



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

AFTER SCHOOL VEG



APRIL 2019 MENU

MON 1st

BUTTERNUT SQUASH & BEAN CURRY & RICE

Ingredients: Rice, butternut squash, coconut milk, diced potato, peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, paprika, salt.

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

TUE 2nd

VEG PASTA BOLOGNAISE

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

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

WED 3rd

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, tomatoes, water, swede, peas, split red lentils, carrot, mixed peppers, onions, potato starch, olive oil, garlic puree, paprika, parsley, chives, salt.

THU 4th

VEGETABLE BREYANI

Ingredients: Rice, chopped tomatoes, carrot, red split lentils, water, peas, spinach, red peppers, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.

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

FRI 5th

CREAMY VEGETABLE PIE

Ingredients: Potatoes, carrots, maize corn, **milk**, peas, water, broad beans, **cream (milk)**, onions, potato starch, parsley, garlic.

Ingredients in bold script contain allergens; **Milk (lactose)**

MON 8th

VEGETABLE KORMA & RICE

Ingredients: Rice, coconut milk, butternut squash, peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, 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	92KCal
KCal	504KJ
Fat	3.6g
of which saturated	1.6g
Carbohydrates	13.99g
of which sugar	1.5g
Fibre	1.2g
Protein	2.07g
Salt	0.01g

Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 KJ
Fat	1.09g
of which saturated	0.17g
Carbohydrates	35.21g
of which sugar	3.96g
Fibre	2.28g
Protein	6.26g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	92KCal
KCal	389 KJ
Fat	2.24g
of which saturated	0.37g
Carbohydrates	17.31g
of which sugar	1.71g
Fibre	2.36g
Protein	3.13g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	79 KCal
KCal	335 KJ
Fat	0.83g
of which saturated	0.61g
Carbohydrates	18.84g
of which sugar	1.19g
Fibre	1.38g
Protein	3.45g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	75KCal
KCal	316 KJ
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.32g
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	118 KCal
KCal	559 KJ
Fat	2.63g
of which saturated	1.45g
Carbohydrates	22.59g
of which sugar	0.66g
Fibre	1.94g
Protein	2.36g
Salt	0.04g

TUE 9th

COTTAGE VEGETABLE PIE

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

WED 10th

MEDITERRANEAN STYLE VEG PASTA

Ingredients: **Durum wheat pasta**, tomatoes, carrots, peppers, maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil, salt.

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

THU 11th

MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, carrots, water, sweet potato, lentils, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic, salt.

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

FRI 12th

VEGETABLE RAGU & SAUTÉ

Potatoes (sunflower oil) tomatoes, tomato puree, carrots, water, peppers, onions, lentils, spinach, courgettes, potato starch, olive oil, garlic, basil.

MON 15th

MILD CHILLI WITH VEG & RICE

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

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	64KCal
KCal	271KJ
Fat	1.26g
of which saturated	0.31g
Carbohydrates	15.14g
of which sugar	1.92g
Fibre	2.02g
Protein	3.99g
Salt	0.01g

Nutritional Information

	Per 100g
Energy	100KCal
KCal	426 KJ
Fat	1.36g
of which saturated	0.19g
Carbohydrates	37.74g
of which sugar	3.11g
Fibre	2.28g
Protein	6.53g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	109KCal
KCal	457 KJ
Fat	1.45g
of which saturated	0.27g
Carbohydrates	34.79g
of which sugar	2.8g
Fibre	2.56g
Protein	7.99g
Salt	0.04g

Nutritional Information

	Per 100g
Energy	100KCal
KCal	423 KJ
Fat	2g
of which saturated	0.89g
Carbohydrates	34.16g
of which sugar	0.8g
Fibre	2.15g
Protein	6.46g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	92 KCal
KCal	389 KJ
Fat	1.26g
of which saturated	0.65g
Carbohydrates	20.43g
of which sugar	2.48g
Fibre	1.91g
Protein	3.4g
Salt	0.04g





TUE 16th **MIXED VEGETABLE & POTATO PIE**

Ingredients: Potatoes, carrots, swede, peas, lentils, water, onions, tomato puree, olive oil, potato starch, oregano, garlic, salt.

