



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

AFTER SCHOOL 1

MON 1st

TURKEY CURRY & RICE

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, coconut milk, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

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

Nutritional Information

	Per 100g
Energy KCal	108KCal
KJ	453Kj
Fat	1.58g
of which saturated	0.74g
Carbohydrates of which sugar	11.29g
Fibre	1.01g
Protein	1.30g
Salt	7.332g
	0.04g

PASTA BOLOGNAISE

Ingredients: **Durum wheat pasta**, beef (Irish), tomatoes, tomato puree, carrots, mixed peppers, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic.

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

Nutritional Information

	Per 100g
Energy KCal	124KCal
KJ	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates of which sugar	36.7g
Fibre	3.34g
Protein	2.15g
Salt	9.6 g
	0.04g

BEEF PATTIS, GRAVY, MASH & CARROTS

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), carrots.

Ingredients in bold script contain allergens; **soya and sulphur dioxide**

Nutritional Information

	Per 100g
Energy KCal	76 KCal
KJ	321 KJ
Fat	1.37g
of which saturated	0.59g
Carbohydrates of which sugar	10.32g
Fibre	1.14g
Protein	1.1g
Salt	4.66g
	< 0.01g

SAUSAGE, MINI WAFFLES & MIXED VEG

Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract 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) Mixed Veg.

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

Nutritional Information

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

CHICKEN GOUJONS MASH & CORN

Ingredients: Potatoes, Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil, Corn

Nutritional Information

	Per 100g
Energy KCal	89 KCal
KJ	376 KJ
Fat	1.29g
of which saturated	0.61g
Carbohydrates of which sugar	16.02g
Fibre	1.67g
Protein	1.27g
Salt	4.24g
	< 0.01g

TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, salt.

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

Nutritional Information

	Per 100g
Energy KCal	120KCal
KJ	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates of which sugar	17.3g
Fibre	0.55g
Protein	1.12g
Salt	6.5g
	0.04g

BEEF CASSEROLE & MASH

Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, oregano, garlic.

TUE 9th

PASTA WITH CHICKEN & CORN

Ingredients: **Durum wheat pasta**, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

WED 10th

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

Nutritional Information

	Per 100g
Energy KCal	84 KCal
KJ	445 KJ
Fat	1.76g
of which saturated	0.63g
Carbohydrates of which sugar	10.85g
Fibre	1.31g
Protein	1.46g
Salt	5.04g
	0.01g

Nutritional Information

	Per 100g
Energy KCal	122KCal
KJ	516 KJ
Fat	1.56g
of which saturated	0.43g
Carbohydrates of which sugar	36.87g
Fibre	2.73g
Protein	1.99g
Salt	11.71g
	0.04g

L.D. BAKED TURKEY BURGER, GRAVY, SAUTE & CARROTS

Ingredients: Potatoes, Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), carrots

THU 11th

FISH CAKES, MINI ROAST & PEAS

Ingredients: Potatoes, **Fish Cake (white fish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) 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, niacin, thiamin) maize starch, salt, **mustard powder**), Carrots.

FRI 12th

Ingredients in bold script contain allergens; **fish, gluten & mustard**

Nutritional Information

	Per 100g
Energy KCal	120 KCal
KJ	546 KJ
Fat	3.99g
of which saturated	0.88g
Carbohydrates of which sugar	11.93g
Fibre	0.88g
Protein	1.09g
Salt	9.26g
	0.24g

Nutritional Information

	Per 100g
Energy KCal	139KCal
KJ	585 KJ
Fat	4.53g
of which saturated	0.53g
Carbohydrates of which sugar	20.19g
Fibre	1.46g
Protein	2.23g
Salt	3.54g
	0.05g

MILD CHILLI CON CARNE & RICE

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder, salt).

MON 15th

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 8th



APRIL 2019 MENU



AFTER SCHOOL 1



APRIL 2019 MENU

TUE 16th **MEATBALLS GRAVY, MASH & CARROTS**
 Ingredients: 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, 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) carrots.

Ingredients in bold script contain allergens;**gluten, soya and sulphur dioxide**

WED 17th **TURKEY ARRABIATA**
 Ingredients: **Durum wheat pasta**, turkey chopped tomatoes, onion, tomato puree, olive oil, potato starch, salt, garlic, basil, chilli powder.

