



STANDARD



DECEMBER 2018 MENU

MON 3rd

BEEF CURRY & RICE

Ingredients: Rice, Beef (Irish), carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree.

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

Nutritional Information

	Per 100g
Energy KCal	120KCal
KJ	504Kj
Fat	2.71g
of which saturated	1.25g
Carbohydrates of which sugar	17.29g / 1.01g
Fibre	1.3g
Protein	5.68
Salt	0.01g

TUE 4th

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

WED 5th

CHICKEN CASSEROLE & MASH

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

Nutritional Information

	Per 100g
Energy KCal	74 KCal
KJ	348KJ
Fat	0.84g
of which saturated	0.25g
Carbohydrates of which sugar	11.46g / 0.9g
Fibre	1.57g
Protein	5.1g
Salt	< 0.01g.

THU 6th

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 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	< 0.01g

FRI 7th

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 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

MON 10th

MEXICAN CHICKEN & RICE

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

Nutritional Information

	Per 100g
Energy KCal	109KCal
KJ	463 KJ
Fat	1.54g
of which saturated	0.82g
Carbohydrates of which sugar	17.65g / 1.45g
Fibre	1.3g
Protein	6.81g
Salt	< 0.01g

TUE 11th

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 KCal	109KCal
KJ	463 KJ
Fat	1.54g
of which saturated	0.82g
Carbohydrates of which sugar	17.65g / 1.45g
Fibre	1.3g
Protein	6.81g
Salt	< 0.01g

WED 12th

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 KCal	120 KCal
KJ	505 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates of which sugar	14.96g / 1.8g
Fibre	1.55g
Protein	5.06g
Salt	0.04g

THU 13th

SHEPHERD'S PIE

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

Nutritional Information

	Per 100g
Energy KCal	76 KCal
KJ	318 KJ
Fat	2.46g
of which saturated	1.01g
Carbohydrates of which sugar	9.29g / 1.47g
Fibre	1.23g
Protein	5.11g
Salt	0.04g

FRI 14th

COD PILAF

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

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

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

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





MON
17th

PASTA BOLOGNAISE

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

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

Nutritional Information

	Per 100g
Energy	141 KCal
KCal	597 KJ
Fat	3.74g
of which saturated	1.6g
Carbohydrates	10.32g
of which sugar	2.88g
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

TUE
25th

CHRISTMAS DAY

TUE
18th

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, garlic puree.

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

Nutritional Information

	Per 100g
Energy	117 KCal
KCal	491 KJ
Fat	1.41g
of which saturated	0.74g
Carbohydrates	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.42g
Salt	0.01g

WED
26th

ST. STEPHEN'S DAY

Nutritional Information

	Per 100g
Energy	114 KCal
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

THU
27th

PORK WITH MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, pork, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugreek, 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

Nutritional Information

	Per 100g
Energy	110 KCal
KCal	466 KJ
Fat	2.3g
of which saturated	1.27g
Carbohydrates	19.12g
of which sugar	0.78g
Fibre	1.25g
Protein	4.86g
Salt	< 0.01g

FRI
28th

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; **gluten & fish**.

Nutritional Information

	Per 100g
Energy	98 KCal
KCal	419 KJ
Fat	2.27g
of which saturated	0.85g
Carbohydrates	35.45g
of which sugar	3.59g
Fibre	2.06g
Protein	78.37g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	78 KCal
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

MON
31st

MILD CHILLI CON CARNE

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

Nutritional Information

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

WED
19th

HUNGARIAN GOULASH & SAUTÉ

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

THU
20th

LAMB TANGIA & RICE

Ingredients: Rice, lamb, tomatoes, carrots, water, peppers, sultanas, tomato puree, spinach, onions, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree.

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

FRI
21st

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**

MON
24th

BEEF RAGU & RICE

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

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

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



STANDARD



DECEMBER
2018
MENU



HSE/ FSAI
Approval no
IE
4018
EC

NO BEEF /PORK



DECEMBER
2018
MENU

MON
3rd

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.

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

TUE
4th

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
5th

CHICKEN CASSEROLE & MASH

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

THU
6th

TURKEY PASTA BAKE

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

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

FRI
7th

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 KCal	117KCal
KJ	491Kj
Fat	1.41g
of which saturated	0.74g
Carbohydrates	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.42g
Salt	0.01g

Nutritional Information

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

Nutritional Information

	Per 100g
Energy KCal	74 KCal
KJ	348Kj
Fat	0.84g
of which saturated	0.25g
Carbohydrates	11.46g
of which sugar	0.9g
Fibre	1.57g
Protein	5.1g
Salt	< 0.01g.

Nutritional Information

	Per 100g
Energy KCal	125 KCal
KJ	530 KJ
Fat	2.71g
of which saturated	1.23g
Carbohydrates	34.85g
of which sugar	3.55g
Fibre	1.99g
Protein	9.15g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy KCal	95 KCal
KJ	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
10th

MEXICAN CHICKEN & RICE

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

TUE
11th

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
12th

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
13th

SHEPHERD'S PIE

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

FRI
14th

COD PILAF

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

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Nutritional Information

	Per 100g
Energy KCal	109KCal
KJ	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 KCal	109KCal
KJ	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 KCal	120 KCal
KJ	505 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.55g
Protein	5.06g
Salt	0.04g

Nutritional Information

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

Nutritional Information

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





MON
17th

LITTLE
DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

TUE
18th

NO BEEF /PORK

WED
19th

THU
20th

FRI
21st

MON
24th

PASTA BOLOGNAISE

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

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

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.

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

HUNGARIAN GOULASH & SAUTÉ

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

LAMB TANGIA & RICE

Ingredients: Rice, lamb, tomatoes, carrots, water, peppers, sultanas, tomato puree, spinach, onions, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree.

