



LITTLE DINNERS

HSE/ FSAI  
Approval no

IE  
4018  
EC

STANDARD



AUGUST  
2019  
MENU

THU  
1st

## 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  
2nd

## 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 gluten**

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 5th - BANK HOLIDAY

TUE  
6th

## 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  
7th

## PORK CASSEROLE & MASH

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

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

THU  
8th

## 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)**

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

FRI  
9th

## 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**

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

MON  
12th

## MEXICAN CHICKEN & RICE

Ingredients: Rice, chicken, tomatoes, carrots, 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

TUE  
13th

## 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)**

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

WED  
14th

## BEEF CASSEROLE & MINI ROAST

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

Nutritional Information	
	Per 100g
Energy	124 KCal
KCal	520 KJ
Fat	3.82g
of which saturated	0.93g
Carbohydrates	14.46g
of which sugar	1.51g
Fibre	2.16g
Protein	5.66g
Salt	0.04g

THU  
15th

## TURKEY NAVARIN & MASH

Ingredients: Potatoes, Turkey, carrots, chopped tomatoes, swede, water, peas, onions, garlic turmeric, , olive oil.



Nutritional Information	
	Per 100g
Energy	80KCal
KCal	376KJ
Fat	0.44g
of which saturated	0.26g
Carbohydrates	15.31g
of which sugar	1.18g
Fibre	1.26g
Protein	4.53g
Salt	< 0.01g

FRI  
16th

## 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**

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	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





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STANDARD



AUGUST  
2019  
MENU

MON  
19th

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree.

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

### 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

TUE  
20th

## 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**

### 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

WED  
21st

## HUNGARIAN GOULASH & SAUTÉ

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

### 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

## CHICKEN BREYANI SAUCE & RICE

NEW  
DISH

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

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

### Nutritional Information

	Per 100g
Energy	99KCal
KCal	418Kj
Fat	1.4g
of which saturated	0.81g
Carbohydrates	15.57g
of which sugar	1.26g
Fibre	1.37g
Protein	6.52g
Salt	<0.01g

THU  
22nd

## 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)**

### 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

FRI  
23nd

MON  
26th

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger.

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

### 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

TUE  
27th

## COTTAGE PIE

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

### 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

WED  
28th

## 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**

### 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

THU  
29th

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

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

### 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

FRI  
30th

## 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**

### 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

All beef used is of Irish origin

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





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2019  
MENU

THU  
1st

## GREEK HOTPOT & MASH

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

FRI  
2nd

## 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 gluten**

MON 5th - BANK HOLIDAY

## PASTA NAPOLI

TUE  
6th

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**

WED  
7th

## TURKEY CASSEROLE & MASH

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

## TURKEY PASTA BAKE

THU  
8th

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.

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

FRI  
9th

## 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**

### 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.

### 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	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	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.

### 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

### 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

MON  
12th

## MEXICAN CHICKEN & RICE

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

TUE  
13th

## 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.

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

WED  
14th

## TURKEY CASSEROLE & MINI ROAST

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

THU  
15th

## TURKEY NAVARIN & MASH

Ingredients: Potatoes, Turkey, carrots, chopped tomatoes, swede, water, peas, onions, garlic, turmeric, olive oil.



FRI  
16th

## 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 Milk (lactose)**

All beef used is of Irish origin

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

### 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

### Nutritional Information

	Per 100g
Energy	114 KCal
KCal	479 Kj
Fat	2.76g
of which saturated	0.44g
Carbohydrates	14.46g
of which sugar	1.51g
Fibre	2.16g
Protein	7.21g
Salt	0.04g

### Nutritional Information

	Per 100g
Energy	80KCal
KCal	376Kj
Fat	0.44g
of which saturated	0.26g
Carbohydrates	15.31g
of which sugar	1.18g
Fibre	1.26g
Protein	4.53g
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





NO BEEF / PORK



AUGUST 2019 MENU

**MON 19th**

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree.

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

### Nutritional Information

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

**MON 26th**

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger.

