



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

STANDARD



**FEBRUARY
2019
MENU**

**FRI
1st**

TUNA PASTA BAKE

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

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

Nutritional Information

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

**MON
4th**

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 | 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 |

**TUE
5th**

PORK & POTATO PIE

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

Nutritional Information

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

**WED
6th**

VEG PASTA BAKE

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

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

Nutritional Information

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

**THU
7th**

GREEK HOTPOT & MASH

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 98KCal |
| KCal | 419KJ |
| 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 |

**FRI
8th**

ITALIAN-STYLE FISH & PASTA PIE

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

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

Nutritional Information

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

**MON
11th**

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

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

Nutritional Information

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

**TUE
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.

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

Nutritional Information

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

**WED
13th**

PORK CASSEROLE & MASH

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 74 KCal |
| KCal | 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 |

**THU
14th**

BEEF PASTA BAKE

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

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

Nutritional Information

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





LITTLE DINNERS



STANDARD



FEBRUARY 2019 MENU

FRI 15th

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 | 17.31g |
| of which sugar | 1.65g |
| Fibre | 1.31g |
| Protein | 4.4g |
| Salt | < 0.01g |

FRI 22nd

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 | 16.02g |
| of which sugar | 1.67g |
| Fibre | 1.27g |
| Protein | 4.24g |
| Salt | < 0.01g |

MON 18th

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 | 17.65g |
| of which sugar | 1.45g |
| Fibre | 1.3g |
| Protein | 6.81g |
| Salt | < 0.01g |

MON 25th

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 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 | < 0.01g |

TUE 19th

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 | 17.65g |
| of which sugar | 1.45g |
| Fibre | 1.3g |
| Protein | 6.81g |
| Salt | < 0.01g |

TUE 26th

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 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 |

WED 20th

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 | 14.96g |
| of which sugar | 1.8g |
| Fibre | 1.55g |
| Protein | 5.06g |
| Salt | 0.04g |

WED 27th

HUNGARIAN GOULASH & SAUTÉ

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 114KCal |
| KJ | 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 21st

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 | 9.29g |
| of which sugar | 1.47g |
| Fibre | 1.23g |
| Protein | 5.11g |
| Salt | 0.04g |

THU 28th

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**

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 110KCal |
| KJ | 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 |

All beef used is of Irish origin

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





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NO BEEF /PORK



FEBRUARY
2019
MENU

FRI
1st

TUNA PASTA BAKE

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

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

Nutritional Information

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

MON
4th

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 | 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 |

TUE
5th

TURKEY & POTATO PIE

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

Nutritional Information

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

WED
6th

VEG PASTA BAKE

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

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

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 |

THU
7th

GREEK HOTPOT & MASH

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

Nutritional Information

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

FRI
8th

ITALIAN-STYLE FISH & PASTA PIE

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

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

Nutritional Information

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

MON
11th

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**

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 |

TUE
12th

PASTA NAPOLI

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

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

Nutritional Information

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

WED
13th

TURKEY CASSEROLE & MASH

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 74 KCal |
| KCal | 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. |

THU
14th

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)**

Nutritional Information

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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



NO BEEF /PORK



**FRI
15th**

COD PROVENCAL & RICE

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

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

**MON
18th**

MEXICAN CHICKEN & RICE

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

**TUE
19th**

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
20th**

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
21st**

SHEPHERD'S PIE

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 120 KCal |
| KCal | 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 | 76 KCal |
| KCal | 321 KJ |
| Fat | 1.37g |
| of which saturated | 0.59g |
| Carbohydrates | 10.32g |
| of which sugar | 1.14g |
| Fibre | 1.1g |
| Protein | 4.66g |
| Salt | < 0.01g |

**FRI
22nd**

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**

**MON
25th**

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**

**TUE
26th**

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**

**WED
27th**

HUNGARIAN GOULASH & SAUTÉ

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

**THU
28th**

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**

Nutritional Information

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

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 | 0.78 |
| Fibre | 1.25g |
| Protein | 4.86g |
| Salt | <0.01g |

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

VEGETARIAN

**FRI
1st**

VEGETABLE PASTA BAKE

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

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

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
8th**

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 | 78KCal |
| KCal | 333 KJ |
| Fat | 1.01g |
| of which saturated | 1.23g |
| Carbohydrates | 28.11g |
| of which sugar | 3.85g |
| Fibre | 2.15g |
| Protein | 5.56g |
| Salt | < 0.01g |

**MON
4th**

MILD CHILLI WITH VEG & RICE

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

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 |

**MON
11th**

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.