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

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)**

TURKEY RAGU & RICE

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

Nutritional Information

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

Nutritional Information

	Per 100g
Energy	117KCal
KCal	491KJ
Fat	1.41g
of which saturated	0.74g
Carbohydrates	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.42g
Salt	0.01g

Nutritional Information

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

Nutritional Information

	Per 100g
Energy	110KCal
KCal	466KJ
Fat	2.3g
of which saturated	1.27g
Carbohydrates	19.12g
of which sugar	0.78g
Fibre	1.25g
Protein	4.86g
Salt	<0.01g

Nutritional Information

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

Nutritional Information

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

TUE
25th

WED
26th

THU
27th

FRI
28th

MON
31st

CHRISTMAS DAY

ST. STEPHEN'S DAY

TURKEY, MIXED VEG & APRICOT WITH MASH

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

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

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; **gluten and fish.**

MILD CHILLI CON CARNE & RICE

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

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



DECEMBER
2018
MENU



VEGETARIAN

**MON
3rd**

MILD VEGETABLE CURRY & RICE

Ingredients: Rice, Water, carrots, broadbeans, green beans, peas, swede, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, garam masala, turmeric, chilli powder, ginger, paprika, garlic.

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

**TUE
4th**

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
5th**

SWEET POTATO & VEG CASSEROLE & MASH

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

**THU
6th**

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
7th**

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

Nutritional Information

	Per 100g
Energy	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	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	< 0.06g

Nutritional Information

	Per 100g
Energy	75 KCal
KCal	316 KJ
Fat	1.5g
of which saturated	0.34g
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	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
10th**

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
11th**

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**

**WED
12th**

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
13th**

SHEPHERD'S VEGETABLE PIE

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

**FRI
14th**

VEGETABLE PILAF

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

Nutritional Information

	Per 100g
Energy	98 KCal
KCal	415 KJ
Fat	1.68g
of which saturated	0.89g
Carbohydrates	17.73g
of which sugar	1.62g
Fibre	2.03g
Protein	4.09g
Salt	0.01g

Nutritional Information

	Per 100g
Energy	109 KCal
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	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	< 0.06g

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

Nutritional Information

	Per 100g
Energy	89 KCal
KCal	378 KJ
Fat	1.19g
of which saturated	0.64g
Carbohydrates	19.37g
of which sugar	2.74g
Fibre	1.75g
Protein	3g
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



**DECEMBER
2018
MENU**



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VEGETARIAN



DECEMBER
2018
MENU

MON
17th

VEG PASTA BOLOGNAISE

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

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

Nutritional Information	
	Per 100g
Energy	141KCal
KCal	597 KJ
Fat	3.74g
of which saturated	1.6g
Carbohydrates	10.32g
of which sugar	2.88
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

TUE
25th

CHRISTMAS DAY

TUE
18th

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.

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

Nutritional Information	
	Per 100g
Energy	107KCal
KCal	453K
Fat	3.6g
of which saturated	1.6g
Carbohydrates	16.00g
of which sugar	3.3g
Fibre	1.2g
Protein	1.9g
Salt	< 0.01g

WED
26th

ST. STEPHEN'S DAY

WED
19th

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.

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

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

THU
27th

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**

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	< 0.01g

THU
20th

BUTTERNUT & SWEET POTATO TANGIA & RICE

Ingredients: Rice, carrots, chopped tomatoes, butternut squash, sweet potato, water, peppers, spinach, sultanas, tomato puree, onions, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger.

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

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

FRI
28th

VEGETABLE & PASTA PIE

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

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

Nutritional Information	
	Per 100g
Energy	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

FRI
21st

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)**

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

MON
31st

MILD CHILLI WITH VEG & RICE

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Nutritional Information	
	Per 100g
Energy	92 KCal
KCal	389 KJ
Fat	1.26g
of which saturated	0.65g
Carbohydrates	20.43g
of which sugar	2.48g
Fibre	1.91g
Protein	3.4g
Salt	< 0.01g





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INFANT STANDARD
CHOPPED/ PUREED

**MON
3rd**

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 KCal	69 KCal
KJ	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

**TUE
4th**

NAPOLI SAUCE & POTATO

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

Nutritional Information

	Per 100g
Energy KCal	42 KCal
KJ	173 KJ
Fat	0.76g
of which saturated	0.26g
Carbohydrates	10.27g
of which sugar	2.07g
Fibre	1.67g
Protein	2.17g
Salt	< 0.01g

**WED
5th**

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 KCal	72 KCal
KJ	306 KJ
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

**THU
6th**

BEEF, VEGETABLES, TOMATO & POTATO

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

Nutritional Information

	Per 100g
Energy KCal	70 KCal
KJ	295 KJ
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
7th**

CHICKEN PROVENCAL & MASH

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

Nutritional Information

	Per 100g
Energy KCal	58 KCal
KJ	246 KJ
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 10th MEXICAN CHICKEN & POTATO

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

Nutritional Information

	Per 100g
Energy KCal	59 KCal
KJ	250 KJ
Fat	1.13g
of which saturated	0.43g
Carbohydrates	6.82g
of which sugar	1.83g
Fibre	1.39g
Protein	5.89g
Salt	< 0.01g

**TUE
11th**

BROCCOLI, MIXED VEG & POTATO

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

Nutritional Information

	Per 100g
Energy KCal	23 KCal
KJ	97 KJ
Fat	0.42g
of which saturated	0.13g
Carbohydrates	5.08g
of which sugar	1.19g
Fibre	0.91g
Protein	1.19g
Salt	< 0.01g

**WED
12th**

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 KCal	69 KCal
KJ	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
13th**

SHEPHERD'S PIE

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

Nutritional Information

	Per 100g
Energy KCal	65 KCal
KJ	272 KJ
Fat	2.13g
of which saturated	1.02g
Carbohydrates	7.44g
of which sugar	1.97g
Fibre	1.53g
Protein	5.41g
Salt	< 0.01g