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

### Nutritional Information

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

**TUE 20th**

## 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**

### Nutritional Information

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

**TUE 27th**

## COTTAGE PIE

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

### Nutritional Information

	Per 100g
Energy KCal	70KCal
KJ	350 KJ
Fat	1.79g
of which saturated	0.19g
Carbohydrates of which sugar	9.6g
Fibre	1.48g
Protein	1.25g
Salt	6.65g
	<0.01g

**WED 21st**

## HUNGARIAN GOULASH & SAUTÉ

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

### 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
Fibre	1.31g
Protein	1.74g
Salt	6.69g
	< 0.01g

**WED 28th**

## 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**

### Nutritional Information

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

**THU 22nd**

## CHICKEN BREYANI SAUCE & RICE

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

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

NEW DISH

### Nutritional Information

	Per 100g
Energy KCal	99KCal
KJ	418Kj
Fat	1.4g
of which saturated	0.81g
Carbohydrates of which sugar	15.57g
Fibre	1.26g
Protein	1.37g
Salt	6.52g
	<0.01g

**THU 29th**

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

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

### 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
Fibre	1.87g
Protein	1.33g
Salt	6.5g
	< 0.01g

**FRI 23nd**

## 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)**

### Nutritional Information

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

**FRI 30th**

## 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 Milk (lactose)**

All beef used is of Irish origin

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VEGETARIAN



AUGUST 2019 MENU

## THU 1st 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 2nd 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 5th - BANK HOLIDAY

## TUE 6th 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**

## WED 7th SWEET POTATO & VEG CASSEROLE & MASH

Ingredients: Potatoes, water, sweet potatoes, peas, beans, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic, tumeric.

## THU 8th 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 9th VEGETABLE PROVENCAL & RICE

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

### 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

### 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

## MON 12th MEXICAN BEAN & RICE

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

## TUE 13th

## 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)**

## WED 14th

## VEGETABLE CASSEROLE & MINI ROAST

Ingredients: Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic, sunflower oil, dextrose.

## THU 15th

## VEGETABLE NAVARIN

Ingredients: Potatoes, carrots, chopped tomatoes, swedes, peas, onions, broad beans, french beans, potato starch, olive oil, turmeric, garlic.

## FRI 16th 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)**

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	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

### Nutritional Information

	Per 100g
Energy	111KCal
KCal	466 KJ
Fat	0.51g
of which saturated	0.12g
Carbohydrates	20.148g
of which sugar	2.03g
Fibre	1.67g
Protein	4.03g
Salt	< 0.06g

### Nutritional Information

	Per 100g
Energy	50 KCal
KCal	318 KJ
Fat	0.2g
of which saturated	0.04g
Carbohydrates	10.94g
of which sugar	1.22g
Fibre	1.77g
Protein	1.81g
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





VEGETARIAN



**AUGUST  
2019  
MENU**

**MON  
19th**

## 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, coconut milk, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika.

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

**TUE  
20th**

## 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  
21st**

## 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  
22nd**

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger.

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

**FRI  
23nd**

## VEGETABLE PASTA BAKE

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

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

### 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
KJ	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	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

**MON  
26th**

## VEGETABLE KORMA & RICE

Ingredients: Rice, coconut milk, butternutsquash, peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

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

**TUE  
27th**

## COTTAGE VEGETABLE PIE

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

**WED  
28th**

## 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  
29th**

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

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

**FRI  
30th**

## 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)**

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	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

### 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	0.26g
of which saturated	0.11g
Carbohydrates	15.31g
of which sugar	2.2g
Fibre	1.87g
Protein	2.67g
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





**LITTLE DINNERS**

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**INFANT STANDARD  
CHOPPED/ PUREED**



**AUGUST  
2019  
MENU**

**THU  
1st**

**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  
2nd**

**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 5th - BANK HOLIDAY**

**TUE  
6th**

**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

**WED  
7th**

**TURKEY CASSEROLE  
& MASH**

Ingredients: Potatoes, sweet potato carrots, turkey, 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.

**THU  
8th**

**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.

**FRI  
9th**

**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.

**MON  
12th**

**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

**TUE  
13th**

**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

**WED  
14th**

**BEEF CASSEROLE  
& MASH**

Ingredients: Potatoes, carrots, beef (Irish) water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

Nutritional Information	
	Per 100g
Energy	69 KCal
KCal	283 KJ
Fat	1.49g
of which saturated	0.65g
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.68g
Protein	5.06g
Salt	< 0.01g

**THU  
15th**

**TURKEY NAVARIN  
& MASH**

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

Nutritional Information	
	Per 100g
Energy	60 KCal
KCal	253 KJ
Fat	1.96g
of which saturated	0.93g
Carbohydrates	7g
of which sugar	1.94g
Fibre	1.45g
Protein	4.56g
Salt	< 0.01g

**FRI  
16th**

**CHICKEN PIE**

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

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

**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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**INFANT STANDARD  
CHOPPED/ PUREED**