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

THU 18st **CHICKEN GOUJONS, WAFFLES& MIXED VEG**
 Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract , Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil, peas, corn, swede.

FRI 19th **FISH CAKES, MINI ROAST, PEAS & CORN**
 Ingredients: Potatoes (sunflower oil) **Fish Cake** (white fish 32%)breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) 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, niacin, thiamin) maize starch, salt, **mustard powder**), Peas, corn.

Ingredients in bold script contain allergens; **fish, gluten & mustard**

MON 21st - EASTER MONDAY

TUE 23rd **BEEF RAGU & RICE**
 Ingredients: Rice, Beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

Nutritional Information

	Per 100g
Energy	84KCal
KCal	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	0.07g

Nutritional Information

	Per 100g
Energy	116 KCal
KCal	487 KJ
Fat	1.82g
of which saturated	0.35g
Carbohydrates	29.87g
of which sugar	2.28g
Fibre	1.67g
Protein	13.46g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	138 KCal
KCal	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.03g

Nutritional Information

	Per 100g
Energy	98 KCal
KCal	419 KJ
Fat	1.18g
of which saturated	0.21g
Carbohydrates	34.44g
of which sugar	3.45g
Fibre	2.09g
Protein	8.27g
Salt	< 0.01g

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 24th **L.D. BAKED TURKEY BURGER, GRAVY, MASH, PEAS**
 Ingredients: Potatoes(potatoes, sunflower oil) Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, riceflour, salt, sugar, caramlised sugar, maltodextrin, yeast extract, flavourings, onion,herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), peas

THU 25th **BEEF PASTA BAKE**
 Ingredients: **Durum wheat pasta**, beef (Irish), chopped tomatoes, tomato puree, carrots, water, spinach, courgettes **milk**, water, onions, spinach, **wheat flour, butter (milk)**, potato starch, olive oil, garlic, chives, salt.

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

FRI 26th **SAUSAGE, MINI ROAST & L.D. BEANS**
 Ingredients: Potatoes (sunflower oil), 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) Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

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

MON 29th **SWEET & SOUR CHICKEN WITH RICE**
 Ingredients: Rice, Chicken, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concentrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, xanthan gum, paprika concentrate, salammioniac) Carrot, Corn kernels, Onion, Pineapple.

TUE 30th **MEATBALLS IN PASTA**
 Ingredients: **Durum wheat pasta** 42%, chopped tomatoes, 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. carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

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	95 KCal
KCal	401 KJ
Fat	1.35g
of which saturated	0.64g
Carbohydrates	17.31g
of which sugar	1.65g
Fibre	1.31g
Protein	4.4g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	125 KCal
KCal	530 KJ
Fat	2.71g
of which saturated	1.23g
Carbohydrates	34.85g
of which sugar	3.55g
Fibre	1.99g
Protein	9.15g
Salt	0.04g

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.

Nutritional Information

	Per 100g
Energy	130KCal
KCal	519 KJ
Fat	1.18g
of which saturated	0.80g
Carbohydrates	23.13g
of which sugar	6.68g
Fibre	1.02g
Protein	6.94g
Salt	0.31g

Nutritional Information

	Per 100g
Energy	132 KCal
KCal	559 KJ
Fat	3.98g
of which saturated	1.29g
Carbohydrates	38.37g
of which sugar	2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

AFTER SCHOOL 2

MON 1st

TURKEY CURRY & RICE

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coconut milk, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

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

PASTA BOLOGNAISE

Ingredients: **Durum wheat pasta**, beef (Irish), tomatoes, tomato puree, carrots, mixed peppers, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic.

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

TUE 2nd

BEEF PATTIS, GRAVY, MASH & CARROTS

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), carrots.

Ingredients in bold script contain allergens; **soya and sulphur dioxide**

WED 3rd

FISH CAKES, WAFFLES, MIXED VEG

Ingredients: **Fish Cake (white fish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) potato flake, seasoning (rusk (**wheat flour** calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, **wheat flour**, (**wheat flour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) carrots

Ingredients in bold script contain allergens; **fish, gluten & mustard**

THU 4th

CHICKEN GOUJONS MASH & CORN

Ingredients: Potatoes, Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil, Corn

FRI 5th

TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, salt.

