



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

STANDARD



APRIL
2019
MENU

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, garlic puree.

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

PASTA BOLOGNAISE

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

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

TUE
2nd

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, sunflower oil, beef (Irish), tomatoes, water, swede, carrot, mixed peppers, onions, potato starch, olive oil, garlic, paprika, parsley, chives.

WED
3rd

LAMB BREYANI

Ingredients: Rice, lamb, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree.

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

THU
4th

CREAMY FISH PIE

Ingredients: Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream (milk)**, potato starch, dill, garlic

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

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, cardamom, turmeric, chilli powder, ginger.

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

MON
8th

Nutritional Information

	Per 100g
Energy	108KCal
KCal	453Kj
Fat	1.58g
of which saturated	0.74g
Carbohydrates	11.29g
of which sugar	1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.01g

Nutritional Information

	Per 100g
Energy	124KCal
KCal	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates	36.7g
of which sugar	3.34g
Fibre	2.15g
Protein	9.6 g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	114KCal
KCal	479 KJ
Fat	3.38g
of which saturated	0.86g
Carbohydrates	13.49g
of which sugar	1.31g
Fibre	1.74g
Protein	5.16g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	104KCal
KCal	439Kj
Fat	2.92g
of which saturated	1.46g
Carbohydrates	15.57g
of which sugar	1.26g
Fibre	1.37g
Protein	5.37g
Salt	<0.01g

Nutritional Information

	Per 100g
Energy	78KCal
KCal	331 KJ
Fat	2g
of which saturated	0.86g
Carbohydrates	11.28g
of which sugar	1.75g
Fibre	1.24g
Protein	4.47g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	120KCal
KCal	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.3g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	< 0.01g

COTTAGE PIE

Ingredients: Potatoes, beef (Irish), water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.

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.

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

WED
10th

PORK WITH MIXED VEG & APRICOT WITH MASH

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

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

THU
11th

TUNA PASTA BAKE

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

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

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).

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

	Per 100g
Energy	79KCal
KCal	330 KJ
Fat	1.85g
of which saturated	0.68g
Carbohydrates	9.18g
of which sugar	1.344g
Fibre	1.2g
Protein	5.06g
Salt	0.1g

Nutritional Information

	Per 100g
Energy	122KCal
KCal	516 KJ
Fat	1.56g
of which saturated	0.43g
Carbohydrates	36.87g
of which sugar	2.73g
Fibre	1.99g
Protein	11.71g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	80 KCal
KCal	377 KJ
Fat	1.54g
of which saturated	0.39g
Carbohydrates	11.12g
of which sugar	1.87g
Fibre	1.33g
Protein	6.02g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	115KCal
KCal	487 KJ
Fat	2.27g
of which saturated	0.85g
Carbohydrates	35.45g
of which sugar	3.59g
Fibre	2.06g
Protein	78.37g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	117KCal
KCal	491 KJ
Fat	2.41g
of which saturated	1.16g
Carbohydrates	17.13g
of which sugar	1.84g
Fibre	1.45g
Protein	5.83g
Salt	< 0.01g





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APRIL
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MENU

TUE 16th PORK & POTATO PIE

Ingredients: Potatoes, pork, water, carrots, peas, maize corn, swedes, potato starch, onions, tomato puree, olive oil, oregano, garlic.

Nutritional Information

	Per 100g
Energy	86KCal
KCal	363 KJ
Fat	1.51g
of which saturated	0.37g
Carbohydrates	12.65g
of which sugar	1.47g
Fibre	1.38g
Protein	6.1g
Salt	< 0.01g

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.

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	< 0.01g

THU 18th GREEK HOTPOT & MASH

Ingredients: Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley.

Nutritional Information

	Per 100g
Energy	83KCal
KCal	350KJ
Fat	1.72g
of which saturated	0.65g
Carbohydrates	11.09g
of which sugar	1.16g
Fibre	1.13g
Protein	4.18g
Salt	< 0.01g

FRI 19th ITALIAN-STYLE FISH & PASTA PIE

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

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

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 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.

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

WED 24th

PORK CASSEROLE & MASH

Ingredients: Potatoes, pork, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

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.

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

FRI 26th

COD PROVENCAL & RICE

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

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

MON 29th

MEXICAN CHICKEN & RICE

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

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.

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

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	70 KCal
KCal	296KJ
Fat	0.98g
of which saturated	0.29g
Carbohydrates	10.25g
of which sugar	0.91g
Fibre	1.26g
Protein	5.58g
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	< 0.01g

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	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	< 0.01g

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	< 0.01g





NO BEEF /PORK



APRIL 2019 MENU

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.

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

PASTA BOLOGNAISE

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

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

TUE 2nd

WED 3rd

HUNGARIAN GOULASH & SAUTÉ

Ingredients: Potatoes, olive oil, turkey, peppers, onions, potato starch, olive oil, garlic, paprika, parsley, chives.

LAMB BREYANI

Ingredients: Rice, lamb, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree.

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

THU 4th

FRI 5th

CREAMY FISH PIE

Ingredients: Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream (milk)**, potato starch, dill, garlic

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

MON 8th

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.