**AUGUST  
2019  
MENU**

**MON  
19th**

## TURKEY CASSEROLE & MASH

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

**TUE  
20th**

## BOLOGNAISE SAUCE & POTATO

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

**WED  
21st**

## HUNGARIAN GOULASH & POTATO

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

**THU  
22nd**

## CHICKEN BREYANI

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

**FRI  
23rd**

## MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, 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	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

**MON  
26th**

## TURKEY CASSEROLE & MASH

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

**TUE  
27th**

## COTTAGE PIE

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

**WED  
28th**

## CHICKEN CASSEROLE & MASH

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

**THU  
29th**

## TURKEY, MIXED VEG WITH APRICOT & POTATO

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

**FRI  
30th**

## CHICKEN PIE

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

### 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	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







**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**NO BEEF/PORK  
CHOPPED/ PUREED**



**AUGUST  
2019  
MENU**

**THU  
1st**

## GREEK HOTPOT & POTATO

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

### 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

**MON  
12th**

## 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

**FRI  
2nd**

## 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

**TUE  
13th**

## 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

**MON 5th - BANK HOLIDAY**

**TUE  
6th**

## 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

**WED  
14th**

## TURKEY CASSEROLE & MASH

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

### Nutritional Information

	Per 100g
Energy	72KCal
KCal	306KJ
Fat	0.7g
of which saturated	0.34g
Carbohydrates	11.27g
of which sugar	1.48g
Fibre	1.53g
Protein	5.81g
Salt	< 0.01g.

**WED  
7th**

## TURKEY CASSEROLE & MASH

Ingredients: Potatoes, sweet potato, carrots, turkey, 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.

**THU  
15th**

## TURKEY NAVARIN & MASH

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

### Nutritional Information

	Per 100g
Energy	60 KCal
KCal	253 KJ
Fat	1.96g
of which saturated	0.93g
Carbohydrates	7g
of which sugar	1.94g
Fibre	1.45g
Protein	4.56g
Salt	< 0.01g

**THU  
8th**

## TURKEY, VEGETABLES, TOMATO & POTATO

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

### 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.

**FRI  
16th**

## CHICKEN PIE

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

### 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

**FRI  
9th**

## 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.

**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



AUGUST  
2019  
MENU

**MON  
19th**

## TURKEY CASSEROLE & MASH

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

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

**MON  
26th**

## TURKEY CASSEROLE & MASH

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

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  
20th**

## BOLOGNAISE SAUCE & POTATO

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

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

**TUE  
27th**

## TURKEY COTTAGE PIE

Ingredients: Potatoes, turkey, carrots, water, peas, onions, swede, water, potato starch, 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

**WED  
21st**

## HUNGARIAN GOULASH & POTATO

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

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

**WED  
28th**

## 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	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.

**THU  
22nd**

## CHICKEN BREYANI

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

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.

**THU  
29th**

## TURKEY, MIXED VEG WITH APRICOT & POTATO

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

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

**FRI  
23nd**

## MIXED VEGETABLES WITH TOMATO & POTATO

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

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

**FRI  
30th**

## CHICKEN PIE

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

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

All beef used is of Irish origin

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





**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**INFANT VEGETARIAN  
CHOPPED/ PUREED**



**AUGUST  
2019  
MENU**

**THU  
1st**

## GREEK HOTPOT & POTATO

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

### Nutritional Information

	Per 100g
Energy	39 KCal
KJ	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  
2nd**

## ITALIAN STYLE VEG & POTATO

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

### Nutritional Information

	Per 100g
Energy	43 KCal
KJ	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 5th - BANK HOLIDAY**

**TUE  
6th**

## 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
KJ	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  
7th**

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

**THU  
8th**

## VEGETABLES, TOMATO & POTATO

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

### Nutritional Information

	Per 100g
Energy	45 KCal
KJ	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

**FRI  
9th**

## VEGETABLE PROVENCAL & MASH

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

### Nutritional Information

	Per 100g
Energy	48 KCal
KJ	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

**MON  
12th**

## MEXICAN VEG & POTATO

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

### Nutritional Information

	Per 100g
Energy	44 KCal
KJ	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

**TUE  
13th**

## BROCCOLI, MIXED VEG & POTATO

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

### Nutritional Information

	Per 100g
Energy	31 KCal
KJ	132 KJ
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

**WED  
14th**

## VEG CASSEROLE & MASH

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

### Nutritional Information

	Per 100g
Energy	57 KCal
KJ	263 KJ
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

**THU  
15th**

## VEG NAVARIN & MASH

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

### Nutritional Information

	Per 100g
Energy	38 KCal
KJ	161 KJ
Fat	0.26g
of which saturated	0.13g
Carbohydrates	8.15g
of which sugar	2.26g
Fibre	1.69g
Protein	1.31g
Salt	< 0.01g