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 |

**TUE
5th**

MIXED VEGETABLE & POTATO PIE

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

Nutritional Information

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

**TUE
12th**

PASTA NAPOLI

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

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

Nutritional Information

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

**WED
6th**

VEG PASTA BAKE

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

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

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 |

**WED
13th**

SWEET POTATO & VEG CASSEROLE & MASH

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

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 | < 0.06g |

**THU
7th**

GREEK VEGETABLE HOTPOT & MASH

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 22KCal |
| KCal | 232 KJ |
| Fat | 0.6g |
| of which saturated | 0.13g |
| Carbohydrates | 11.72g |
| of which sugar | 1.36g |
| Fibre | 1.26g |
| Protein | 1.35g |
| Salt | < 0.01g |

**THU
14th**

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)**

Nutritional Information

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

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



**FEBRUARY
2019
MENU**



**LITTLE
DINNERS**

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VEGETARIAN



**FEBRUARY
2019
MENU**

**FRI
15th**

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 | 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
18th**

MEXICAN BEAN & RICE

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

**TUE
19th**

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.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 109 KCal |
| KCal | 463 KJ |
| Fat | 1.54g |
| of which saturated | 0.82g |
| Carbohydrates | 17.66g |
| of which sugar | 1.45g |
| Fibre | 1.3g |
| Protein | 6.81g |
| Salt | < 0.01g |

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

**WED
20th**

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.

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 |

**THU
21st**

SHEPHERD'S VEGETABLE PIE

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

Nutritional Information

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

**FRI
22nd**

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 | 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 |

**MON
25th**

VEG PASTA BOLOGNAISE

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

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 |

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

**TUE
26th**

BUTTERNUT SQUASH & BEAN CURRY & RICE

Ingredients: Rice, butternut squash, coconut milk, diced potato, peppers, swedes, cannellini beans, broad beans, water, sultanas, onions, potato starch, olive oil, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree, paprika.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 107 KCal |
| KCal | 453 KJ |
| 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 |

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

**WED
27th**

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.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 92 KCal |
| 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
28th**

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, fenugreek, cardamon, turmeric, chilli powder, ginger.

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 |

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





LITTLE DINNERS

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**INFANT STANDARD
CHOPPED/ PUREED**



**FEBRUARY
2019
MENU**

**FRI
1st**

MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, 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 |

**FRI
8th**

TURKEY, ITALIAN STYLE VEG & POTATO

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

Nutritional Information

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

**MON
4th**

BEEF, VEGETABLES, TOMATO & POTATO

Ingredients: Potato, carrots, beef (Irish), 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 |

**MON
11th**

BEEF CASSEROLE & MASH

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

Nutritional Information

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

**TUE
5th**

TURKEY & VEGETABLE PIE

Ingredients: Potatoes, turkey, 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 |

**TUE
12th**

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
6th**

VEGETABLE BOLOGNAISE & POTATO

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

Nutritional Information

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

**WED
13th**

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
7th**

GREEK HOTPOT & POTATO

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

Nutritional Information

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

**THU
14th**

BEEF, VEGETABLES, TOMATO & POTATO

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

Nutritional Information

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

All beef used is of Irish origin

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





**INFANT STANDARD
CHOPPED/ PUREED**



**FEBRUARY
2019
MENU**

FRI 15th **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 18th **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 19th **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 20th **BEEF CASSEROLE & MASH**

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

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

THU 21st **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 22nd **TURKEY & VEG WITH TOMATO & POTATO**

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

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 72 KCal |
| KCal | 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 |