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 / 1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.01g

Nutritional Information

	Per 100g
Energy KCal	117KCal
KJ	491 KJ
Fat	1.56g
of which saturated	0.03g
Carbohydrates of which sugar	36.68g / 3.34g
Fibre	2.15g
Protein	10.9g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy KCal	104 KCal
KJ	520 KJ
Fat	2.34g
of which saturated	0.39g
Carbohydrates of which sugar	13.49g / 1.31g
Fibre	1.74g
Protein	6.69g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy KCal	104KCal
KJ	439Kj
Fat	2.92g
of which saturated	1.46g
Carbohydrates of which sugar	15.57g / 1.26g
Fibre	1.37g
Protein	5.37g
Salt	<0.01g

Nutritional Information

	Per 100g
Energy KCal	78KCal
KJ	331 KJ
Fat	2g
of which saturated	0.86g
Carbohydrates of which sugar	11.28g / 1.75g
Fibre	1.24g
Protein	4.47g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy KCal	120KCal
KJ	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates of which sugar	17.3g / 0.55g
Fibre	1.12g
Protein	6.5g
Salt	< 0.01g

TUE 9th

COTTAGE PIE

Ingredients: Potatoes, turkey, water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.

WED 10th

PASTA WITH CHICKEN & CORN

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

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

THU 11th

TURKEY, MIXED VEG & APRICOT WITH MASH

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

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

FRI 12th

TUNA PASTA BAKE

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

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

MON 15th

MILD CHILLI CON CARNE & RICE

Ingredients: Rice, turkey, 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).

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 KCal	70KCal
KJ	350 KJ
Fat	1.79g
of which saturated	0.19g
Carbohydrates of which sugar	9.6g / 1.46g
Fibre	1.25g
Protein	6.65g
Salt	<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 / 2.73g
Fibre	1.99g
Protein	11.71g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy KCal	76 KCal
KJ	377 KJ
Fat	0.86g
of which saturated	0.2g
Carbohydrates of which sugar	11.12g / 1.87g
Fibre	1.33g
Protein	6.5g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy KCal	115KCal
KJ	487 KJ
Fat	2.27g
of which saturated	0.85g
Carbohydrates of which sugar	35.45g / 3.59g
Fibre	2.06g
Protein	78.37g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy KCal	106KCal
KJ	445 KJ
Fat	1.33g
of which saturated	0.67g
Carbohydrates of which sugar	17.13g / 1.84g
Fibre	1.45g
Protein	7.42g
Salt	< 0.01g





TUE 16th **TURKEY & POTATO PIE**

Ingredients: Potatoes, turkey, water, carrots, peas, maize corn, swedes, potato starch, onions, tomato puree, olive oil, oregano, garlic.

Nutritional Information

	Per 100g
Energy	82 KCal
KCal	336 KJ
Fat	1.19g
of which saturated	0.19g
Carbohydrates	12.59g
of which sugar	1.47g
Fibre	1.38g
Protein	6.71g
Salt	< 0.01g

WED 24th **TURKEY CASSEROLE & MASH**

Ingredients: Potatoes, Turkey, carrots, water, swedes, peas, broad beans, French beans, onions, potato starch, olive oil, tomato puree, oregano, garlic.

Nutritional Information

	Per 100g
Energy	66 KCal
KCal	277KJ
Fat	0.35g
of which saturated	0.12g
Carbohydrates	10.25g
of which sugar	0.91g
Fibre	1.26g
Protein	6.02g
Salt	< 0.01g.

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.

Nutritional Information

	Per
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

THU 25th

TURKEY PASTA BAKE

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

Nutritional Information

	Per 100g
Energy	116 KCal
KCal	487 KJ
Fat	1.88g
of which saturated	0.85g
Carbohydrates	34.91g
of which sugar	3.59g
Fibre	2g
Protein	10.13g
Salt	< 0.01g

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

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

THU 18st **GREEK HOTPOT & MASH**

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

Nutritional Information

	Per 100g
Energy	72KCal
KCal	321KJ
Fat	0.73g
of which saturated	0.19g
Carbohydrates	10.87g
of which sugar	1.16g
Fibre	1.12g
Protein	6.29g
Salt	< 0.01g.

FRI 26th

COD PROVENCAL & RICE

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

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

FRI 19th **ITALIAN-STYLE FISH & PASTA PIE**

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

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.

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	< 0.01g

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

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

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.

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

TUE 30th

BROCCOLI & CORN PASTA BAKE

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

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	< 0.01g

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

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

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





VEGETARIAN



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, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika.

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

TUE 2nd

VEG PASTA BOLOGNAISE

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

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.

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, cardamon, 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, cardamon, 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	< 0.01g

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	< 0.01g

TUE 9th

COTTAGE VEGETABLE PIE

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

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

THU 11th

MIXED VEG & APRICOT WITH MASH

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

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

FRI 12th

VEGETABLE PASTA BAKE

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

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

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).

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	65KCal
KCal	273KJ
Fat	1.28g
of which saturated	0.32g
Carbohydrates	15.24g
of which sugar	1.94g
Fibre	2.04g
Protein	4.05g
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	< 0.01g

Nutritional Information

	Per 100g
Energy	61 KCal
KCal	256 KJ
Fat	0.26 g
of which saturated	0.11 g
Carbohydrates	15.31g
of which sugar	2.2g
Fibre	1.87g
Protein	2.67g
Salt	< 0.01g

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	< 0.01g





VEGETARIAN

TUE
16th

MIXED VEGETABLE & POTATO PIE

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

WED
17th

VEG PASTA BAKE

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

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

THU
18st

GREEK VEGETABLE HOTPOT & MASH

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

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**

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.