**FRI  
16th**

## VEGETABLE PIE

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

### Nutritional Information

	Per 100g
Energy	43 KCal
KJ	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

**All beef used is of Irish origin**

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





**INFANT VEGETARIAN  
CHOPPED/ PUREED**



**AUGUST  
2019  
MENU**

**MON  
19th**

**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

**MON  
26th**

**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

**TUE  
20th**

**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

**TUE  
27th**

**VEGETABLE COTTAGE PIE**

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

**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

**WED  
21st**

**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

**WED  
28th**

**VEG CASSEROLE & MASH**

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

**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

**THU  
22nd**

**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

**THU  
29th**

**MIXED VEG WITH APRICOT & POTATO**

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

**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

**FRI  
23nd**

**MIXED VEGETABLES WITH TOMATO & POTATO**

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

**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

**FRI  
30th**

**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

**All beef used is of Irish origin**

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







**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL 1**



**AUGUST 2019 MENU**

**THU 1st**

## CHICKEN GOUJONS, WAFFLES & MIXED VEG

Ingredients: Waffles (potatoes 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.

### Nutritional Information

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

**FRI 2nd**

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

### Nutritional Information

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

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

**MON 5th - BANK HOLIDAY**

## 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, black pepper, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

### Nutritional Information

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

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

**TUE 6th**

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

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

### Nutritional Information

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

**WED 7th**

## 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.

### Nutritional Information

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

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

**THU 8th**

## SAUSAGE, MINI ROAST & L.D. BEANS

Ingredients: Potatoes (sunflower oil) Sausage (pork 74% Rusk (**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) Baked Beans (Cannellini beans, dried tomato, onion, garlic, tomato puree, water, paprika, sugar. **Ingredients in bold script contain allergens; gluten & sulphates**

### Nutritional Information

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

**MON 12th**

## 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, salammoniac) Carrot, Corn kernels, Onion, Pineapple.

### Nutritional Information

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

**TUE 13th**

## 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**

### Nutritional Information

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

**WED 14th**

## COTTAGE PIE

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.

### Nutritional Information

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

**THU 15th**

## SAUSAGE, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Potatoes, Sausage (pork 74% Rusk (**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.

### Nutritional Information

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

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

**FRI 16th**

## FISH FINGERS, MINI ROAST & PEAS

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), Peas.

### Nutritional Information

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

All beef used is of Irish origin

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**AFTER SCHOOL 1**

**MON  
19th**

## TURKEY CURRY & RICE

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, 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**

### 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	0.04g

**TUE  
20th**

## PASTA BOLOGNAISE

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

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

### Nutritional Information

	Per 100g
Energy	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	0.04g

## BEEF PATTIS, GRAVY, MASH & CARROTS

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, **soya fibre**, dextrose, Hydrolysed **soya protein**, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), Carrots

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

**WED  
21st**

## CHICKEN BREYANI SAUCE & RICE

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

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

**NEW DISH**

### Nutritional Information

	Per 100g
Energy	76 KCal
KCal	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

**FRI  
23nd**

## CHICKEN GOUJONS MASH & CORN

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

### Nutritional Information

	Per 100g
Energy	89 KCal
KCal	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

**MON  
26th**

## TURKEY KORMA & RICE

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

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

### 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	0.04g

**TUE  
27th**

## BEEF STEW & MASH

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

**NEW DISH**

### Nutritional Information

	Per 100g
Energy	89 KCal
KCal	373 KJ
Fat	2.09g
of which saturated	0.77g
Carbohydrates	10.55g
of which sugar	1.28g
Fibre	1.2g
Protein	5.55g
Salt	0.01g

**WED  
28th**

## 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**

### 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	0.04g

**THU  
29th**

## L.D. BAKED TURKEY BURGER, GRAVY, SAUTÉ & 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

### Nutritional Information

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

**FRI  
30th**

## FISH FINGERS, MINI ROAST & BAKED BEANS

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), sunflower oil, dextrose, spaghetti hoops (42% durum wheat semolina), tomatoes (41% water, sugar, modified cornflour, salt, citric acid, spice, garlic, salt, onion extract, spice extract, iron sulphate, vit D).

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

### Nutritional Information

	Per 100g
Energy	135 KCal
KCal	566 KJ
Fat	4.23g
of which saturated	0.46g
Carbohydrates	19.05g
of which sugar	1.62g
Fibre	1.72g
Protein	4.75g
Salt	0.04g

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



**AUGUST  
2019  
MENU**



**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL 2**

**THU 1st**

## CHICKEN GOUJONS, WAFFLES & MIXED VEG

Ingredients: Waffles (potatoes 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.