**FRI
14th**

TURKEY & VEG WITH TOMATO & POTATO

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

Nutritional Information

	Per 100g
Energy KCal	72 KCal
KJ	306 KJ
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

All beef used is of Irish origin

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



DECEMBER
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MENU



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INFANT STANDARD
CHOPPED/ PUREED



DECEMBER
2018
MENU

MON
17th

BOLOGNAISE SAUCE & POTATO

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

TUE
18th

TURKEY CASSEROLE & MASH

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

WED
19th

HUNGARIAN GOULASH & POTATO

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

THU
20th

LAMB TANGIA & POTATO

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

FRI
21st

CHICKEN PIE

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

MON
24th

BEEF, VEGETABLES, TOMATO & POTATO

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

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

TUE
25th

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

WED
26th

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	1.69g
Protein	5.06g
Salt	< 0.01g

THU
27th

Nutritional Information

	Per 100g
Energy	63KCal
KCal	264KJ
Fat	2.1g
of which saturated	0.99g
Carbohydrates	7.09g
of which sugar	2.01g
Fibre	1.44g
Protein	4.92g
Salt	<0.01g

FRI
28th

Nutritional Information

	Per 100g
Energy	58KCal
KCal	331 KJ
Fat	0.95g
of which saturated	0.23g
Carbohydrates	6.71g
of which sugar	2g
Fibre	1.49g
Protein	5.96g
Salt	< 0.01g

MON
31st

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.

CHRISTMAS DAY

ST. STEPHEN'S DAY

TURKEY, MIXED VEG WITH APRICOT & POTATO

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

MIXED VEGETABLES WITH TOMATO & POTATO

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

BEEF, VEGETABLES, TOMATO & POTATO

Ingredients: Potato, carrots, beef (Irish), water, butternut squash, peas, water, tomatoes, onions, 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

Nutritional Information

	Per 100g
Energy	58 KCal
KCal	376 KJ
Fat	0.99g
of which saturated	0.4g
Carbohydrates	6.82g
of which sugar	1.82g
Fibre	1.18g
Protein	5.41g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	72KCal
KCal	280 KJ
Fat	2.03g
of which saturated	0.73g
Carbohydrates	6.1g
of which sugar	1.7g
Fibre	1.25g
Protein	4.65g
Salt	< 0.01g.

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





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NO BEEF/PORK
CHOPPED/ PUREED

**MON
3rd**

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, carrots, turkey, 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

**TUE
4th**

NAPOLI SAUCE & POTATO

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

Nutritional Information

	Per 100g
Energy	42 KCal
KCal	173 KJ
Fat	0.76g
of which saturated	0.26g
Carbohydrates	10.27g
of which sugar	2.07g
Fibre	1.67g
Protein	2.17g
Salt	< 0.01g

**WED
5th**

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	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.

**THU
6th**

TURKEY, VEGETABLES, TOMATO & POTATO

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

Nutritional Information

	Per 100g
Energy	57KCal
KCal	234KJ
Fat	0.93g
of which saturated	0.28g
Carbohydrates	6.85g
of which sugar	1.85g
Fibre	1.18g
Protein	5.89g.
Salt	< 0.01g.

**FRI
7th**

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
10th**

MEXICAN CHICKEN & POTATO

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

Nutritional Information

	Per 100g
Energy	59 KCal
KCal	250 KJ
Fat	1.13g
of which saturated	0.43g
Carbohydrates	6.82g
of which sugar	1.83g
Fibre	1.39g
Protein	5.89g
Salt	< 0.01g

**TUE
11th**

BROCCOLI, MIXED VEG & POTATO

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

Nutritional Information

	Per 100g
Energy	23KCal
KCal	97KJ
Fat	0.42g
of which saturated	0.13g
Carbohydrates	5.08g
of which sugar	1.19g
Fibre	0.91g
Protein	1.19g
Salt	< 0.01g

**WED
12th**

TURKEY CASSEROLE & MASH

Ingredients: Potatoes, carrots, turkey, 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
13th**

SHEPHERD'S PIE

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

Nutritional Information

	Per 100g
Energy	65 KCal
KCal	272 KJ
Fat	2.13g
of which saturated	1.02g
Carbohydrates	7.44g
of which sugar	1.97g
Fibre	1.53g
Protein	5.41g
Salt	< 0.01g

**FRI
14th**

TURKEY, VEGETABLES, TOMATO & POTATO

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

Nutritional Information

	Per 100g
Energy	72KCal
KCal	280 KJ
Fat	2.03g
of which saturated	0.73g
Carbohydrates	6.1g
of which sugar	1.7g
Fibre	1.25g
Protein	4.65g
Salt	< 0.01g.

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



DECEMBER
2018
MENU





**NO BEEF/PORK
CHOPPED/ PUREED**



**DECEMBER
2018
MENU**

**MON
17th**

BOLOGNAISE SAUCE & POTATO

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

**TUE
18th**

TURKEY CASSEROLE & MASH

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

**WED
19th**

HUNGARIAN GOULASH & POTATO

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

**THU
20th**

LAMB TANGIA & POTATO

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

**FRI
21st**

CHICKEN PIE

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

**MON
24th**

TURKEY, VEGETABLES, TOMATO & POTATO

Ingredients: Carrots, potatoes, turkey, butternut squash, peas, water, tomatoes, onions, 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
25th**

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

**WED
26th**

Nutritional Information

	Per 100g
Energy	69 KCal
KCal	283 KJ
Fat	1.49g
of which saturated	0.30g
Carbohydrates	7.39g
of which sugar	1.82g
Fibre	1.69g
Protein	5.60g
Salt	< 0.01g

**THU
27th**

Nutritional Information

	Per 100g
Energy	63KCal
KCal	264KJ
Fat	2.1g
of which saturated	0.99g
Carbohydrates	7.09g
of which sugar	2.01g
Fibre	1.44g
Protein	4.92g
Salt	<0.01g

**FRI
28th**

Nutritional Information

	Per 100g
Energy	58KCal
KCal	331 KJ
Fat	0.95g
of which saturated	0.23g
Carbohydrates	6.71g
of which sugar	2g
Fibre	1.49g
Protein	5.96g
Salt	< 0.01g

**MON
31st**

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.