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

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	< 0.01g

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	55KCal
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	< 0.01g

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

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

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.

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.

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

FRI
26th

VEGETABLE PROVENCAL & RICE

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

MON
29th

MEXICAN BEAN & RICE

Ingredients: Rice, tomatoes, carrots, corn, peppers, kidney beans, cannellini beans, water, tomato puree, onions, olive oil, parsley, chives, potato starch, garlic.

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.

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

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	49 KCal
KCal	208 KJ
Fat	0.16g
of which saturated	0.04g
Carbohydrates	10.83g
of which sugar	0.91g
Fibre	1.73g
Protein	1.62g
Salt	< 0.06g

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	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

Nutritional Information

	Per 100g
Energy	100 KCal
KCal	425 KJ
Fat	1.25g
of which saturated	0.59g
Carbohydrates	20.5g
of which sugar	2.52g
Fibre	1.76g
Protein	2.98g
Salt	0.01g

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	< 0.01g



APRIL
2019
MENU





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

**INFANT STANDARD
CHOPPED/ PUREED**



**APRIL
2019
MENU**

**MON
1st**

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, carrots, turkey, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

**TUE
2nd**

BOLOGNAISE SAUCE & POTATO

Ingredients: Potato carrots, beef (Irish) water, courgettes, tomatoes, onions, tomato puree, olive oil.

**WED
3rd**

HUNGARIAN GOULASH & POTATO

Ingredients: Potatoes, carrots, beef (Irish), water, swedes, peppers, , onions, olive oil, tomato puree.

**THU
4th**

LAMB BREYANI

Ingredients: Potatoes, lamb, carrot, peas, chopped tomatoes, water, onions, olive oil.

**FRI
5th**

CHICKEN PIE

Ingredients: Potatoes, carrots, chicken swede, peas, water, tomato puree, onion, olive oil.

**MON
8th**

TURKEY CASSEROLE & MASH

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information

	Per 100g
Energy	58 KCal
KCal	240 KJ
Fat	0.47g
of which saturated	0.18g
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.68g
Protein	6.57g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	67 KCal
KCal	281 KJ
Fat	1.91g
of which saturated	0.75g
Carbohydrates	6.85g
of which sugar	2.08g
Fibre	1.21g
Protein	4.43g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	67 KCal
KCal	281 KJ
Fat	2.06g
of which saturated	0.76g
Carbohydrates	6.22g
of which sugar	1.67g
Fibre	1.15g
Protein	4.54g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	65KCal
KCal	272KJ
Fat	2.18g
of which saturated	1.02g
Carbohydrates	7.46g
of which sugar	2.01g
Fibre	1.52g
Protein	4.96g
Salt	< 0.01g.

Nutritional Information

	Per 100g
Energy	55KCal
KCal	231 KJ
Fat	0.55g
of which saturated	0.33g
Carbohydrates	6.39g
of which sugar	1.89g
Fibre	1.36g
Protein	6g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	62 KCal
KCal	260 KJ
Fat	1.04g
of which saturated	0.30g
Carbohydrates	7.07g
of which sugar	1.91g
Fibre	1.40g
Protein	6.59g
Salt	< 0.01g

**TUE
9th**

COTTAGE PIE

Ingredients: Potatoes, beef (Irish), carrots, water, peas, onions, swede, water, potato starch, tomato puree, olive oil.

**WED
10th**

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

**THU
11th**

TURKEY, MIXED VEG WITH APRICOT & POTATO

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, olive oil.

**FRI
12th**

MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

**MON
15th**

BEEF, VEGETABLES, TOMATO & POTATO

Ingredients: Potato, carrots, beef (Irish), water, courgettes, tomatoes, onions, tomato puree, olive oil.

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	67KCal
KCal	280 KJ
Fat	1.87g
of which saturated	0.66g
Carbohydrates	6.71g
of which sugar	2.00g
Fibre	1.49g
Protein	4.60g
Salt	0.4g

Nutritional Information

	Per 100g
Energy	59KCal
KCal	249KJ
Fat	0.46g
of which saturated	0.28g
Carbohydrates	7.83g
of which sugar	2.33g
Fibre	1.68g
Protein	5.79g
Salt	< 0.01g.

Nutritional Information

	Per 100g
Energy	66 KCal
KCal	277 KJ
Fat	1.05g
of which saturated	0.28g
Carbohydrates	8.2g
of which sugar	2.42g
Fibre	1.58g
Protein	6.67g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.93g
of which saturated	0.22g
Carbohydrates	8.78g
of which sugar	2.38g
Fibre	1.81g
Protein	1.39g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	67KCal
KCal	279 KJ
Fat	2.03g
of which saturated	0.73g
Carbohydrates	6.1g
of which sugar	1.7g
Fibre	1.25g
Protein	4.65g
Salt	< 0.01g.





**INFANT STANDARD
CHOPPED/ PUREED**

**TUE
16th**

TURKEY & VEGETABLE PIE

Ingredients: Potatoes, turkey, carrot, swede, peas, French Beans, broad beans, water.

Nutritional Information	
	Per 100g
Energy	59 KCal
KCal	248 KJ
Fat	1.02g
of which saturated	0.26g
Carbohydrates	6.51g
of which sugar	1.66g
Fibre	1.81g
Protein	6.43g
Salt	< 0.01g

**WED
24th**

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	63KCal
KCal	266KJ
Fat	0.95g
of which saturated	0.35g
Carbohydrates	7.79g
of which sugar	2.32g
Fibre	1.67g
Protein	5.76g
Salt	< 0.01g.