### Nutritional Information

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

**FRI 2nd**

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

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

### Nutritional Information

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

**MON 5th - BANK HOLIDAY**

## MEATBALLS IN PASTA

**TUE 6th**

Ingredients: **Durum wheat pasta** 42%, chopped tomatoes, meatballs 17% [pork 39%, beef 39%, rusk (wheat flour, salt, raising agent E503) Soya protein, garlic puree, (garlic, citric Acid E330) Parsley, Wheat protein, lemon peel, oragano, salt, chillies, chilli powder, blackpepper, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

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

### Nutritional Information

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

**WED 7th**

## 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, bay leaf) sunflower oil, citric acid, garlic), peas

### Nutritional Information

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

## BEEF PASTA BAKE

**THU 8th**

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

**FRI 9th**

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

**MON 12th**

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

**TUE 13th**

## 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**

### Nutritional Information

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

**WED 14th**

## COTTAGE PIE

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.

### Nutritional Information

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

**THU 15th**

## TURKEY NAVARIN & WAFFLES

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



### Nutritional Information

	Per 100g
Energy KCal	122 KCal
KJ	512 KJ
Fat	5.61g
of which saturated	1.38g
Carbohydrates of which sugar	13.36g
Fibre	1.69g
Protein	1.73g
Salt	5.18g
	0.24g

**FRI 16th**

## FISH FINGERS, MINI ROAST & PEAS

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), Peas.

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

### Nutritional Information

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

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



**AUGUST 2019 MENU**





**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL 2**

**MON  
19th**

## TURKEY CURRY & RICE

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

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

### Nutritional Information

	Per 100g
Energy	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	0.04g

**MON  
26th**

## TURKEY KORMA & RICE

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

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

### Nutritional Information

	Per 100g
Energy	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	0.04g

**TUE  
20th**

## PASTA BOLOGNAISE

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

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

### Nutritional Information

	Per 100g
Energy	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	0.04g

**TUE  
27th**

## BEEF STEW & MASH

Ingredients: Potatoes, beef 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, peas.



### Nutritional Information

	Per 100g
Energy	89 KCal
KCal	373 KJ
Fat	2.09g
of which saturated	0.77g
Carbohydrates	10.55g
of which sugar	1.28g
Fibre	1.2g
Protein	5.55g
Salt	0.01g

**WED  
21st**

## BEEF PATTIS, GRAVY, MASH & CARROTS

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, **soya fibre**, dextrose, Hydrolysed **soya protein**, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), Carrots

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

### Nutritional Information

	Per 100g
Energy	76 KCal
KCal	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

**WED  
28th**

## 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**

### 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	0.04g

**THU  
22nd**

## CHICKEN BREYANI SAUCE & RICE

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

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



### Nutritional Information

	Per 100g
Energy	99KCal
KCal	418KJ
Fat	1.4g
of which saturated	0.81g
Carbohydrates	15.57g
of which sugar	1.26g
Fibre	1.37g
Protein	6.52g
Salt	<0.01g

**THU  
29th**

## L.D. BAKED TURKEY BURGER, GRAVY, SAUTÉ & 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

### Nutritional Information

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

**FRI  
23nd**

## CHICKEN GOUJONS MASH & CORN

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

### Nutritional Information

	Per 100g
Energy	89 KCal
KCal	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

**FRI  
30th**

## FISH FINGERS, MINI ROAST & BAKED BEANS

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), sunflower oil, dextrose, spaghetti hoops (42% durum wheat semolina), tomatoes (41% water, sugar, modified cornflour, salt, citric acid, spice, garlic, salt, onion extract, spice extract, iron sulphate, vit D).

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

### Nutritional Information

	Per 100g
Energy	135 KCal
KCal	566 KJ
Fat	4.23g
of which saturated	0.46g
Carbohydrates	19.05g
of which sugar	1.62g
Fibre	1.72g
Protein	4.75g
Salt	0.04g

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



**AUGUST  
2019  
MENU**





**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL VEG**



**AUGUST 2019 MENU**

## GREEK VEGETABLE HOTPOT & WAFFLES

**THU 1st**

Ingredients: Waffles (potatoes 81%, dehydrated potato, sunflower oil, potato starch, salt, pepper extract), tomatoes, water, carrots, tomato puree, courgette, mixed peppers, diced potatoes, onions, potato starch, olive oil, garlic puree, parsley, salt.

