



**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**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

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

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





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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
	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, sweed, french beans, broad beans, potatoes, peas, onion, potato starch.

### Nutritional Information

	Per 100g
Energy	31 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
	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
	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
	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
	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
	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
	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
	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
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Fat	5.36g
of which saturated	10.94g
Carbohydrates	2.52g
of which sugar	0.43g
Fibre	6.14g
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