**WED
17th**

VEGETABLE BOLOGNAISE & POTATO

Ingredients: Carrots, potatoes, butternut squash, lentils, water, tomatoes, peppers, lentils, onions, olive oil

Nutritional Information	
	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.83g
of which saturated	0.26g
Carbohydrates	11.27g
of which sugar	2.07g
Fibre	1.74g
Protein	2.4g
Salt	< 0.01g

**THU
25th**

BEEF, VEGETABLES, TOMATO & POTATO

Ingredients: Carrots, potatoes, beef (Irish), butternut squash, peas, water, tomatoes, onions, olive oil.

Nutritional Information	
	Per 100g
Energy	70KCal
KCal	295KJ
Fat	1.97g
of which saturated	0.73g
Carbohydrates	7.38g
of which sugar	1.88g
Fibre	1.48g.
Protein	4.64g.
Salt	< 0.01g.

**THU
18st**

GREEK HOTPOT & POTATO

Ingredients: Potatoes, beef (Irish), tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

Nutritional Information	
	Per 100g
Energy	68 KCal
KCal	284 KJ
Fat	2.08g
of which saturated	0.8g
Carbohydrates	6.19g
of which sugar	1.7g
Fibre	1.19g
Protein	4.7g
Salt	<0.01g

**FRI
26th**

CHICKEN PROVENCAL & MASH

Ingredients: Potatoes, chicken, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	58KCal
KCal	246KJ
Fat	1.02g
of which saturated	0.38g
Carbohydrates	6.8g
of which sugar	1.69g
Fibre	1.23g
Protein	5.51g
Salt	< 0.01g.

**FRI
19th**

TURKEY, ITALIAN STYLE VEG & POTATO

Ingredients: Potatoes, turkey, carrot, chopped tomatoes, peppers, courgette, water, tomato puree, spinach, onion, olive oil.

Nutritional Information	
	Per 100g
Energy	56 KCal
KCal	240 KJ
Fat	0.92g
of which saturated	0.28g
Carbohydrates	6.64g
of which sugar	1.65g
Fibre	1.16g
Protein	5.79g
Salt	< 0.01g

**MON
29th**

MEXICAN CHICKEN & POTATO

Ingredients: Potatoes, carrots, chicken, butternut squash, peas, water, tomato, onions, olive oil.

Nutritional Information	
	Per 100g
Energy	62 KCal
KCal	263 KJ
Fat	1.11g
of which saturated	0.42g
Carbohydrates	7.31g
of which sugar	2.14g
Fibre	1.64g
Protein	5.96g
Salt	< 0.01g

MON 21st - EASTER MONDAY

**TUE
23rd**

NAPOLI SAUCE & POTATO

Ingredients: Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion, olive oil.

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

**TUE
30th**

BROCCOLI, MIXED VEG & POTATO

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	31KCal
KCal	132KJ
Fat	0.44g
of which saturated	0.13g
Carbohydrates	7.25g
of which sugar	1.11g
Fibre	0.78g
Protein	1.15g
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



**APRIL
2019
MENU**



NO BEEF/PORK
CHOPPED/ PUREED



APRIL
2019
MENU

**MON
1st**

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, carrots, turkey, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

**TUE
2nd**

BOLOGNAISE SAUCE & POTATO

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

**WED
3rd**

HUNGARIAN GOULASH & POTATO

Ingredients: Potatoes, carrots, turkey, water, swedes, peppers, , onions, olive oil, tomato puree.

**THU
4th**

LAMB BREYANI

Ingredients: Potatoes, lamb, carrot, peas, chopped tomatoes, water, onions, olive oil.

**FRI
5th**

CHICKEN PIE

Ingredients: Potatoes, carrots, chicken, swede, peas, water, tomato puree, onion, olive oil.

**MON
8th**

TURKEY CASSEROLE & MASH

Ingredients: Potato carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	58 KCal
KCal	240 KJ
Fat	0.47g
of which saturated	0.18g
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.68g
Protein	6.57g
Salt	< 0.01

Nutritional Information	
	Per 100g
Energy	57 KCal
KCal	240 KJ
Fat	0.93g
of which saturated	0.30g
Carbohydrates	6.85g
of which sugar	2.08g
Fibre	1.21g
Protein	5.88g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	57 KCal
KCal	239 KJ
Fat	0.98g
of which saturated	0.27g
Carbohydrates	6.30g
of which sugar	1.79g
Fibre	1.16g
Protein	6.1g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	65KCal
KCal	272KJ
Fat	2.18g
of which saturated	1.02g
Carbohydrates	7.46g
of which sugar	2.01g
Fibre	1.52g
Protein	4.96g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	55KCal
KCal	231 KJ
Fat	0.55g
of which saturated	0.33g
Carbohydrates	6.39g
of which sugar	1.89g
Fibre	1.36g
Protein	6g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	62 KCal
KCal	260 KJ
Fat	1.04g
of which saturated	0.30g
Carbohydrates	7.07g
of which sugar	1.91g
Fibre	1.40g
Protein	6.59g
Salt	< 0.01g

**TUE
9th**

TURKEY COTTAGE PIE

Ingredients: Potatoes, turkey, carrots, water, peas, onions, swede, water, potato starch, tomato puree, olive oil.