MON 25th **BOLOGNAISE SAUCE & POTATO**

Ingredients: Potato carrots, beef (Irish) water, courgettes, tomatoes, onions, tomato puree, 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 26th **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 |

WED 27th **HUNGARIAN GOULASH & POTATO**

Ingredients: Potatoes, carrots, beef (Irish), water, swedes, peppers, , 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 | 1.69g |
| Protein | 5.06g |
| Salt | < 0.01g |

THU 28th **LAMB TANGIA & POTATO**

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

| 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 |

All beef used is of Irish origin

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





**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

**NO BEEF/PORK
CHOPPED/ PUREED**



**FEBRUARY
2019
MENU**

**FRI
1st**

MIXED VEGETABLES WITH TOMATO & POTATO

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 58KCal |
| KCal | 243 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 |

**FRI
8th**

TURKEY, ITALIAN STYLE VEG & POTATO

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

Nutritional Information

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

**MON
4th**

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 |

**MON
11th**

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
5th**

TURKEY & VEGETABLE PIE

Ingredients: Potatoes, turkey, 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 |

**TUE
12th**

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
6th**

VEGETABLE BOLOGNAISE & POTATO

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

Nutritional Information

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

**WED
13th**

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
7th**

GREEK HOTPOT & POTATO

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

Nutritional Information

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

**THU
14th**

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 |

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





**NO BEEF/PORK
CHOPPED/ PUREED**



**FEBRUARY
2019
MENU**

**FRI
15th**

CHICKEN PROVENCAL & MASH

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

Nutritional Information

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

**FRI
22nd**

TURKEY & VEG WITH TOMATO & POTATO

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 72 KCal |
| KCal | 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 |

**MON
18th**

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 |

**MON
25th**

BOLOGNAISE SAUCE & POTATO

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

Nutritional Information

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

**TUE
19th**

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 |

**TUE
26th**

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 |

**WED
20th**

CHICKEN CASSEROLE & MASH

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

Nutritional Information

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

**WED
27th**

HUNGARIAN GOULASH & POTATO

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

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
21st**

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 |

**THU
28th**

LAMB TANGIA

Ingredients: Potatoes, lamb, carrots, peppers, spinach, peas, tomatoes, water, onions, olive oil.

Nutritional Information

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





**LITTLE
DINNERS**

HSE/ FSAI
Approval no

IE
4018
EC

**INFANT VEGETARIAN
CHOPPED/ PUREED**

**FRI
1st**

MIXED VEGETABLES WITH TOMATO & POTATO

Ingredients: Carrots, potatoes, butternut squash, 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 |

**FRI
8th**

ITALIAN STYLE VEG & POTATO

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

Nutritional Information

| | Per 100g |
|----------------------|----------|
| Energy | 57 KCal |
| KCal | 240 KJ |
| Fat | 0.99g |
| of which saturated | 0.4g |
| Carbohydrates | 6.64g |
| of which sugar | 1.65g |
| Fibre | 1.16g |
| Protein | 5.37g |
| Salt | < 0.01g |

**MON
4th**

MIXED 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 |

**MON
11th**

VEG CASSEROLE & MASH

Ingredients: Potatoes, carrots, water, peas, swedes, 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
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 | 6.88g |
| of which sugar | 1.85g |
| Fibre | 1.18g |
| Protein | 5.89g |
| Salt | < 0.01g |

**TUE
12th**

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
6th**

VEG BOLOGNAISE SAUCE & POTATO

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

Nutritional Information

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

**WED
13th**

VEG CASSEROLE & MASH

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

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
7th**

GREEK HOTPOT & POTATO

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

Nutritional Information

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

**THU
14th**

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 |



**FEBRUARY
2019
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





**FRI
15th**

**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 |

**FRI
22nd**

**MIXED 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 |

**MON
18th**

**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 |

**MON
25th**

**VEGETABLE
BOLOGNAISE
& POTATO**

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

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

**TUE
19th**

**BROCCOLI, MIXED
VEG & POTATO**

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

| 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 |

**TUE
26th**

**VEGETABLE
CASSEROLE**

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

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 57 KCal |
| 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 |