Nutritional Information	
	Per 100g
Energy	75KCal
KCal	316 KJ
Fat	1.5g
of which saturated	0.34g
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	0.04g

WED 17th **VEG PASTA BAKE**

Ingredients: **Durum wheat pasta**, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour**, **butter (milk)**, potato starch, olive oil, garlic, basil, salt.

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

Nutritional Information	
	Per 100g
Energy	100KCal
KCal	423 KJ
Fat	2g
of which saturated	0.89g
Carbohydrates	34.16g
of which sugar	0.8g
Fibre	2.15g
Protein	6.46g
Salt	0.04g

THU 18th **GREEK VEGETABLE HOTPOT & MASH**

Ingredients: Potatoes, tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley, salt.

Nutritional Information	
	Per 100g
Energy	55 KCal
KCal	232 KJ
Fat	0.6g
of which saturated	0.13g
Carbohydrates	11.72g
of which sugar	1.36g
Fibre	1.26g
Protein	1.35g
Salt	0.04g

FRI 19th **VEGETABLE & PASTA PIE**

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

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

Nutritional Information	
	Per 100g
Energy	93KCal
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

MON 21st - EASTER MONDAY

TUE 23rd **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	39 KCal
KCal	165 KJ
Fat	0.82g
of which saturated	0.28g
Carbohydrates	8.84g
of which sugar	2.07g
Fibre	1.63g
Protein	2.41g
Salt	< 0.01g

WED 24th

SWEET POTATO & VEG CASSEROLE & MASH

Ingredients: Potatoes, water, sweet potatoes, peas, beans, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), sunflower oil, dextrose, salt.

Nutritional Information	
	Per 100g
Energy	111KCal
KCal	466 KJ
Fat	3.17g
of which saturated	0.51g
Carbohydrates	20.148g
of which sugar	2.03g
Fibre	1.67g
Protein	4.03g
Salt	0.04g

THU 25th

VEG PASTA BAKE

Ingredients: **Durum wheat pasta (milk)**, tomatoes, tomato puree, carrots, water, **milk**, peppers, onions, lentils, spinach, courgettes, **flour**, **butter**, potato starch, olive oil, garlic, basil salt.

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

Nutritional Information	
	Per 100g
Energy	100KCal
KCal	423 KJ
Fat	2g
of which saturated	0.89g
Carbohydrates	34.16g
of which sugar	0.8g
Fibre	2.15g
Protein	6.46g
Salt	0.4g

FRI 26th

VEGETABLE PROVENCAL & MINI ROAST

Ingredients: Potatoes (sunflower oil), tomatoes, tomato puree, carrots, peppers, water, lentils, spinach, onions, courgettes, potato starch, olive oil, garlic, basil, garlic.

Nutritional Information	
	Per 100g
Energy	87 KCal
KCal	370 KJ
Fat	1.14g
of which saturated	0.66g
Carbohydrates	19.15g
of which sugar	2.17g
Fibre	1.59g
Protein	2.75g
Salt	< 0.01g

MON 29th

SWEET & SOUR VEG WITH RICE

Ingredients: Rice, 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, salmmoniac) sweet potato, carrot, corn kernels, Onion, Pineapple.

Nutritional Information	
	Per 100g
Energy	117KCal
KCal	498 KJ
Fat	0.81g
of which saturated	0.55g
Carbohydrates	26.48g
of which sugar	7.38g
Fibre	1.52g
Protein	1.85g
Salt	0.34g

TUE 30th

BROCCOLI & CORN PASTA BAKE

Ingredients: **Durum wheat pasta**, tomatoes, broccoli, water, carrots, tomato puree, **milk**, maize corn, lentils, spinach, **wheat flour**, **butter (milk)**, olive oil, onions, potato starch, garlic, basil, salt.

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

Nutritional Information	
	Per 100g
Energy	115KCal
KCal	488 KJ
Fat	2.15g
of which saturated	0.88g
Carbohydrates	38.42g
of which sugar	3.57g
Fibre	2.13g
Protein	6.87g
Salt	0.4g

All beef used is of Irish origin

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