**WED
10th**

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

**THU
11th**

TURKEY, MIXED VEG WITH APRICOT & POTATO

Ingredients: Potatoes, carrots, turkey, butternut squash, water, peas, onions, apricots, olive oil.

**FRI
12th**

MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

**MON
15th**

TURKEY, VEGETABLES, TOMATO & POTATO

Ingredients: Potato, carrots, turkey, water, courgettes, tomatoes, onions, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	52KCal
KCal	219 KJ
Fat	0.98g
of which saturated	0.23g
Carbohydrates	6.71g
of which sugar	2.0g
Fibre	1.49g
Protein	5.96g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	59KCal
KCal	249KJ
Fat	0.46g
of which saturated	0.28g
Carbohydrates	7.83g
of which sugar	2.33g
Fibre	1.68g
Protein	5.79g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	66 KCal
KCal	277 KJ
Fat	1.05g
of which saturated	0.28g
Carbohydrates	8.2g
of which sugar	2.42g
Fibre	1.58g
Protein	6.67g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.93g
of which saturated	0.22g
Carbohydrates	8.78g
of which sugar	2.38g
Fibre	1.81g
Protein	1.39g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	56KCal
KCal	235 KJ
Fat	1g
of which saturated	0.26g
Carbohydrates	6.1g
of which sugar	1.7g
Fibre	1.25g
Protein	6.16g
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





NO BEEF/PORK
CHOPPED/ PUREED



APRIL
2019
MENU

**TUE
16th**

TURKEY & VEGETABLE PIE

Ingredients: Potatoes, turkey, carrot, swede, peas, french beans, broad beans, water.

**WED
17th**

VEGETABLE BOLOGNAISE & POTATO

Ingredients: Carrots, potatoes, butternut squash, lentils, water, tomatoes, peppers, lentils, onions, olive oil

**THU
18st**

GREEK HOTPOT & POTATO

Ingredients: Potatoes, turkey, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

**FRI
19th**

TURKEY, ITALIAN STYLE VEG & POTATO

Ingredients: Potatoes, turkey, carrot, chopped tomatoes, peppers, courgette, water, tomato puree, spinach, onion, olive oil.

MON 21st - EASTER MONDAY

**TUE
23rd**

NAPOLI SAUCE & POTATO

Ingredients: Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion, olive oil.

Nutritional Information

	Per 100g
Energy	59 KCal
KCal	248 KJ
Fat	1.02g
of which saturated	0.26g
Carbohydrates	6.51g
of which sugar	1.66g
Fibre	1.81g
Protein	6.43g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.83g
of which saturated	0.26g
Carbohydrates	11.27g
of which sugar	2.07g
Fibre	1.74g
Protein	2.4g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	57 KCal
KCal	234 KJ
Fat	1.01g
of which saturated	0.31g
Carbohydrates	6.19g
of which sugar	1.7g
Fibre	1.19g
Protein	6.28g
Salt	<0.01g

Nutritional Information

	Per 100g
Energy	56 KCal
KCal	240 KJ
Fat	0.92g
of which saturated	0.28g
Carbohydrates	6.64g
of which sugar	1.65g
Fibre	1.16g
Protein	5.79g
Salt	< 0.01g

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**

CHICKEN CASSEROLE & MASH

Ingredients: Potatoes, sweet potato, carrots, chicken, water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

**THU
25th**

TURKEY, VEGETABLES, TOMATO & POTATO

Ingredients: Carrots, potatoes, turkey, butternut squash, peas, water, tomatoes, onions, olive oil.

**FRI
26th**

CHICKEN PROVENCAL & MASH

Ingredients: Potatoes, chicken, carrots, water, tomatoes, peppers, spinach, onions, tomato puree, olive oil.

**MON
29th**

MEXICAN CHICKEN & POTATO

Ingredients: Potatoes, carrots, chicken, butternut squash, peas, water, tomato, onions, olive oil.

**TUE
30th**

BROCCOLI, MIXED VEG & POTATO

Ingredients: Potatoes, carrots, broccoli, tomatoes, butternut squash, onions, water, lentils, tomato puree, olive oil.

Nutritional Information

	Per 100g
Energy	63KCal
KCal	266KJ
Fat	0.95g
of which saturated	0.35g
Carbohydrates	7.79g
of which sugar	2.32g
Fibre	1.67g
Protein	5.76g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	60KCal
KCal	252KJ
Fat	0.98g
of which saturated	0.27g
Carbohydrates	7.38g
of which sugar	1.88g
Fibre	1.48g
Protein	6.1g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	58KCal
KCal	246KJ
Fat	1.02g
of which saturated	0.38g
Carbohydrates	6.8g
of which sugar	1.69g
Fibre	1.23g
Protein	5.51g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	62 KCal
KCal	263 KJ
Fat	1.11g
of which saturated	0.42g
Carbohydrates	7.31g
of which sugar	2.14g
Fibre	1.64g
Protein	5.96g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	31KCal
KCal	132KJ
Fat	0.44g
of which saturated	0.13g
Carbohydrates	7.25g
of which sugar	1.11g
Fibre	0.78g
Protein	1.15g
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