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

MON 8th

Nutritional Information

Energy	Per 100g
KCal	108KCal
KJ	453Kj
Fat	1.58g
<i>of which saturated</i>	0.74g
Carbohydrates	11.29g
<i>of which sugar</i>	1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.04g

Nutritional Information

Energy	Per 100g
KCal	124KCal
KJ	526 KJ
Fat	2.45g
<i>of which saturated</i>	0.7g
Carbohydrates	36.7g
<i>of which sugar</i>	3.34g
Fibre	2.15g
Protein	9.6 g
Salt	0.04g

Nutritional Information

Energy	Per 100g
KCal	76 KCal
KJ	321 KJ
Fat	1.37g
<i>of which saturated</i>	0.59g
Carbohydrates	10.32g
<i>of which sugar</i>	1.14g
Fibre	1.1g
Protein	4.66g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
KCal	139KCal
KJ	585 KJ
Fat	4.53g
<i>of which saturated</i>	0.53g
Carbohydrates	20.19g
<i>of which sugar</i>	1.46g
Fibre	2.23g
Protein	3.54g
Salt	0.05g

Nutritional Information

Energy	Per 100g
KCal	89 KCal
KJ	376 KJ
Fat	1.29g
<i>of which saturated</i>	0.61g
Carbohydrates	16.02g
<i>of which sugar</i>	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
KCal	120KCal
KJ	499 KJ
Fat	3.1g
<i>of which saturated</i>	1.94g
Carbohydrates	17.3g
<i>of which sugar</i>	0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04g

BEEF CASSEROLE & MASH

Ingredients: Potatoes, beef (Irish), gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, oregano, garlic.

TUE 9th

PASTA WITH CHICKEN & CORN

Ingredients: **Durum wheat pasta**, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

WED 10th

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

L.D. BAKED TURKEY BURGER, GRAVY, SAUTE & CARROTS

Ingredients: Potatoes, Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), carrots

THU 11th

FISH CAKES, MINI ROAST & PEAS

Ingredients: Potatoes (sunflower oil), **Fish Cake (white fish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) potato flake, seasoning (rusk (**wheat flour** calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, **wheat flour**, (**wheat flour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), Carrots.

FRI 12th

MILD CHILLI CON CARNE & RICE

Ingredients: Rice, beef (Irish), carrots, peppers, spinach, kidney beans, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder (powdered chilli peppers, paprika, cumin, oregano, garlic powder, salt).

MON 15th

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

Energy	Per 100g
KCal	84 KCal
KJ	445 KJ
Fat	1.76g
<i>of which saturated</i>	0.63g
Carbohydrates	10.85g
<i>of which sugar</i>	1.31g
Fibre	1.46g
Protein	5.04g
Salt	0.01g

Nutritional Information

Energy	Per 100g
KCal	122KCal
KJ	516 KJ
Fat	1.56g
<i>of which saturated</i>	0.43g
Carbohydrates	36.87g
<i>of which sugar</i>	2.73g
Fibre	1.99g
Protein	11.71g
Salt	0.04g

Nutritional Information

Energy	Per 100g
KCal	120 KCal
KJ	546 KJ
Fat	3.99g
<i>of which saturated</i>	0.61g
Carbohydrates	11.93g
<i>of which sugar</i>	0.88g
Fibre	1.09g
Protein	9.26g
Salt	0.24g

Nutritional Information

Energy	Per 100g
KCal	139KCal
KJ	585 KJ
Fat	4.53g
<i>of which saturated</i>	0.53g
Carbohydrates	20.19g
<i>of which sugar</i>	1.46g
Fibre	2.23g
Protein	3.54g
Salt	0.05g

Nutritional Information

Energy	Per 100g
KCal	117KCal
KJ	491 KJ
Fat	2.41g
<i>of which saturated</i>	1.16g
Carbohydrates	17.13g
<i>of which sugar</i>	1.84g
Fibre	1.45g
Protein	5.83g
Salt	0.04g



APRIL 2019 MENU





AFTER SCHOOL 2



APRIL 2019 MENU

TUE 16th

MEATBALLS GRAVY, MASH & CARROTS

Ingredients: 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, 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) carrots.