**WED
20th**

**VEG CASSEROLE
& MASH**

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

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 57 KCal |
| 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 |

**WED
27th**

**HUNGARIAN VEG
GOULASH & POTATO**

Ingredients: Potatoes, carrots, , water, swedes, peppers, 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 | 1.69g |
| Protein | 5.06g |
| Salt | < 0.01g |

**THU
21st**

**SHEPHERD'S VEG
PIE**

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

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 54 KCal |
| KCal | 234 KJ |
| 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 |

**THU
28th**

**VEG TANGIA
& POTATO**

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

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

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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



LITTLE DINNERS



AFTER SCHOOL 1



FEBRUARY 2019 MENU

FRI 1st

FISH FINGERS, MINI ROAST & L.D. BAKED BEANS

Ingredients: Potatoes, **Fish Fingers (cod, wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), **Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.**

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

Nutritional Information

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

MON 4th

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 KCal | 117 |
| KJ | 491 |
| 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 |

TUE 5th

BEEF CASSEROLE & MASH

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

Nutritional Information

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

WED 6th

TURKEY ARRABIATA

Ingredients: **Durum wheat pasta**, turkey chopped tomatoes, onion, tomato puree, olive oil, potato starch, salt, garlic, basil, chilli powder.

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

Nutritional Information

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

THU 7th

CHICKEN GOUJONS, SAUTÉ & MIXED VEG

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, peas, corn, swede.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 129 |
| KJ | 541 |
| Fat | 4g |
| of which saturated | 0.53g |
| Carbohydrates | 17.88g |
| of which sugar | 1.53g |
| Fibre | 2.04g |
| Protein | 4.65g |
| Salt | 0.05g |

FRI 8th

FISH CAKES, MINI ROAST, PEAS & CORN

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

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

MON 11th

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, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

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

TUE 12th

MEATBALLS IN PASTA

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

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

WED 13th

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

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

THU 14th

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)**

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

Nutritional Information

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 182 |
| KJ | 559 |
| 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 |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy KCal | 95 |
| KJ | 401 |
| 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 KCal | 125 |
| KJ | 530 |
| 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 |





LITTLE DINNERS



AFTER SCHOOL 1



FEBRUARY 2019 MENU

FRI 15th

SAUSAGE, WAFFLES & L.D. BEANS

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract)s, Sausage (pork 74% Rusk (**Wheat flour**, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451) Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.
Ingredients in bold script contain allergens; gluten & sulphates

MON 18th

SWEET & SOUR CHICKEN WITH RICE

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

TUE 19th

BEEF RAGU & SAUTÉ

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

WED 20th

TURKEY CASSEROLE & MASH

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

THU 21st

CHICKEN GOUJONS, SAUTÉ, PEAS & CORN

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. Peas, Corn.

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 | 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 | 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 | 120 KCal |
| KCal | 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 | 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 |

FRI 22nd

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**

MON 25th

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**

TUE 26th

TURKEY CURRY & RICE

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

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

WED 27th

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**

THU 28th

FISH CAKES, WAFFLES, CARROT

Ingredients: Potatoes (sunflower oil), **Fish Cake (white fish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) potato flake, seasoning (rusk (**wheat flour** calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, **wheat flour, (wheat)flour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), Carrots. Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract)

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

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

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 | 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 |





LITTLE DINNERS



AFTER SCHOOL 2



FEBRUARY 2019 MENU

FRI 1st

FISH FINGERS, MINI ROAST & L.D. BAKED BEANS

Ingredients: Potatoes, **Fish Fingers (cod, wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), **Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.**

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

MON 4th

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).

TUE 5th

BEEF CASSEROLE & MASH

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

WED 6th

TURKEY ARRABIATA

Ingredients: **Durum wheat pasta**, turkey chopped tomatoes, onion, tomato puree, olive oil, potato starch, salt, garlic, basil, chilli powder.

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

THU 7th

CHICKEN GOUJONS, SAUTÉ & MIXED VEG

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, peas, corn, swede.