HSE/ FSAI
Approval no

IE
4018
EC

**INFANT VEGETARIAN
CHOPPED/ PUREED**

**MON
1st**

VEGETABLE CASSEROLE

Ingredients: Potatoes, carrots, water, peas, swede, French beans, broad beans, onion, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	57KCal
KCal	263KJ
Fat	0.86g
of which saturated	0.15g
Carbohydrates	9.81g
of which sugar	2.52g
Fibre	2.99g
Protein	3.16g
Salt	< 0.01g

VEGETABLE BOLOGNAISE & POTATO

Ingredients: Carrots, potatoes, butternut squash courgette, water, tomato, onion, olive oil

Nutritional Information	
	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.83g
of which saturated	0.26g
Carbohydrates	11.27g
of which sugar	2.07g
Fibre	1.74g
Protein	2.4g
Salt	< 0.01g

HUNGARIAN VEG GOULASH & POTATO

Ingredients: Potatoes, carrots, , water, swedes, peppers, onions, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	39 KCal
KCal	163 KJ
Fat	0.86g
of which saturated	0.21g
Carbohydrates	7.34g
of which sugar	1.97g
Fibre	1.36g
Protein	0.09g
Salt	< 0.01g

VEG BREYANI & POTATO

Ingredients: Potatoes, carrots, peas, chopped tomatoes, water, onions, olive oil.

Nutritional Information	
	Per 100g
Energy	45 KCal
KCal	190 KJ
Fat	0.22g
of which saturated	0.08g
Carbohydrates	10.17g
of which sugar	2.01g
Fibre	1.74g
Protein	1.49g
Salt	< 0.01g

VEGETABLE PIE

Ingredients: Potatoes, carrots, butternut squash, swede, peas, water, tomato puree, onion, olive oil.

Nutritional Information	
	Per 100g
Energy	43 KCal
KCal	182 KJ
Fat	0.84g
of which saturated	0.19g
Carbohydrates	8.39g
of which sugar	2.15g
Fibre	1.7g
Protein	1.25g
Salt	< 0.01g

VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, courgette, tomato, sweet potato, peas, onions, tomato puree, olive oil.

Nutritional Information	
	Per 100g
Energy	49KCal
KCal	206KJ
Fat	0.83g
of which saturated	0.21g
Carbohydrates	9.36g
of which sugar	2.40g
Fibre	1.75g
Protein	1.48g
Salt	< 0.01g

VEGETABLE COTTAGE PIE

Ingredients: Potatoes , carrots, swedes, peas, butternut squash, lentils, water, onions, potato starch, tomato puree, olive oil.

**TUE
9th**

VEG CASSEROLE & MASH

Ingredients: Potatoes, sweet potato, water, peas, swedes, French Beans, broad beans, onions, olive oil, tomato puree.

**WED
10th**

MIXED VEG WITH APRICOT & POTATO

Ingredients: Potatoes, carrots, butternut squash, water, peas, onions, apricots, olive oil.

**THU
11th**

MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

**FRI
12th**

MIXED VEG WITH TOMATO & POTATO

Ingredients: Potatoes, carrots, water, courgettes, peppers, tomatoes, onions olive oil.

**MON
15th**

Nutritional Information	
	Per 100g
Energy	43KCal
KCal	180KJ
Fat	0.83g
of which saturated	0.18g
Carbohydrates	7.73g
of which sugar	2.31g
Fibre	1.72g
Protein	1.52g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	42KCal
KCal	182KJ
Fat	0.19g
of which saturated	0.09g
Carbohydrates	9.06g
of which sugar	2.7g
Fibre	1.95g
Protein	1.69g
Salt	< 0.01g.

Nutritional Information	
	Per 100g
Energy	50 KCal
KCal	211 KJ
Fat	0.93g
of which saturated	0.22g
Carbohydrates	9.71g
of which sugar	2.86g
Fibre	1.88g
Protein	1.46g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.93g
of which saturated	0.22g
Carbohydrates	8.78g
of which sugar	2.38g
Fibre	1.81g
Protein	1.39g
Salt	< 0.01g

Nutritional Information	
	Per 100g
Energy	55 KCal
KCal	231 KJ
Fat	1.14g
of which saturated	0.4g
Carbohydrates	14.41g
of which sugar	1.96g
Fibre	1.7g
Protein	4.28g
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



**TUE
2nd**

**WED
3rd**

**THU
4th**

**FRI
5th**

**MON
8th**



**APRIL
2019
MENU**

**TUE
16th**

VEGETABLE PIE

Ingredients: Potatoes, carrot, swede, peas, French beans, broad beans, water.

**WED
17th**

VEG BOLOGNAISE SAUCE & POTATO

Ingredients: Carrot, potato, butternut squash, lentils, water, tomatoes, peppers, lentils, onions

**THU
18st**

GREEK HOTPOT & POTATO

Ingredients: Potatoes, tomatoes, water, carrot, tomato puree, courgette, mixed peppers, diced potatoes, onions, olive oil, parsley.

**FRI
19th**

ITALIAN STYLE VEG & POTATO

Ingredients: Potatoes, carrots, chopped tomatoes, lentils, water, peppers, courgette, tomato puree, spinach, onion, olive oil.

MON 21st - EASTER MONDAY

**TUE
23rd**

NAPOLI SAUCE & POTATO

Ingredients: Potatoes, carrot, chopped tomatoes, lentils, water, tomato puree, spinach, peppers, courgettes, onion, olive oil.