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

## VEGETABLE & PASTA PIE

**FRI 2nd**

Ingredients: **Durum wheat pasta**, tomatoes, tomato puree, carrots, water, peppers, onions, spinach, lentils, courgettes, 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

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

## MON 5th - BANK HOLIDAY

## PASTA NAPOLI

**TUE 6th**

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

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

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

## SWEET POTATO & VEG CASSEROLE & MASH

**WED 7th**

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.

Nutritional Information	
	Per 100g
Energy	111 KCal
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

## VEG PASTA BAKE

**THU 8th**

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.

Nutritional Information	
	Per 100g
Energy	100 KCal
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

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

## VEGETABLE PROVENCAL & MINI ROAST

**FRI 9th**

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

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

## MON 12th SWEET & SOUR VEG WITH RICE

**MON 12th**

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, sal ammoniac) sweet potato, carrot, corn kernels, Onion, Pineapple.

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

**TUE 13th**

## BROCCOLI & CORN PASTA BAKE

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

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

Nutritional Information	
	Per 100g
Energy	115 KCal
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

**WED 14th**

## VEGETABLE CASSEROLE & MINI ROAST

Ingredients: Potatoes, water, sweet potatoes, peas, lentils, carrots, swedes, onions, 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.

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

**THU 15th**

## VEGETABLE NAVARIN & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, carrots, chopped tomatoes, swedes, peas, onions, broad beans, French beans, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic)

Nutritional Information	
	Per 100g
Energy	90 KCal
KCal	470 KJ
Fat	3.64g
of which saturated	0.44g
Carbohydrates	12.81g
of which sugar	0.74g
Fibre	1.61g
Protein	1.45g
Salt	0.4g

**FRI 16th**

## CREAMY VEGETABLE PIE

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

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

Nutritional Information	
	Per 100g
Energy	75 KCal
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	< 0.04g

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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**AFTER SCHOOL VEG**

**MON  
19th**

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika, salt.

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

**TUE  
20th**

## 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  
21st**

## 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  
22nd**

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger.

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

**FRI  
23nd**

## 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, salt.

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

### Nutritional Information

	Per 100g
Energy	92KCal
KCal	504KJ
Fat	3.6g
of which saturated	1.6g
Carbohydrates	13.99g
of which sugar	1.5g
Fibre	1.2g
Protein	2.07g
Salt	0.01g

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	79 KCal
KCal	335 KJ
Fat	0.83g
of which saturated	0.61g
Carbohydrates	18.84g
of which sugar	1.19g
Fibre	1.383
Protein	3.45g
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	< 0.04g

**MON  
26th**

## 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, fenugrek, cardamon, turmeric, chilli powder, ginger.

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

**TUE  
27th**

## COTTAGE VEGETABLE PIE

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

**WED  
28th**

## 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  
29th**

## MIXED VEG & APRICOT WITH SAUTÉ

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

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

**FRI  
30th**

## CREAMY VEGETABLE PIE

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

Ingredients in bold script contain allergens; **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	118 KCal
KCal	559 KJ
Fat	2.63g
of which saturated	1.45g
Carbohydrates	22.59g
of which sugar	0.66g
Fibre	1.94g
Protein	2.36g
Salt	0.04g

### Nutritional Information

	Per 100g
Energy	64KCal
KCal	271KJ
Fat	1.26g
of which saturated	0.31g
Carbohydrates	15.14g
of which sugar	1.92g
Fibre	2.02g
Protein	3.99g
Salt	0.01g

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy	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	< 0.04g



**AUGUST  
2019  
MENU**





**LITTLE DINNERS**

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**TEA TIME**



**AUGUST 2019 MENU**

**THU 1st**

## TURKEY PILAF

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

**FRI 2nd**

## BUTTERNUT SQUASH & SWEET POTATO SOUP

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

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

**MON 5th - BANK HOLIDAY**

**TUE 6th**

## 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.

**WED 7th**

## BEEF PILAF

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

**THU 8th**

## CURRIED CHICKEN & SAUTÉ

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

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

**FRI 9th**

## CREAM OF VEGETABLE SOUP

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

### 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	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	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	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 12th**

## 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 13th**

## 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.

**WED 14th**

## 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**

**THU 15th**

## BEEF PILAF

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

**FRI 16th**

## PASTA NAPOLI

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

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

### Nutritional Information

	Per 100g
Energy	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	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	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	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	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