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 141 KCal |
| KCal | 593 KJ |
| Fat | 4.25g |
| of which saturated | 0.46g |
| Carbohydrates | 20.17g |
| 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 |

Nutritional Information

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

Nutritional Information

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 129 KCal |
| KCal | 541 KJ |
| Fat | 4g |
| of which saturated | 0.53g |
| Carbohydrates | 17.88g |
| of which sugar | 1.53g |
| Fibre | 2.04g |
| Protein | 4.65g |
| Salt | 0.05g |

FRI 8th

FISH CAKES, MINI ROAST, PEAS & CORN

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

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

MON 11th

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, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

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

TUE 12th

MEATBALLS IN PASTA

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

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

WED 13th

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

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

THU 14th

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)**

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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





**FRI
15th**

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 | 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 |

**FRI
22nd**

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

**MON
18th**

SWEET & SOUR CHICKEN WITH RICE

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

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 |

**MON
25th**

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 |
| of which saturated | 1.6g |
| Carbohydrates | 10.32g |
| of which sugar | 2.88g |
| Fibre | 1.29g |
| Protein | 7.27g |
| Salt | < 0.01g |

**TUE
19th**

BEEF RAGU & SAUTÉ

Ingredients: Potato (sunflower oil), 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 |

**TUE
26th**

TURKEY CURRY & RICE

Ingredients: Rice, turkey, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugrek, 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 |
| of which saturated | 0.74g |
| Carbohydrates | 16.74g |
| of which sugar | 0.84g |
| Fibre | 1.18g |
| Protein | 10.42g |
| Salt | 0.04g |

**WED
20th**

TURKEY CASSEROLE & MASH

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

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 | 1.55g |
| Protein | 5.06g |
| Salt | 0.04g |

**WED
27th**

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 |
| of which saturated | 0.59g |
| Carbohydrates | 10.32g |
| of which sugar | 1.14g |
| Fibre | 1.1g |
| Protein | 4.66g |
| Salt | < 0.01g |

**THU
21st**

SHEPHERD'S PIE

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 77 KCal |
| KCal | 321 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
28th**

FISH CAKES, WAFFLES, CARROT

Ingredients: Potatoes (sunflower oil), **Fish Cake (white fish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) potato flake, seasoning (rusk (**wheat flour** calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, **wheat flour, (wheatflour,** calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), Carrots. Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract)

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

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 |

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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



LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

AFTER SCHOOL VEG

**FRI
1st**

VEG FINGERS, MINI ROAST, L.D BAKED BEANS

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, tumeric), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

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

**MON
4th**

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.

**TUE
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 (corriander, sage leaf), sunflower oil, citric acid, garlic),sunflower oil, dextrose, salt.

**WED
6th**

VEG PASTA BAKE

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

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

**THU
7th**

GREEK VEGETABLE HOTPOT & MASH

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

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 |

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 | 0.04g |

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 | 100KCal |
| KCal | 423 KJ |
| Fat | 2g |
| of which saturated | 0.89g |
| Carbohydrates | 34.16g |
| of which sugar | 0.8g |
| Fibre | 2.15g |
| Protein | 6.46g |
| Salt | 0.04g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 22KCal |
| KCal | 232 KJ |
| Fat | 0.6g |
| of which saturated | 0.13g |
| Carbohydrates | 11.72g |
| of which sugar | 1.36g |
| Fibre | 1.26g |
| Protein | 1.35g |
| Salt | 0.04g |

**FRI
8th**

VEG FINGERS, MINI ROAST, PEAS & CORN

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, tumeric), peas, corn.

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

**MON
11th**

MILD VEGETABLE CURRY & RICE

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

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

**TUE
12th**

PASTA NAPOLI

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

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

**WED
13th**

SWEET POTATO & VEG CASSEROLE & SAUTE

Ingredients: Potatoes (potatoes, sunflower oil), 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 (corriander, sage leaf), sunflower oil, citric acid, garlic),sunflower oil, dextrose, salt.

