



LITTLE DINNERS

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**



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DINNERS**

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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

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