Ingredients in bold script contain allergens;**gluten, soya and sulphur dioxide**

WED 17th

TURKEY ARRABIATA

Ingredients: **Durum wheat pasta**, turkey chopped tomatoes, onion, tomato puree, olive oil, potato starch, salt, garlic, basil, chilli powder.

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

THU 18st

CHICKEN GOUJONS, WAFFLES& MIXED VEG

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract , Chicken Breast Fillet (71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil, peas, corn, swede.

FRI 19th

FISH CAKES, MINI ROAST, PEAS & CORN

Ingredients: Potatoes (sunflower oil) **Fish Cake** (white fish 32%)breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) 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, niacin, thiamin) maize starch, salt, **mustard powder**), Peas, corn.

Ingredients in bold script contain allergens; **fish, gluten & mustard**

MON 21st - EASTER MONDAY

TUE 23rd

BEEF RAGU & RICE

Ingredients: Rice, Beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

Nutritional Information

	Per 100g
Energy	84KCal
KCal	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	0.07g

WED 24th

L.D. BAKED TURKEY BURGER, GRAVY, MASH, PEAS

Ingredients: Potatoes(potatoes, sunflower oil) Turkey Burger [Turkey (seasoning onion, salt & pepper)] gravy (potato starch, riceflour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion,herbs (coriander, sage, bayleaf)sunflower oil, citric acid, garlic), peas

Nutritional Information

	Per 100g
Energy	95 KCal
KCal	401 KJ
Fat	1.35g
of which saturated	0.64g
Carbohydrates	17.31g
of which sugar	1.65g
Fibre	1.31g
Protein	4.4g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	116 KCal
KCal	487 KJ
Fat	1.82g
of which saturated	0.35g
Carbohydrates	29.87g
of which sugar	2.28g
Fibre	1.67g
Protein	13.46g
Salt	0.04g

THU 25th

BEEF PASTA BAKE

Ingredients: **Durum wheat pasta**, beef (Irish), chopped tomatoes, tomato puree, carrots, water, spinach, courgettes **milk**, water, onions, spinach, **wheat flour, butter (milk)**, potato starch, olive oil, garlic, chives, salt.

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

Nutritional Information

	Per 100g
Energy	125 KCal
KCal	530 KJ
Fat	2.71g
of which saturated	1.23g
Carbohydrates	34.85g
of which sugar	3.55g
Fibre	1.99g
Protein	9.15g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	138 KCal
KCal	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.05g

FRI 26th

COD PROVENCAL & RICE

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

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

Nutritional Information

	Per 100g
Energy	95 KCal
KCal	401 KJ
Fat	1.35g
of which saturated	0.64g
Carbohydrates	17.31g
of which sugar	1.65g
Fibre	1.31g
Protein	4.4g
Salt	0.4g

Nutritional Information

	Per 100g
Energy	98 KCal
KCal	419 KJ
Fat	1.18g
of which saturated	0.21g
Carbohydrates	34.44g
of which sugar	3.45g
Fibre	2.09g
Protein	8.27g
Salt	< 0.01g

MON 29th

MEXICAN CHICKEN & RICE

Ingredients: Rice, chicken, tomatoes, carrots, maize corn, tomato puree, water, peppers, onions, potato starch, olive oil, garlic, parsley, chives, salt.

Nutritional Information

	Per 100g
Energy	109KCal
KCal	463 KJ
Fat	1.54g
of which saturated	0.82g
Carbohydrates	17.65g
of which sugar	1.45g
Fibre	1.3g
Protein	6.81g
Salt	0.04g

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

TUE 30th

MEATBALLS IN PASTA

Ingredients: **Durum wheat pasta** 42%, chopped tomatoes, 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, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

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

Nutritional Information

	Per 100g
Energy	132 KCal
KCal	559 KJ
Fat	3.98g
of which saturated	1.29g
Carbohydrates	38.37g
of which sugar	2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g

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