TEA TIME



AUGUST 2019 MENU

MON 19th

### 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 20th

### CURRIED CHICKEN & SAUTÉ

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

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

WED 21st

### TURKEY PILAF

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

THU 22nd

### VEGETABLE HASH

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

FRI 23rd

### CREAM OF VEGETABLE SOUP

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

#### Nutritional Information

	Per 100g
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

#### Nutritional Information

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

#### Nutritional Information

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

#### Nutritional Information

	Per 100g
Energy	115 KCal
KCal	481 KJ
Fat	4.73g
of which saturated	0.6g
Carbohydrates	14.92g
of which sugar	1.42g
Fibre	2.67g
Protein	2.62g
Salt	0.401g

#### Nutritional Information

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

MON 26th

### 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 27th

### 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 28th

### BEEF RAGU & MINI ROAST

Ingredients: Potatoes, sunflower oil, beef (Irish), chopped tomatoes, water, tomato puree, carrots, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic.

THU 29th

### 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 30th

### PASTA NAPOLI

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

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

#### Nutritional Information

	Per 100g
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

#### Nutritional Information

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

#### Nutritional Information

	Per 100g
Energy	120 KCal
KCal	505 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g

#### Nutritional Information

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

#### Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g







**LITTLE DINNERS**

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**TEA TIME  
AFTER SCHOOL**

**THU  
1st**

## TURKEY PILAF

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

### Nutritional Information

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

**MON  
12th**

## MACCARONI & CHEESE

Ingredients: **Durum wheat macaroni** 43%, milk, water, wheat flour, **white & red cheddar cheese** [milk, salt, starter culture, vegetable rennet, potato starch, colouring (annatto)], onions, **butter**, salt.

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

### Nutritional Information

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

**FRI  
2nd**

## SAUSAGE & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Sausage (pork 74% Rusk (**Wheat flour**, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451)

Ingredients in bold script contain allergens; **gluten, sulphites, sulphur dioxide.**

### Nutritional Information

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

**TUE  
13th**

## 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.**

### Nutritional Information

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

**MON 5th - BANK HOLIDAY**

**TUE  
6th**

## 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  
14th**

## PENNE IN TOMATO & BASIL SAUCE

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

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

### Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	0.04g

**WED  
7th**

## BEEF PILAF

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

### Nutritional Information

	Per 100g
Energy	113 KCal
KCal	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	0.04g

**THU  
15th**

## BEEF PILAF

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

### Nutritional Information

	Per 100g
Energy	113 KCal
KCal	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	0.04g

**THU  
8th**

## 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, salt.

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

### Nutritional Information

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

**FRI  
16th**

## PASTA NAPOLI

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

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

### Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

## FISH FINGERS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract, Fish Fingers (**cod, wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500)), paprika extract, pepper, turmeric, curcuma powder, vegetable oil).

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

### Nutritional Information

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

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



**AUGUST  
2019  
MENU**



**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**TEA TIME  
AFTER SCHOOL**

**MON  
19th**

## L.D. BEANS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract), Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

### Nutritional Information

	Per 100g
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

**MON  
26th**

## L.D. BEANS & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract), Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

### Nutritional Informa-

	Per 100g
Energy	147KCal
KCal	618 KJ
Fat	5.6g
of which saturated	0.63g
Carbohydrates	21.68g
of which sugar	1.4g
Fibre	1.42g
Protein	2.58g
Salt	0.38g

**TUE  
20th**

## CURRIED CHICKEN & SAUTÉ

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

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

### Nutritional Information

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

**TUE  
27th**

## PENNE IN TOMATO & BASIL SAUCE

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

### Nutritional Information

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

**WED  
21st**

## TURKEY PILAF

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

### Nutritional Information

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

**WED  
28th**

## 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  
22nd**

## MEATBALL HASH

Ingredients : Ingredients: Saute potatoes,meatballs 17% [pork 39%,beef 39%, rusk (**wheat flour**, salt, raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, **Wheat protein**,lemon peel,oragano,salt,chillies,chilli powder,blackpepper.peppers, corn, onions, peas, olive oil, sunflower oil,garlic, chives.