Nutritional Information

	Per 100g
Energy	41 KCal
KCal	171 KJ
Fat	0.87g
of which saturated	0.19g
Carbohydrates	7.12g
of which sugar	1.78g
Fibre	1.95g
Protein	1.47g
Salt	< 0.01g

**WED
24th**

SWEET POTATO & VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, sweet potato, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information

	Per 100g
Energy	46 KCal
KCal	194 KJ
Fat	0.93g
of which saturated	0.22g
Carbohydrates	8.78g
of which sugar	2.38g
Fibre	1.81g
Protein	1.39g
Salt	< 0.01g

**THU
25th**

VEGETABLES, TOMATO & POTATO

Ingredients: Potato, carrots, water, butternut squash, peas, tomatoes, onions, olive oil.

Nutritional Information

	Per 100g
Energy	39 KCal
KCal	167 KJ
Fat	0.89g
of which saturated	0.26g
Carbohydrates	7.31g
of which sugar	2g
Fibre	1.41g
Protein	1.09g
Salt	<0.01g

**FRI
26th**

VEGETABLE PROVENCAL & MASH

Ingredients: Potatoes, carrots, water, tomatoes, peppers, spinach, lentils, onions, tomato puree, olive oil.

Nutritional Information

	Per 100g
Energy	43 KCal
KCal	182 KJ
Fat	0.83g
of which saturated	0.28g
Carbohydrates	10.04g
of which sugar	1.89g
Fibre	1.58g
Protein	2.49g
Salt	< 0.01g

**MON
29th**

MEXICAN VEG & POTATO

Ingredients: Potatoes, carrots, butternut squash, peas, water, tomato, onions, olive oil.

Nutritional Information

	Per 100g
Energy	48KCal
KCal	202KJ
Fat	0.75g
of which saturated	0.17g
Carbohydrates	9g
of which sugar	2.68g
Fibre	1.93g
Protein	1.68g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	45 KCal
KCal	189 KJ
Fat	0.8g
of which saturated	0.2g
Carbohydrates	8.86g
of which sugar	2.19g
Fibre	1.74g
Protein	1.3g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	48 KCal
KCal	205 KJ
Fat	0.88g
of which saturated	0.32g
Carbohydrates	12.91g
of which sugar	2.01g
Fibre	1.83g
Protein	3.81g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	44 KCal
KCal	186 KJ
Fat	0.85g
of which saturated	0.2g
Carbohydrates	8.3g
of which sugar	2.39g
Fibre	2g
Protein	1.55g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	31KCal
KCal	132KJ
Fat	0.44g
of which saturated	0.13g
Carbohydrates	7.25g
of which sugar	1.11g
Fibre	0.78g
Protein	1.15g
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

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, 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

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**

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

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

	Per 100g
Energy KCal	146KCal
KJ	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 KCal	89 KCal
KJ	376 KJ
Fat	1.29g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy KCal	120KCal
KJ	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.3g
of which sugar	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, **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**

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

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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



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
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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, cardamom, 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**

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**

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**

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

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

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.

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.

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

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.

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).

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

MON 8th





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	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	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

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	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	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**

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	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	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	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 VEG

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 KCal	92KCal
KJ	504K
Fat	3.6g
of which saturated	1.6g
Carbohydrates of which sugar	13.99g
Fibre	1.5g
Protein	1.2g
Salt	2.07g
	0.01g

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

	Per 100g
Energy KCal	118 KCal
KJ	559 KJ
Fat	2.63g
of which saturated	1.45g
Carbohydrates of which sugar	22.59g
Fibre	0.66g
Protein	1.94g
Salt	2.36g
	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 KCal	64KCal
KJ	271KJ
Fat	1.26g
of which saturated	0.31g
Carbohydrates of which sugar	15.14g
Fibre	1.92g
Protein	2.02g
Salt	3.99g
	0.01g

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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



APRIL 2019 MENU





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

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

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)**

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.

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**

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	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

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

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

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

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 flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), sunflower oil, dextrose, salt.

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)**

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.

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.

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)**

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	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

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

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

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

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



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TEA TIME



APRIL
2019
MENU

MON
1st

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
2nd

BUTTERNUT SQUASH & SWEET POTATO SOUP

Ingredients: Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

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

WED
3rd

BEEF PILAF

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

THU
4th

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
5th

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**

MON
8th

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	147 KCal
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	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

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.

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

Nutritional Information

	Per 100g
Energy	147 KCal
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
9th

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**

WED
10th

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.

THU
11th

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
12th

CREAM OF VEGETABLE SOUP

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

MON
15th

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)**

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	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	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

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 16th

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	440 KJ
KCal	104 KCal
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 24th

TURKEY PILAF

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

Nutritional Information	
	Per 100g
Energy	434 KJ
KCal	101 KCal
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 17th

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	505 KJ
KCal	120 KCal
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 25th

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**

Nutritional Information	
	Per 100g
Energy	518 KJ
KCal	123 KCal
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 18st

TURKEY PILAF

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

Nutritional Information	
	Per 100g
Energy	434 KJ
KCal	101 KCal
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

FRI 26th

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	394 KJ
KCal	93 KCal
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

FRI 19th

BUTTERNUT SQUASH & SWEET POTATO SOUP

Ingredients: Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

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

Nutritional Information	
	Per 100g
Energy	227 KJ
KCal	54 KCal
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

MON 29th

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	617 KJ
KCal	147 KCal
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

MON 21st - EASTER MONDAY

TUE 23rd

CREAM OF VEGETABLE SOUP

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

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

TUE 30th

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.

