39g
Salt	0.8g.

**WED**

## BEEF PILAF

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

### Nutritional Information

	Per 100g
Energy	113 KCal
KCal	477KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.2.19g
Fibre	1.36g
Protein	5.7g.
Salt	0.04g.

**WED**

## 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	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.04g

**THU**

## CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) , chicken, peppers, corn, onions, olive oil, 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	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

**THU**

## BEEF PILAF

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

### Nutritional Information

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

**FRI**

## FISH FINGERS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, 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; **gluten and fish**

## 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	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

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



**SAMPLE MENU**





**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**TEA TIME  
AFTER SCHOOL**

**MON**

## 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

**MON**

## 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 Informa-

	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

**TUE**

## CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) , chicken, peppers,corn, onions, olive oil, 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	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

**TUE**

## PENNE IN TOMATO & BASIL SAUCE

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

### Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.02g

**WED**

## TURKEY PILAF

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

### Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

**WED**

## 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

**THU**

## MEATBALL HASH

Ingredients : 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 and mustard**.

### Nutritional Information

	Per 100g
Energy	137 KCal
KCal	574 KJ
Fat	9.89g
of which saturated	1.55g
Carbohydrates	13.99g
of which sugar	1.25g
Fibre	2.31g
Protein	4.51g
Salt	0.03g

**THU**

## CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil) , chicken, peppers,corn, onions, olive oil, 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	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.04g

**FRI**

## SAUSAGE & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract,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	146KCal
KCal	611KJ
Fat	8.21g
of which saturated	2.77g
Carbohydrates	15.29g
of which sugar	0.83
Fibre	1.17g
Protein	3.67g
Salt	0.8g

**FRI**

## 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	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

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



**SAMPLE MENU**





**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**TEA TIME  
INFANT**



**SAMPLE  
MENU**

**MON**

## TURKEY PILAF

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

### Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

**MON**

## STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

### Nutritional Information

	Per 100g
Energy	34 KCal
KCal	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

**TUE**

## MIXED BEAN HOT POT

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

### Nutritional Information

	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.84g
of which saturated	0.1g
Carbohydrates	9.86g
of which sugar	2.08g
Fibre	0.97g
Protein	2.19g
Salt	0.01g

**TUE**

## BEEF RAGU & BUTTERNUT SQUASH

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

### Nutritional Information

	Per 100g
Energy	58 KCal
KCal	241 KJ
Fat	1.7g
of which saturated	0.61g
Carbohydrates	6.24g
of which sugar	2.18g
Fibre	1.49g
Protein	3.87g
Salt	0.01g

**WED**

## 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	0.2.19g
Fibre	1.36g
Protein	5.7g
Salt	< 0.01g

**WED**

## BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

### Nutritional Information

	Per 100g
Energy	47 KCal
KCal	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

**THU**

## MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

### Nutritional Information

	Per 100g
Energy	147 KCal
KCal	9.12 KJ
Fat	5.36g
of which saturated	1.79g
Carbohydrates	2.52g
of which sugar	0.43g
Fibre	6.14g
Protein	0.93g
Salt	0.23g

**THU**

## 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	0.2.19g
Fibre	1.36g
Protein	5.7g
Salt	< 0.01g

**FRI**

## CREAMED MIXED VEGETABLES

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

### Nutritional Information

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

**FRI**

## MEDITERRANEAN VEG & SWEET POTATO

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

### Nutritional Information

	Per 100g
Energy	65 KCal
KCal	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

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  
INFANT**



**SAMPLE  
MENU**

**MON**

## MIXED BEAN HOT POT

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

### Nutritional Information

	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.84g
of which saturated	0.1g
Carbohydrates	9.86g
of which sugar	2.08g
Fibre	0.97g
Protein	2.19g
Salt	0.01g

**TUE**

## MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

### Nutritional Information

	Per 100g
Energy	43 KCal
KCal	184 KJ
Fat	0.13g
of which saturated	0g
Carbohydrates	10.74g
of which sugar	8.87g
Fibre	1.89g
Protein	0.45g
Salt	0.01g

**WED**

## TURKEY PILAF

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

### Nutritional Information

	Per 100g
Energy	101 KCal
KCal	434 KJ
Fat	1.23g
of which saturated	0.61g
Carbohydrates	16.79g
of which sugar	2.51g
Fibre	1.39g
Protein	6.68g
Salt	< 0.01g

**THU**

## MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

### Nutritional Information

	Per 100g
Energy	54 KCal
KCal	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

**FRI**

## CREAMED MIXED VEGETABLES

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

### Nutritional Information

	Per 100g
Energy	26 KCal
KCal	110 KJ
Fat	0.17g
of which saturated	0g
Carbohydrates	4.86g
of which sugar	0.46g
Fibre	1.9g
Protein	1.43g
Salt	0.04g

**MON**

## MIXED BEAN HOT POT

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

### Nutritional Information

	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.84g
of which saturated	0.1g
Carbohydrates	9.86g
of which sugar	2.08g
Fibre	0.97g
Protein	2.19g
Salt	0.01g

**TUE**

## BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

### Nutritional Information

	Per 100g
Energy	47 KCal
KCal	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**

## BEEF RAGU & BUTTERNUT SQUASH

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

### Nutritional Information

	Per 100g
Energy	58 KCal
KCal	241 KJ
Fat	1.7g
of which saturated	0.61g
Carbohydrates	6.24g
of which sugar	2.18g
Fibre	1.49g
Protein	3.87g
Salt	0.01g

**THU**

## MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

### 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

**FRI**

## MEDITERRANEAN VEG & SWEET POTATO

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

### Nutritional Information

	Per 100g
Energy	65 KCal
KCal	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

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