Ingredients in bold script contain allergens; **gluten, celery and mustard.**

### Nutritional Information

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

**THU  
29th**

## CURRIED CHICKEN & SAUTÉ

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

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

### Nutritional Information

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

**FRI  
23nd**

## SAUSAGE & WAFFLES

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract,Sausage (pork 74% Rusk (**Wheat flour**, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451)

Ingredients in bold script contain allergens; **gluten, sulphites,sulphur dioxide.**

### Nutritional Information

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

**FRI  
30th**

## PASTA NAPOLI

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

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

### Nutritional Information

	Per 100g
Energy	93 KCal
KCal	394 KJ
Fat	1.05g
of which saturated	0.22g
Carbohydrates	36.16g
of which sugar	3.6g
Fibre	2.31g
Protein	6.74g
Salt	< 0.01g

All beef used is of Irish origin

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



**AUGUST  
2019  
MENU**





**LITTLE DINNERS**

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**TEA TIME  
INFANT**



**AUGUST  
2019  
MENU**

**THU  
1st**

## 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  
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

**MON 5th - BANK HOLIDAY**

**TUE  
6th**

## 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

**WED  
7th**

## BEEF PILAF

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

Nutritional Information	
	Per 100g
Energy	113 KCal
KCal	477 KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.219g
Fibre	1.36g
Protein	5.7g
Salt	< 0.01g

**THU  
8th**

## MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

Nutritional Information	
	Per 100g
Energy	147 KCal
KCal	9.12 KJ
Fat	5.36g
of which saturated	10.94g
Carbohydrates	2.52g
of which sugar	0.43g
Fibre	6.14g
Protein	0.93g
Salt	0.23g

**FRI  
9th**

## 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  
12th**

## STEWED APPLE & PEAR

Ingredients: Apple, Pear, water.

Nutritional Information	
	Per 100g
Energy	34 KCal
KCal	146 KJ
Fat	0.08g
of which saturated	0.04g
Carbohydrates	8.46g
of which sugar	8.33g
Fibre	0.28g
Protein	2.76g
Salt	0.01g

**TUE  
13th**

## BEEF RAGU & BUTTERNUT SQUASH

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

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

**WED  
14th**

## BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

Nutritional Information	
	Per 100g
Energy	47 KCal
KCal	197 KJ
Fat	0.31g
of which saturated	0.24g
Carbohydrates	17.12g
of which sugar	1.83g
Fibre	2.17g
Protein	5.09g
Salt	0.01g

**THU  
15th**

## BEEF PILAF

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

Nutritional Information	
	Per 100g
Energy	113 KCal
KCal	477 KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.219g
Fibre	1.36g
Protein	5.7g
Salt	< 0.01g

**FRI  
16th**

## MEDITERRANEAN VEG & SWEET POTATO

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

Nutritional Information	
	Per 100g
Energy	65 KCal
KCal	271 KJ
Fat	11g
of which saturated	2.63g
Carbohydrates	14.11g
of which sugar	2.63g
Fibre	3.19g
Protein	1.89g
Salt	0.09g

All beef used is of Irish origin

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





**LITTLE DINNERS**

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**TEA TIME  
INFANT**



**AUGUST  
2019  
MENU**

**MON  
19th**

## MIXED BEAN HOT POT

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

**TUE  
20th**

## MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

**WED  
21st**

## TURKEY PILAF

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

**THU  
22nd**

## MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

**FRI  
23rd**

## CREAMED MIXED VEGETABLES

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

### 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

### 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

### 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	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  
26th**

## MIXED BEAN HOT POT

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

**TUE  
27th**

## BUTTERNUT SQUASH & LENTIL PIE

Ingredients: Butternut Squash, lentils, peas, water.

**WED  
28th**

## BEEF RAGU & BUTTERNUT SQUASH

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

**THU  
29th**

## MANGO & PEAR PUDDING

Ingredients: Mango, pear, water.

**FRI  
30th**

## MEDITERRANEAN VEG & SWEET POTATO

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

### 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

### 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	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

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
Fat	2.68g
of which saturated	1.14g
Carbohydrates	12.15g
of which sugar	1.08g
Fibre	1.11g
Protein	3.57g
Salt	0.7g

**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
Fat	4g
of which saturated	0.53g
Carbohydrates	17.89g
of which sugar	1.53g
Fibre	2.04g
Protein	4.65g
Salt	0.05g

**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
Fat	2.15g
of which saturated	0.16g
Carbohydrates	16.22g
of which sugar	1.07g
Fibre	1.77g
Protein	3.71g
Salt	0.03g

**WEDNESDAY**

**THURSDAY**

## SAUSAGES, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Waffles (potatoes81%, dehydrated potato, sunflower oil potato starch, salt, pepper extract) Sausage 30% (pork 74% Rusk containing (**Wheat flour**, **potato starch**, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium Sulphate** flavour enhancer E621, stabiliser E450, E451), corn, peas, swede

Ingredients in bold script contain allergens; **gluten, sulphites & sulphur**

### Nutritional Information

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

**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
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

**FRIDAY**