CHRISTMAS DAY

ST. STEPHEN'S DAY

TURKEY, MIXED VEG WITH APRICOT & POTATO

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

MIXED VEGETABLES WITH TOMATO & POTATO

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

TURKEY, VEGETABLES, TOMATO & POTATO

Ingredients: Potato, carrots, turkey, water, courgette, , water, tomatoes, onions, tomato puree, 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

Nutritional Information

	Per 100g
Energy	58 KCal
KCal	376 KJ
Fat	0.99g
of which saturated	0.4g
Carbohydrates	6.82g
of which sugar	1.82g
Fibre	1.18g
Protein	5.41g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	72KCal
KCal	280 KJ
Fat	2.03g
of which saturated	0.73g
Carbohydrates	6.1g
of which sugar	1.7g
Fibre	1.25g
Protein	4.65g
Salt	0.01g.

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





**MON
3rd**

VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, peas swede, French beans, broad beans, onions, 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

**TUE
4th**

NAPOLI SAUCE & POTATO

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

Nutritional Information

	Per 100g
Energy	42 KCal
KCal	173 Kj
Fat	0.76g
of which saturated	0.26g
Carbohydrates	10.27g
of which sugar	2.07g
Fibre	1.67g
Protein	2.17g
Salt	< 0.01g

**WED
5th**

VEGETABLE PIE

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

Nutritional Information

	Per 100g
Energy	57 KCal
KCal	234 Kj
Fat	0.93g
of which saturated	0.28g
Carbohydrates	6.85g
of which sugar	1.85g
Fibre	1.18g
Protein	5.89g
Salt	< 0.01g

**THU
6th**

VEGETABLES, TOMATO & POTATO

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

Nutritional Information

	Per 100g
Energy	42 KCal
KCal	176 Kj
Fat	0.83g
of which saturated	0.19g
Carbohydrates	7.91g
of which sugar	1.96g
Fibre	1.43g
Protein	1.2g
Salt	< 0.01g

**FRI
7th**

VEGETABLE PROVENCAL & MASH

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

Nutritional Information

	Per 100g
Energy	42 KCal
KCal	176 Kj
Fat	0.83g
of which saturated	0.19g
Carbohydrates	7.91g
of which sugar	1.69g
Fibre	1.43g
Protein	1.2g
Salt	< 0.01g

**MON
10th**

MEXICAN VEG & POTATO

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

Nutritional Information

	Per 100g
Energy	59 KCal
KCal	250 Kj
Fat	1.13g
of which saturated	0.43g
Carbohydrates	6.82g
of which sugar	1.83g
Fibre	1.39g
Protein	5.89g
Salt	< 0.01g

**TUE
11th**

BROCCOLI, MIXED VEG & POTATO

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

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

**WED
12th**

VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, peas, swede, French beans, broad beans, onions, 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

**THU
13th**

SHEPHERD'S VEG PIE

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

Nutritional Information

	Per 100g
Energy	54KCal
KCal	234Kj
Fat	0.91g
of which saturated	0.26g
Carbohydrates	6.9g
of which sugar	1.08g
Fibre	1.71g
Protein	1.46g
Salt	< 0.01g

**FRI
14th**

MIXED VEG WITH TOMATO & POTATO

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

Nutritional Information

	Per 100g
Energy	42 KCal
KCal	176 Kj
Fat	0.83g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
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



**MON
17th**

VEGETABLE BOLOGNAISE & POTATO

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

**TUE
18th**

VEGETABLE CASSEROLE

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

**WED
19th**

HUNGARIAN VEG GOULASH & POTATO

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

**THU
20th**

VEG TANGIA & POTATO

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

**FRI
21st**

VEGETABLE PIE

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

**MON
24th**

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	0.83g
of which saturated	0.26g
Carbohydrates	11.27g
of which sugar	2.07g
Fibre	1.74g
Protein	2.4g
Salt	< 0.01g

**TUE
25th**

CHRISTMAS DAY

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

**WED
26th**

ST. STEPHEN'S DAY

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	1.69g
Protein	5.06g
Salt	< 0.01g

**THU
27th**

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

Nutritional Information

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

**FRI
28th**

MIXED VEGETABLES WITH TOMATO & POTATO

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

Nutritional Information

	Per 100g
Energy	58 KCal
KCal	376 KJ
Fat	0.99g
of which saturated	0.4g
Carbohydrates	6.82g
of which sugar	1.82g
Fibre	1.18g
Protein	5.41g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	57KCal
KCal	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

**MON
31st**

VEG WITH TOMATO & POTATO

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

Nutritional Information

	Per 100g
Energy	42 KCal
KCal	176 KJ
Fat	0.83g
of which saturated	0.61g
Carbohydrates	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
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



AFTER SCHOOL 1



DECEMBER
2018
MENU

**MON
3rd**

BEEF CURRY & RICE

Ingredients: Rice, beef (Irish), 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

Energy	Per 100g
KCal	120KCal
KJ	504KJ
Fat	2.71g
<i>of which saturated</i>	1.25g
Carbohydrates	17.29g
<i>of which sugar</i>	1.01g
Fibre	1.3g
Protein	5.68g
Salt	0.01g

**TUE
4th**

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, oregano, salt, chillies, chilli powder, black pepper, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

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

Nutritional Information

Energy	Per 100g
KCal	182 KCal
KJ	559 KJ
Fat	3.98g
<i>of which saturated</i>	1.29g
Carbohydrates	38.37g
<i>of which sugar</i>	2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g

**WED
5th**

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

BEEF PASTA BAKE

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

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

Nutritional Information

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

**THU
6th**

FISH CAKES, MINI ROAST, PEAS & 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**), Peas, corn.

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

Nutritional Information

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

Nutritional Information

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

**MON
10th**

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: guar gum, spices, flavourings, xanthan gum, paprika concentrate, salmmoniac) Carrot, Corn kernels, Onion, Pineapple.

PASTA WITH TOMATO & BASIL & GOUJONS

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

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

**TUE
11th**

TURKEY CASSEROLE & MASH

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), carrots, water, swedes, peas, broad beans, French beans.

**WED
12th**

SAUSAGE, SAUTE & FRENCH BEANS

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) French Beans

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

**THU
13th**

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**

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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

Nutritional Information

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

Nutritional Information

Energy	Per 100g
KCal	111KCal
KJ	471KJ
Fat	2.7g
<i>of which saturated</i>	0.35g
Carbohydrates	33.71g
<i>of which sugar</i>	2.68g
Fibre	1.87g
Protein	7.74g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
KCal	120 KCal
KJ	505 KJ
Fat	3.6g
<i>of which saturated</i>	0.8g
Carbohydrates	14.96g
<i>of which sugar</i>	1.8g
Fibre	1.55g
Protein	5.06g
Salt	0.04g

Nutritional Information

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

Nutritional Information

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





MON
17th

LITTLE
DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

TUE
18th

WED
19th

THU
20th

FRI
21st

MON
24th

AFTER SCHOOL 1



DECEMBER
2018
MENU

PASTA BOLOGNAISE

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

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

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**

BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

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), french beans.

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

CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Chicken Breast Fillet(71%), Breadcrumbs 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.

FISH CAKES, SAUTÉ, CARROT

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

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

BEEF RAGU & RICE

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

Nutritional Information

	Per 100g
Energy	141KCal
KCal	597 KJ
Fat	3.74g
of which saturated	1.6g
Carbohydrates	10.32g
of which sugar	2.88g
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

Nutritional Information

	Per 100g
Energy	117KCal
KCal	491KJ
Fat	1.41g
of which saturated	0.74g
Carbohydrates	16.74g
of which sugar	0.84g
Fibre	1.18g
Protein	10.42g
Salt	0.04g

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

Nutritional Information

	Per 100g
Energy	155 KCal
KCal	649 KJ
Fat	6.13g
of which saturated	0.64g
Carbohydrates	19.44g
of which sugar	1.23g
Fibre	2.04g
Protein	5.77g
Salt	0.27g

Nutritional Information

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

Nutritional Information

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

TUE
25th

WED
26th

THU
27th

FRI
28th

MON
31st

CHRISTMAS DAY

ST. STEPHEN'S DAY

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

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

Nutritional Information

	Per 100g
Energy	141 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

PASTA BOLOGNAISE

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

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

MILD CHILLI CON CARNE & RICE

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

Nutritional Information

	Per 100g
Energy	141 KCal
KCal	593KJ
Fat	3.74g
of which saturated	1.6g
Carbohydrates	10.32g
of which sugar	1.25g
Fibre	1.62g
Protein	5.23g
Salt	0.04g

Nutritional Information

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

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





AFTER SCHOOL 2



DECEMBER
2018
MENU

**MON
3rd**

BEEF CURRY & RICE

Ingredients: Rice, beef (Irish), 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 KCal	120KCal
KJ	504Kj
Fat	2.71g
of which saturated	1.25g
Carbohydrates	17.29g
of which sugar	1.01g
Fibre	1.3g
Protein	5.68g
Salt	0.01g

**TUE
4th**

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, oregano, salt, chillies, chilli powder, black pepper, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

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

Nutritional Information

	Per 100g
Energy KCal	182 KCal
KJ	559 KJ
Fat	3.98g
of which saturated	1.29g
Carbohydrates	38.37g
of which sugar	2.91g
Fibre	2.05g
Protein	8.88g
Salt	0.2g

**WED
5th**

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

BEEF PASTA BAKE

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

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

Nutritional Information

	Per 100g
Energy KCal	95 KCal
KJ	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

**THU
6th**

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

Nutritional Information

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

**FRI
7th**

**MON
10th**

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

**TUE
11th**

PASTA WITH TOMATO & BASIL & GOUJONS

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

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

Nutritional Information

	Per 100g
Energy KCal	111KCal
KJ	471KJ
Fat	2.7g
of which saturated	0.35g
Carbohydrates	33.71g
of which sugar	2.68g
Fibre	1.87g
Protein	7.74g
Salt	< 0.01g

**WED
12th**

TURKEY CASSEROLE & MASH

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), carrots, water, swedes, peas, broad beans, French beans..

Nutritional Information

	Per 100g
Energy KCal	120 KCal
KJ	505 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.55g
Protein	5.06g
Salt	0.04g

**THU
13th**

SHEPHERD'S PIE

Ingredients: Potatoes, lamb, 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	77 KCal
KJ	323 KJ
Fat	3.6g
of which saturated	0.8g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.55g
Protein	5.06g
Salt	0.04g

**FRI
14th**

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	16.02g
of which sugar	1.67g
Fibre	1.27g
Protein	4.24g
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



**MON
17th**

PASTA BOLOGNAISE

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

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

Nutritional Information

	Per 100g
Energy	141KCal
KCal	597 KJ
Fat	3.74g
<i>of which saturated</i>	1.6g
Carbohydrates	10.32g
<i>of which sugar</i>	2.88
Fibre	1.29g
Protein	7.27g
Salt	< 0.01g

**TUE
25th**

CHRISTMAS DAY

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	117KCal
KCal	491KJ
Fat	1.41g
<i>of which saturated</i>	0.74g
Carbohydrates	16.74g
<i>of which sugar</i>	0.84g
Fibre	1.18g
Protein	10.42g
Salt	0.04g

**WED
26th**

ST. STEPHEN'S DAY

BEEF PATTIS, GRAVY, MASH & FRENCH BEANS

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), french beans.

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

Nutritional Information

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

**THU
27th**

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

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

Nutritional Information

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

CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Chicken Breast Fillet(71%), Breadcrumbs 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.

Nutritional Information

	Per 100g
Energy	155 KCal
KCal	649 KJ
Fat	6.13g
<i>of which saturated</i>	0.64g
Carbohydrates	19.44g
<i>of which sugar</i>	1.23g
Fibre	2.04g
Protein	5.77g
Salt	0.27g

**FRI
28th**

PASTA BOLOGNAISE

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

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

Nutritional Information

	Per 100g
Energy	141 KCal
KCal	593 KJ
Fat	4.25g
<i>of which saturated</i>	0.46g
Carbohydrates	20.17g
<i>of which sugar</i>	1.25g
Fibre	1.62g
Protein	5.23g
Salt	0.04g

FISH CAKES, SAUTÉ, CARROT

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 (rust (**wheat flour** calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, **wheat flour**, (**wheatflour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), Carrots.

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

Nutritional Information

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

**MON
31st**

MILD CHILLI CON CARNE & RICE

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

Nutritional Information

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

BEEF RAGU & RICE

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

Nutritional Information

	Per 100g
Energy	120 KCal
KCal	505 KJ
Fat	3.6g
<i>of which saturated</i>	0.8g
Carbohydrates	14.96g
<i>of which sugar</i>	1.8g
Fibre	1.85g
Protein	5.06g
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



AFTER SCHOOL 2

**TUE
18th**

**WED
19th**

**THU
20th**

**FRI
21st**

**MON
24th**



**DECEMBER
2018
MENU**



AFTER SCHOOL VEGETARIAN

MON
3rd

MILD VEGETABLE CURRY & RICE

Ingredients: Rice, Water, carrots, broadbeans, green beans, peas, swede, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, garam masala, turmeric, chilli powder, ginger, paprika, garlic, salt.

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

TUE
4th

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**

WED
5th

SWEET POTATO & VEG CASSEROLE & MASH

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

THU
6th

VEG PASTA BAKE

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

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

FRI
7th

VEG FINGERS, WAFFLES, L.D BAKED BEANS

Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract Vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) **wheat** flour (**Wheat** flour, calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, turmeric), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

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

Nutritional Information

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

Nutritional Information

	Per 100g
Energy	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	0.04g

Nutritional Information

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

Nutritional Information

	Per 100g
Energy	75KCal
KCal	316 KJ
Fat	1.5g
of which saturated	0.34g
Carbohydrates	16.99g
of which sugar	1.95g
Fibre	2.2g
Protein	4.4g
Salt	< 0.4g

Nutritional Information

	Per 100g
Energy	111 KCal
KCal	465 KJ
Fat	2.87g
of which saturated	0.25g
Carbohydrates	18.19g
of which sugar	1.6g
Fibre	1.89g
Protein	3.04g
Salt	0.4g

MON
10th

SWEET & SOUR VEG WITH RICE

Ingredients: Rice, Sweet & sour sauce (water, vinegar, tomato, modified maize starch, bell pepper paste (concentrated bell pepper sauce) lemon juice, salt, flavourings, thickening agent: guer gum, spices, flavourings, xanthan gum, paprika concentrate, salammioniac) sweet potato, carrot, peppers, corn kernels, Onion, Pineapple.

TUE
11th

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)**

WED
12th

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.

THU
13th

SHEPHERD'S VEGETABLE PIE

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

FRI
14th

VEG FINGERS, MINI ROAST, PEAS

Potatoes, vegetable Fingers 61% Vegetables (Sweetcorn, Carrots, peas, dried potato) **wheat** flour (**Wheat** flour, calcium carbonate, iron, niacin, thiamin, water, rapeseed oil, salt, yeast, dextrose, white pepper, paprika, turmeric), peas.

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

	Per 100g
Energy	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	0.04g

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



DECEMBER
2018
MENU





AFTER SCHOOL VEGETARIAN



DECEMBER 2018 MENU

MON 17th

VEG PASTA BOLOGNAISE

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

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

TUE 18th

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**

WED 19th

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 20th

BUTTERNUT & SWEET POTATO TANGIA & RICE

Ingredients: Rice, carrots, chopped tomatoes, butternut squash, sweet potato, water, peppers, spinach, sultanas, tomato puree, onions, (85% vegetables) garlic puree, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger salt.

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

FRI 21st

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)**

MON 24th

VEG RAGU & RICE

Ingredients: Rice, copped tomatoes, water, tomato puree, carrots, lentils, sweetcorn, red peppers, spinach, potato starch, onions, olive oil, garlic puree, salt.

Nutritional Information

	Per 100g
Energy KCal	141KCal
KJ	597 KJ
Fat	3.74g
of which saturated	1.6g
Carbohydrates	10.32g
of which sugar	2.88g
Fibre	1.29g
Protein	7.27g
Salt	0.04g

TUE 25th

CHRISTMAS DAY

Nutritional Information

	Per 100g
Energy KCal	107KCal
KJ	453KJ
Fat	3.6g
of which saturated	1.6g
Carbohydrates	16.00g
of which sugar	3.3g
Fibre	1.2g
Protein	1.9g
Salt	0.04g

WED 26th

ST. STEPHEN'S DAY

Nutritional Information

	Per 100g
Energy KCal	92KCal
KJ	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

THU 27th

MIXED VEG & A RICOT WITH MASH

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**

Nutritional Information

	Per 100g
Energy KCal	95 KCal
KJ	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	0.04g

FRI 28th

VEG & PASTA PIE

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

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

Nutritional Information

	Per 100g
Energy KCal	75KCal
KJ	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

MON 31st

MILD CHILLI WITH VEG & RICE

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

Nutritional Information

	Per 100g
Energy KCal	109KCal
KJ	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 KCal	111 KCal
KJ	465 KJ
Fat	2.87g
of which saturated	0.25g
Carbohydrates	18.19g
of which sugar	1.6g
Fibre	1.89g
Protein	3.04g
Salt	0.4g

Nutritional Information

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





TEA TIME

MON
3rd

VEGETABLE HASH

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

TUE
4th

BEEF PILAF

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

WED
5th

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** (milk,).

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

THU
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.

FRI
7th

CREAM OF VEGETABLE SOUP

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

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	0.4g

Nutritional Information

	Per 100g
Energy	113 KCal
KCal	477KJ
Fat	2.32g
of which saturated	1.11g
Carbohydrates	16.58g
of which sugar	0.2,19g
Fibre	1.36g
Protein	5.7g.
Salt	< 0.01g.

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	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	31 KCal
KCal	131 KJ
Fat	0.6g
of which saturated	0.22g
Carbohydrates	4.88g
of which sugar	0.99g
Fibre	1.67g
Protein	1.65g
Salt	0.04g

MON
10th

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**

TUE
11th

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.

WED
12th

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**

THU
13th

STIR FRIED BEEF & RICE

Ingredients: Rice, beef (Irish) mixed vegetables, onion, garlic, olive oil, salt.

FRI
14th

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	149 KCal
KCal	635 KJ
Fat	2.04g
of which saturated	0.3g
Carbohydrates	27.69g
of which sugar	3.14g
Fibre	1.89g
Protein	4.87g
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	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	165 KCal
KCal	690 KJ
Fat	7.97g
of which saturated	1.93g
Carbohydrates	17.32g
of which sugar	0.38g
Fibre	1.62g
Protein	5.38g
Salt	0.01g

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

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



DECEMBER
2018
MENU



MON
17th

MEDITERRANEAN RICE

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil, garlic.

Nutritional Information	
	Per 100g
Energy	148 KCal
KCal	623 KJ
Fat	7.13g
of which saturated	1.44g
Carbohydrates	19.6g
of which sugar	0.91g
Fibre	1.82g
Protein	2.68g
Salt	0.02g

TUE
25th

CHRISTMAS DAY



TUE
18th

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.

Nutritional Information	
	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.1g
of which saturated	0.1g
Carbohydrates	13.67g
of which sugar	1.7g
Fibre	1.73g
Protein	1.27g
Salt	0.01g

WED
26th

ST. STEPHEN'S DAY

TEA TIME

WED
19th

TURKEY PILAF

Ingredients: Rice, turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, 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

THU
27th

VEGETABLE HASH

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

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	0.4g

THU
20th

PENNE WITH STIRFRIED VEGETABLES

Ingredients: **Durum wheat pasta**, peppers, peas, corn, onion, olive oil, garlic, basil.

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

Nutritional Information	
	Per 100g
Energy	256 KCal
KCal	1088 KJ
Fat	7.08g
of which saturated	0.99g
Carbohydrates	40.13g
of which sugar	2.15g
Fibre	6.2g
Protein	2.76g
Salt	0.01g

FRI
28th

CURRIED CHICKEN & RICE

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

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

Nutritional Information	
	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

FRI
21st

CURRIED CHICKEN & RICE

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

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

Nutritional Information	
	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

MON
31st

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	0.6g
Carbohydrates	14.96g
of which sugar	1.8g
Fibre	1.85g
Protein	5.06g
Salt	0.04g



DECEMBER
2018
MENU

MON
24th

MEDITERRANEAN RICE

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil, garlic.

Nutritional Information	
	Per 100g
Energy	148 KCal
KCal	623 KJ
Fat	7.13g
of which saturated	1.44g
Carbohydrates	19.6g
of which sugar	0.91g
Fibre	1.82g
Protein	2.68g
Salt	0.02g

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





AFTER SCHOOL
TEA TIME

**MON
3rd**

MEATBALL HASH

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, black pepper, 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	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	0.4g

**TUE
4th**

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

**WED
5th**

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** (milk).

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

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

**THU
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

**FRI
7th**

CREAM OF VEGETABLE SOUP

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

Nutritional Information

	Per 100g
Energy	31 KCal
KCal	131 KJ
Fat	0.6g
of which saturated	0.22g
Carbohydrates	4.88g
of which sugar	0.99g
Fibre	1.67g
Protein	1.65g
Salt	0.04g

**MON
10th**

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	149 KCal
KCal	635 KJ
Fat	2.04g
of which saturated	0.3g
Carbohydrates	27.69g
of which sugar	3.14g
Fibre	1.89g
Protein	4.87g
Salt	0.02g

**TUE
11th**

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

**WED
12th**

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

**THU
13th**

STIR FRIED BEEF & RICE

Ingredients: Rice, beef (Irish) mixed vegetables, onion, garlic, olive oil, salt.

Nutritional Information

	Per 100g
Energy	165 KCal
KCal	690 KJ
Fat	7.97g
of which saturated	1.93g
Carbohydrates	17.32g
of which sugar	0.38g
Fibre	1.62g
Protein	5.38g
Salt	0.01g

**FRI
14th**

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

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



**DECEMBER
2018
MENU**



MON
17th

MEDITERRANEAN RICE

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil, garlic.

Nutritional Information

	Per 100g
Energy	148 KCal
KCal	623 KJ
Fat	7.13g
of which saturated	1.44g
Carbohydrates	19.6g
of which sugar	0.91g
Fibre	1.82g
Protein	2.68g
Salt	0.02g

TUE
25th

CHRISTMAS DAY



TUE
18th

FISH FINGERS & SAUTÉ

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).

Nutritional Information

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

WED
26th

ST. STEPHEN'S DAY

Ingredients in bold script contain allergens; **fish and 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

THU
27th

MEATBALL HASH

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	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	0.4g

AFTER SCHOOL
TEA TIME

WED
19th

TURKEY PILAF

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

Nutritional Information

	Per 100g
Energy	256 KCal
KCal	1088 KJ
Fat	7.08g
of which saturated	0.99g
Carbohydrates	40.13g
of which sugar	2.15g
Fibre	6.2g
Protein	2.76g
Salt	0.01g

FRI
28th

CURRIED CHICKEN & RICE

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

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

Nutritional Information

	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

THU
20th

PENNE WITH STIRFRIED VEGETABLES

Ingredients: **Durum wheat pasta**, peppers,peas,corn, onion, olive oil, garlic, basil.

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

Nutritional Information

	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

MON
31st

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

FRI
21st

CURRIED CHICKEN & RICE

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

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

Nutritional Information

	Per 100g
Energy	148 KCal
KCal	623 KJ
Fat	7.13g
of which saturated	1.44g
Carbohydrates	19.6g
of which sugar	0.91g
Fibre	1.82g
Protein	2.68g
Salt	0.02g

MON
24th

MEDITERRANEAN RICE

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil, garlic.



DECEMBER
2018
MENU

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





HSE/ FSAI
Approval no
IE
4018
EC

INFANT TEA TIME

MON
3rd

MEDITERRANEAN VEG & SWEET POTATO

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

Nutritional Information

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

MON
10th

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

TUE
4th

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	43 KCal
KCal	184 KJ
Fat	0.13g
of which saturated	0.04g
Carbohydrates	10.74g
of which sugar	8.87g
Fibre	1.89g
Protein	0.45g
Salt	0.01g

TUE
11th

BEEF RAGU & BUTTERNUT SQUASH

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

Nutritional Information

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

WED
5th

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

WED
12th

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

THU
6th

LITTLE DINNERS BEANS & MASH

Ingredients: Potatoes, beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

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

THU
13th

STIR FRIED BEEF & RICE

Ingredients: Rice, beef (Irish) mixed vegetables, onion, garlic, olive oil.

Nutritional Information

	Per 100g
Energy	165 KCal
KCal	690 KJ
Fat	7.97g
of which saturated	1.93g
Carbohydrates	17.32g
of which sugar	0.38g
Fibre	1.62g
Protein	5.38g
Salt	0.01g

FRI
7th

CREAMED MIXED VEGETABLES

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

Nutritional Information

	Per 100g
Energy	31 KCal
KCal	131 KJ
Fat	0.6g
of which saturated	0.22g
Carbohydrates	4.88g
of which sugar	0.99g
Fibre	1.67g
Protein	1.65g
Salt	0.01g

FRI
14th

LITTLE DINNERS BEANS & MASH

Ingredients: Potatoes, beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

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



DECEMBER
2018
MENU



INFANT TEA TIME



**DECEMBER
2018
MENU**

**MON
17th**

MEDITERRANEAN RICE

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil, garlic.

Nutritional Information	
	Per 100g
Energy	148 KCal
KCal	623 KJ
Fat	7.13g
of which saturated	1.44g
Carbohydrates	19.6g
of which sugar	0.91g
Fibre	1.82g
Protein	2.68g
Salt	0.02g

**TUE
18th**

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

Nutritional Information	
	Per 100g
Energy	54 KCal
KCal	227 KJ
Fat	0.1g
of which saturated	0.1g
Carbohydrates	13.67g
of which sugar	1.7g
Fibre	1.73g
Protein	1.27g
Salt	0.01g

**WED
19th**

TURKEY PILAF

Ingredients: Rice, Turkey, tomatoes, tomato puree, carrots, peppers, spinach, water, onions, 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

**THU
20th**

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

**FRI
21st**

CHICKEN, VEG & RICE

Ingredients: Rice, chicken, peppers, carrots, onion, olive oil.

Nutritional Information	
	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

**MON
24th**

MEDITERRANEAN RICE

Ingredients: Rice, mixed peppers, onion, peas, corn, olive oil, garlic.

Nutritional Information	
	Per 100g
Energy	148 KCal
KCal	623 KJ
Fat	7.13g
of which saturated	1.44g
Carbohydrates	19.6g
of which sugar	0.91g
Fibre	1.82g
Protein	2.68g
Salt	0.02g

**TUE
25th**

CHRISTMAS DAY

**WED
26th**

ST. STEPHEN'S DAY

**THU
27th**

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

**FRI
28th**

CHICKEN, VEG & RICE

Ingredients: Rice, chicken, peppers, carrots, onion, olive oil.

Nutritional Information	
	Per 100g
Energy	111 KCal
KCal	467 KJ
Fat	3.46g
of which saturated	0.94g
Carbohydrates	13.69g
of which sugar	0.89g
Fibre	1.88g
Protein	6.94g
Salt	0.01g

**MON
31st**

BEEF RAGU & BUTTERNUT SQUASH

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

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

**TUE
25th**

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 POTATØES & PEAS

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

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

Nutritional Information

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

MONDAY

TUESDAY

CHICKEN GOUJONS, SAUTÉ POTATØES & CARROTS

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

Nutritional Information

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

TUESDAY

WEDNESDAY

FISH CAKES, MASHED POTATØES & 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**, (**wheatflour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), corn.

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

Nutritional Information

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

WEDNESDAY

THURSDAY

SAUSAGES, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Waffles (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
KJ	7.1g
Fat	2.35g
of which saturated	13.82g
Carbohydrates	1.16g
of which sugar	1.68g
Fibre	3.87g
Protein	1.3g
Salt	

THURSDAY

FRIDAY

FISH FINGERS, MINI ROAST & VEG OF THE DAY

Ingredients: Potatoes, **Fish Fingers (cod, wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), veg of the day.

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

Nutritional Information

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

FRIDAY