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

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**TEA TIME
AFTER SCHOOL**



**APRIL
2019
MENU**

**MON
1st**

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.

FISH FINGERS & MASH

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 oil).

Ingredients in bold script contain allergens; **fish and gluten**.

BEEF PILAF

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

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil), chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger.

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

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**

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
2nd**

**WED
3rd**

**THU
4th**

**FRI
5th**

**MON
8th**

Nutritional Information

	Per 100g
Energy KCal	147KCal
KJ	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 KCal	103KCal
KJ	437KJ
Fat	2.13g
of which saturated	0.19 g
Carbohydrates	17.64g
of which sugar	0.65g
Fibre	1.04g
Protein	4.39g
Salt	< 0.01g.

Nutritional Information

	Per 100g
Energy KCal	113 KCal
KJ	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.

Nutritional Information

	Per 100g
Energy KCal	123 KCal
KJ	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 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

Nutritional Informa-

	Per 100g
Energy KCal	147KCal
KJ	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
9th**

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
10th**

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.

**THU
11th**

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil), chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger.

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

**FRI
12th**

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**.

**MON
15th**

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)**

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 KCal	104 KCal
KJ	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 KCal	120 KCal
KJ	505 KJ
Fat	3.6g
of which saturated	0.6g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

Nutritional Information

	Per 100g
Energy KCal	123 KCal
KJ	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 KCal	146KCal
KJ	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 KCal	147 KCal
KJ	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





LITTLE DINNERS

HSE/ FSAI
Approval no

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EC

**TEA TIME
AFTER SCHOOL**



**APRIL
2019
MENU**

**TUE
16th**

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**

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
17th**

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
18st**

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

**FRI
19th**

BUTTERNUT SQUASH & SWEET POTATO SOUP

Ingredients: Sweet potato, butternut squash, water, carrot, onion, garlic, parsley, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic.

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

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

MON 21st - EASTER MONDAY

**TUE
23rd**

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	147 KCal
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
24th**

TURKEY PILAF

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

**THU
25th**

CURRIED CHICKEN & SAUTÉ

Ingredients: Potatoes (sunflower oil), chicken, peppers, corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger.

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

**FRI
26th**

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**

**MON
29th**

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)**

**TUE
30th**

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 oil).

Ingredients in bold script contain allergens; **fish and 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	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	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

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

Nutritional Information	
	Per 100g
Energy	103 KCal
KCal	437 KJ
Fat	2.13g
of which saturated	0.19 g
Carbohydrates	17.64g
of which sugar	0.65g
Fibre	1.04g
Protein	4.39g
Salt	< 0.01g.





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

**MON
1st**

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
2nd**

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

**WED
3rd**

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
4th**

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

**FRI
5th**

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

**MON
8th**

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
9th**

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
10th**

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
11th**

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

Nutritional Information

	Per 100g
Energy	147 KCal
KCal	9.12 KJ
Fat	5.36g
of which saturated	10.97g
Carbohydrates	2.52g
of which sugar	0.43g
Fibre	6.14g
Protein	0.93g
Salt	0.23g

**FRI
12th**

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
15th**

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

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



TEA TIME
INFANT



**APRIL
2019
MENU**

**TUE
16th**

BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

**WED
17th**

BEEF RAGU & BUTTERNUT SQUASH

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

**THU
18st**

TURKEY PILAF

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

**FRI
19th**

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

MON 21st - EASTER MONDAY

**TUE
23rd**

MIXED BEAN HOT POT

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

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

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

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	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

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

**WED
24th**

TURKEY PILAF

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

**THU
25th**

MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

**FRI
26th**

MEDITERRANEAN VEG & SWEET POTATO

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

**MON
29th**

STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

**TUE
30th**

BEEF RAGU & BUTTERNUT SQUASH

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

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	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

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

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

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

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

MONDAY

BEEF PATTI IN GRAVY WITH MASHED POTATØS & 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 sulphur dioxide**

Nutritional Information

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

MONDAY

TUESDAY

CHICKEN GOUJONS, SAUTÉ POTATØS & 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, emulsifier, xanthan gum) rapeseed oil. Carrots.

Nutritional Information

	Per 100g
Energy	129 KCal
KCal	541 KJ
KJ	4g
Fat	0.53g
of which saturated	17.89g
Carbohydrates	1.53g
of which sugar	2.04g
Fibre	4.65g
Protein	0.05g
Salt	

TUESDAY

WEDNESDAY

FISH CAKES, MASHED POTATØS & CORN

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**, (**wheat flour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), corn.

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

Nutritional Information

	Per 100g
Energy	97 KCal
KCal	409 KJ
KJ	2.15g
Fat	0.16g
of which saturated	16.22g
Carbohydrates	1.07g
of which sugar	1.77g
Fibre	3.71g
Protein	0.03g
Salt	

WEDNESDAY

THURSDAY

SAUSAGES, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Waffles (potatoes 81%, dehydrated potato, sunflower oil potato starch, salt, pepper extract) Sausage 30% (pork 74% Rusk containing (**Wheat flour**, **potato starch**, pork protein extract, water (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

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

THURSDAY

FRIDAY

FISH FINGERS, MINI ROAST & VEG OF THE DAY

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 oil), veg of the day.

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

Nutritional Information

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

FRIDAY