



**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL 1**

**JANUARY  
2019  
MENU**

**WED  
2nd**

## 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  
3rd**

## MEATBALLS GRAVY, MASH & CARROTS

Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, **rusk (wheat flour, salt, raising agent E503)**soya protein, garlic puree, (garlic,citric Acid E330) Parsley, **Wheat protein**,lemon peel,oragano,salt,chillies,chilli powder,blackpepper, 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) carrots.

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

**FRI  
4th**

## 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**

**MON  
7th**

## 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  
8th**

## 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  
9th**

## 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, caramlised sugar, maltodextrin, yeast extract, flavourings, onion,herbs (coriander, sage, bayleaf)sunflower oil, citric acid, garlic), peas

### 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	84KCal
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	0.07g

### 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	120KCal
KCal	504KJ
Fat	2.71g
of which saturated	1.25g
Carbohydrates	17.29g
of which sugar	1.01g
Fibre	1.3g
Protein	5.68g
Salt	0.01g

### 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

**THU  
10th**

## 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)**

**FRI  
11th**

## SAUSAGE, WAFFLES & L.D. BEANS

Ingredients: Potatoes, 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  
14th**

## 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, salammoniac) Carrot, Corn kernels, Onion, Pineapple.

**TUE  
15th**

## PASTA WITH TOMATO & BASIL & GOUJONS

Ingredients: **Durum wheat pasta**, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil. chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil, salt.

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

**WED  
16th**

## 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..

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	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

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

### 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



**THU  
17th**

## SAUSAGE, WAFFLES & L.D. BEANS

Ingredients: Potatoes, 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**

**FRI  
18th**

## 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 oi), Peas.

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

**MON  
21st**

## 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  
22nd**

## 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  
23rd**

## 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  
24th**

## CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) 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	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	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  
25th**

## FISH CAKES, SAUTÉ, CARROT

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

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

**MON  
28th**

## TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, salt.

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

**TUE  
29th**

## 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  
30th**

## PASTA WITH CHICKEN & CORN

Ingredients: **Durum wheat pasta**, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

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

**THU  
31st**

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

Ingredients: Potatoes, 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), carrots

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

### Nutritional Information

	Per 100g
Energy	119KCal
KCal	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.28g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
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	120KCal
KCal	480 KJ
Fat	1.45g
of which saturated	0.27g
Carbohydrates	37.25g
of which sugar	2.69g
Fibre	2.04g
Protein	11.78g
Salt	0.04g

### Nutritional Information

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



**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL 2**

**JANUARY  
2019  
MENU**

**WED  
2nd**

## 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  
3rd**

## MEATBALLS GRAVY, MASH & CARROTS

Ingredients: Potatoes, meatballs 17% [pork 39%,beef 39%, **rusk** (wheat flour, salt, raising agent E503)Soya protein, garlic puree, (garlic,citric Acid E330) Parsley, **Wheat protein**,lemon peel,oragano,salt,chillies,chilli powder,blackpepper, 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) carrots.

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

**FRI  
4th**

## 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**

**MON  
7th**

## 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  
8th**

## 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  
9th**

## 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

### 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	84KCal
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	0.07g

### Nutritional Information

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

### 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

## 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.

**THU  
10th**

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

## COD PROVENCAL & RICE

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

**FRI  
11th**

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

## MEXICAN CHICKEN & RICE

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

**MON  
14th**

## PASTA WITH TOMATO & BASIL & GOUJONS

Ingredients: **Durum wheat pasta**, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil. chopped tomatoes, tomato puree, onion, water, potato starch, garlic, basil, salt.

**TUE  
15th**

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

## 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..

**WED  
16th**

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	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

### 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

### Nutritional Information

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

### Nutritional Information

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

### 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



**THU  
17th**

## LAMB NAVARIN & MASH

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

**FRI  
18th**

## 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  
21st**

## 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  
22nd**

## 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  
23rd**

## 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  
24th**

## CHICKEN GOUJONS, MINI WAFFLES, PEAS & CORN

Ingredients: Waffles (potato 81% dehydrated potato, sunflower oil, potato starch, salt, pepper extract) Chicken Breast Fillet(71%), Breadcrumbs coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil. Peas, Corn.

### Nutritional Information

	Per 100g
Energy KCal	77 KCal
KJ	Kj
Fat	3.6g
of which saturated	0.8g
Carbohydrates of which sugar	14.96g
Fibre	1.8g
Protein	1.55g
Salt	5.06g
	0.04g

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

### Nutritional Information

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

**FRI  
25th**

## FISH CAKES, SAUTÉ, CARROT

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

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

**MON  
28th**

## TURKEY KORMA & RICE

Ingredients: Rice, Turkey, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, salt.

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

**TUE  
29th**

## BEEF CASSEROLE & MASH

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

**WED  
30th**

## PASTA WITH CHICKEN & CORN

Ingredients: **Durum wheat pasta**, chicken, tomatoes, carrots, maize corn, tomato puree, water, onions, potato starch, olive oil, garlic, parsley, chives, salt.

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

**THU  
31st**

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

Ingredients: Potatoes, 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), carrots

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

### Nutritional Information

	Per 100g
Energy KCal	119KCal
KJ	499 Kj
Fat	3.1g
of which saturated	1.94g
Carbohydrates of which sugar	17.28g
Fibre	0.55g
Protein	1.12g
Salt	6.5g
	0.04g

### Nutritional Information

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

### Nutritional Information

	Per 100g
Energy KCal	120KCal
KJ	480 Kj
Fat	1.45g
of which saturated	0.27g
Carbohydrates of which sugar	37.25g
Fibre	2.69g
Protein	2.04g
Salt	11.78g
	0.04g

### Nutritional Information

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