**THU
14th**

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)**

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 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 |



**FEBRUARY
2019
MENU**





AFTER SCHOOL VEG



**FEBRUARY
2019
MENU**

**FRI
15th**

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, tumeric), Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

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

**MON
18th**

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, salammoniac) sweet potato, carrot, peppers, corn kernels, Onion, Pineapple.

**TUE
19th**

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
20th**

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 (corriander, sage leaf), sunflower oil, citric acid, garlic),sunflower oil, dextrose, salt.

**THU
21st**

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 (corriander, sage leaf), sunflower oil, citric acid, garlic)

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 |

**FRI
22nd**

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, tumeric), peas.

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

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 |

**MON
25th**

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**

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 |

**TUE
26th**

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**

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 |

**WED
27th**

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.

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 |

**THU
28th**

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**

Nutritional Information

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 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 | 0.04g |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 107KCal |
| KCal | 453K J |
| 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 |

Nutritional Information

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 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 | 0.04g |

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

TEA TIME



**FEBRUARY
2019
MENU**

**FRI
1st**

CREAM OF VEGETABLE SOUP

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

**MON
4th**

MACCARONI & CHEESE

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

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

**TUE
5th**

PENNE IN TOMATO & BASIL SAUCE

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

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

**WED
6th**

BEEF RAGU & MINI ROAST

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

**THU
7th**

TURKEY PILAF

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

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 |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 147 KCal |
| KCal | 9.12 KJ |
| Fat | 5.36g |
| of which saturated | 10.92g |
| Carbohydrates | 2.52g |
| of which sugar | 0.43g |
| Fibre | 6.14g |
| Protein | 0.93g |
| Salt | 0.23g |

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 | 0.8g |
| 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 |

**FRI
8th**

BUTTERNUT SQUASH & SWEET POTATO SOUP

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

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

**MON
11th**

L.D. BEANS & WAFFLES

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

**TUE
12th**

CREAM OF VEGETABLE SOUP

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

**WED
13th**

BEEF PILAF

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

**THU
14th**

CURRIED CHICKEN & SAUTÉ

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

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

Nutritional Information

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 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 |

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 113 KCal |
| KCal | 477KJ |
| 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 |

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 |

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





LITTLE DINNERS

HSE/ FSAI Approval no

IE 4018 EC

TEA TIME



FEBRUARY 2019 MENU

FRI 15th

PASTA NAPOLI

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

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

MON 18th

MACCARONI & CHEESE

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

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

TUE 19th

PENNE IN TOMATO & BASIL SAUCE

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

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

WED 20th

BEEF RAGU & MINI ROAST

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

THU 21st

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 |

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 | 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 |

FRI 22nd

CREAM OF VEGETABLE SOUP

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

MON 25th

BUTTERNUT SQUASH & SWEET POTATO SOUP

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

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

TUE 26th

L.D. BEANS & WAFFLES

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

WED 27th

BEEF PILAF

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

THU 28th

CURRIED CHICKEN & SAUTÉ

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

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 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 |

Nutritional Information

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

Nutritional Information

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

Nutritional Information

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

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 |

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





LITTLE DINNERS

HSE/ FSAI
Approval no

IE
4018
EC

**TEA TIME
AFTER SCHOOL**



**FEBRUARY
2019
MENU**

**FRI
1st**

SAUSAGE & WAFFLES

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

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

**MON
4th**

MACCARONI & CHEESE

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

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

**TUE
5th**

PENNE IN TOMATO & BASIL SAUCE

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

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

**WED
6th**

BEEF RAGU & MINI ROAST

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

**THU
7th**

TURKEY PILAF

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

Nutritional Information

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 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 | 149 KCal |
| KCal | 635 KJ |
| Fat | 2.04g |
| of which saturated | 0.3g |
| Carbohydrates | 8.21g |
| 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 |

