



***The following menus are samples.***

***Customers will be emailed their Monthly menus  
directly***

***For more information about our menus or about  
Little Dinners please contact us or email  
[info@littledinners.ie](mailto:info@littledinners.ie)***



**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL 1**

**MON**

## CHICKEN GOUJONS, WAFFLES & MIXED VEG

Ingredients: Waffles (potatoes 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, swede.

### Nutritional Information

	Per 100g
Energy	138 KCal
KCal	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.05g

**MON**

## 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.

### Nutritional Information

	Per 100g
Energy	130 KCal
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

## 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, black pepper, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

### Nutritional Information

	Per 100g
Energy	132 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

**TUE**

## 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	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

**TUE**

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

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

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

### 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

**WED**

## COTTAGE PIE

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, oragano, garlic.

### 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

**WED**

## 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.

### 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

**THU**

## SAUSAGE, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Potatoes, Sausage (pork 74% Rusk (**wheat flour**, potato starch, pork protein extract, water, 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.

### Nutritional Information

	Per 100g
Energy	146 KCal
KCal	611 KJ
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

**THU**

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

## SAUSAGE, MINI ROAST & L.D. BEANS

Ingredients: Potatoes (sunflower oil) Sausage (pork 74% Rusk (**wheat flour**, potato starch, pork protein extract, water, 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**

### Nutritional Information

	Per 100g
Energy	146 KCal
KCal	611 KJ
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

**FRI**

## 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.

### 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

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

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



**SAMPLE MENU**



LITTLE DINNERS

HSE/ FSAI Approval no

IE 4018 EC

AFTER SCHOOL 1

MON

## TURKEY CURRY & RICE

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

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

### Nutritional Information

	Per 100g
Energy	108KCal
KCal	453KJ
Fat	1.58g
of which saturated	0.74g
Carbohydrates	11.29g
of which sugar	1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.04g

MON

## TURKEY KORMA & RICE

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

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

### Nutritional Information

	Per 100g
Energy	120KCal
KCal	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.3g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04g

## PASTA BOLOGNAISE

TUE

Ingredients: **Durum wheat pasta**, beef (Irish), tomatoes, tomato puree, carrots, mixed peppers, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic.

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

### Nutritional Information

	Per 100g
Energy	124KCal
KCal	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates	36.7g
of which sugar	3.34g
Fibre	2.15g
Protein	9.6 g
Salt	0.04g

TUE

## BEEF STEW & MASH

Ingredients: Potatoes, beef 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, peas.

### Nutritional Information

	Per 100g
Energy	89 KCal
KCal	373 KJ
Fat	2.09g
of which saturated	0.77g
Carbohydrates	10.55g
of which sugar	1.28g
Fibre	1.2g
Protein	5.55g
Salt	0.01g

## BEEF PATTIS, GRAVY, MASH & CARROTS

WED

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), Carrots

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

WED

## 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**

### Nutritional Information

	Per 100g
Energy	122KCal
KCal	516 KJ
Fat	1.56g
of which saturated	0.43g
Carbohydrates	36.87g
of which sugar	2.73g
Fibre	1.99g
Protein	11.71g
Salt	0.04g

## CHICKEN BREYANI SAUCE & RICE

THU

Ingredients: Rice, chicken, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, salt.

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

### Nutritional Information

	Per 100g
Energy	99KCal
KCal	418KJ
Fat	1.4g
of which saturated	0.81g
Carbohydrates	15.57g
of which sugar	1.26g
Fibre	1.37g
Protein	6.52g
Salt	<0.01g

THU

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

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

### 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

## CHICKEN GOUJONS MASH & CORN

FRI

Ingredients: Potatoes, 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, Corn

### 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

FRI

## FISH FINGERS, MINI ROAST & 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), sunflower oil, dextrose, spaghetti hoops (42% durum wheat semolina), tomatoes (41% water, sugar, modified cornflour, salt, citric acid, spice, garlic, salt, onion extract, spice extract, iron sulphate, vit D.

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

### Nutritional Information

	Per 100g
Energy	135 KCal
KCal	566 KJ
Fat	4.23g
of which saturated	0.46g
Carbohydrates	19.05g
of which sugar	1.62g
Fibre	1.72g
Protein	4.75g
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



SAMPLE MENU





**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**AFTER SCHOOL 2**

**MON**

## CHICKEN GOUJONS, WAFFLES & MIXED VEG

Ingredients: Waffles (potatoes 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, swede.

### Nutritional Information

	Per 100g
Energy	138 KCal
KCal	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.05g

**MON**

## 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: guar gum, spices, flavourings, xanthan gum, paprika concentrate, salmmoniac) Carrot, Corn kernels, Onion, Pineapple.

### