



LITTLE DINNERS



TEA TIME

MON 3rd

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

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	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.

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	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

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	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	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



LITTLE
DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

TEA TIME



DECEMBER
2018
MENU

MON
17th

MEDITERRANEAN RICE

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

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.

WED
19th

TURKEY PILAF

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

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**

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**

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

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

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	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

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	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	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

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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LITTLE DINNERS

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**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

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**DECEMBER
2018
MENU**



LITTLE DINNERS



MON 17th

MEDITERRANEAN RICE

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

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).

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

WED 19th

TURKEY PILAF

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

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**

FRI 21st

CURRIED CHICKEN & RICE

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

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

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

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

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, black pepper, peppers, corn, onions, peas, olive oil, sunflower oil, garlic, chives.

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of which sugar	1.42g
Fibre	2.67g
Protein	2.62g
Salt	0.4g

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, 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

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	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

AFTER SCHOOL TEA TIME



DECEMBER 2018 MENU

All beef used is of Irish origin

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