**FRI
8th**

SAUSAGE & WAFFLES

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

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

**MON
11th**

L.D. BEANS & WAFFLES

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

**TUE
12th**

SAUSAGE & SAUTÉ

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

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

**WED
13th**

BEEF PILAF

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

**THU
14th**

CURRIED CHICKEN & SAUTÉ

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

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

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 | 146KCal |
| KCal | 611Kj |
| Fat | 8.21g |
| of which saturated | 2.77g |
| Carbohydrates | 15.29g |
| of which sugar | 0.83 |
| Fibre | 1.17g. |
| Protein | 3.67g. |
| Salt | 0.8g. |

Nutritional Information

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 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 | 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 |





LITTLE DINNERS

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**TEA TIME
AFTER SCHOOL**



**FEBRUARY
2019
MENU**

**FRI
15th**

PASTA NAPOLI

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

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

**MON
18th**

MACCARONI & CHEESE

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

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

**TUE
19th**

PENNE IN TOMATO & BASIL SAUCE

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

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

**WED
20th**

FISH FINGERS & MINI ROAST

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

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

**THU
21st**

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 |

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 | 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 | 103KCal |
| KCal | 437KJ |
| Fat | 2.13g |
| of which saturated | 0.19g |
| Carbohydrates | 17.64g |
| of which sugar | 0.65g |
| Fibre | 1.04g |
| Protein | 4.39g |
| 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 |

**FRI
22nd**

SAUSAGE & WAFFLES

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

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

**MON
25th**

FISH FINGERS & MASH

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

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

**TUE
26th**

L.D. BEANS & WAFFLES

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

**WED
27th**

BEEF PILAF

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

**THU
28th**

CURRIED CHICKEN & SAUTÉ

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

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

Nutritional Information

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

Nutritional Information

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

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 | 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 |

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





LITTLE DINNERS

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**FRI
1st**

CREAMED MIXED VEGETABLES

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 31KCal |
| 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
8th**

MASHED BUTTERNUT SQUASH & SWEET POTATO

Ingredients: Butternut Squash, Sweet potato & Water.

Nutritional Information

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

**MON
4th**

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 |

**MON
11th**

MIXED BEAN HOT POT

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 58 KCal |
| KCal | 244 KJ |
| Fat | 0.86g |
| of which saturated | 0.1g |
| Carbohydrates | 10.66g |
| of which sugar | 2.06g |
| Fibre | 2.96g |
| Protein | 2.49g |
| Salt | 0.01g |

**TEA TIME
INFANT**

**TUE
5th**

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
12th**

CREAMED MIXED VEGETABLES

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 31KCal |
| 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 |

**WED
6th**

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
13th**

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 |

**THU
7th**

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
14th**

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 |



**FEBRUARY
2019
MENU**

All beef used is of Irish origin

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





LITTLE DINNERS

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**FRI
15th**

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
22nd**

CREAMED MIXED VEGETABLES

Ingredients: Water, carrot, sweet, 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 |

**MON
18th**

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 |

**MON
25th**

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 |

**TUE
19th**

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
26th**

MIXED BEAN HOT POT

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

Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy | 58 KCal |
| KCal | 244 KJ |
| Fat | 0.86g |
| of which saturated | 0.1g |
| Carbohydrates | 10.66g |
| of which sugar | 2.06g |
| Fibre | 2.96g |
| Protein | 2.49g |
| Salt | 0.01g |

**WED
20th**

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
27th**

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 |

**THU
21st**

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
28th**

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 |

**TEA TIME
INFANT**



**FEBRUARY
2019
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



MONDAY

BEEF PATTI IN GRAVY WITH MASHED POTATØS & PEAS

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

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

Nutritional Information

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

MONDAY

TUESDAY

CHICKEN GOUJONS, SAUTÉ POTATØS & CARROTS

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

Nutritional Information

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

TUESDAY

WEDNESDAY

FISH CAKES, MASHED POTATØS & CORN

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

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

Nutritional Information

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

WEDNESDAY

THURSDAY

SAUSAGES, MINI WAFFLES & MIXED VEGETABLES

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

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

Nutritional Information

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

THURSDAY

FRIDAY

FISH FINGERS, MINI ROAST & VEG OF THE DAY

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

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

Nutritional Information

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

FRIDAY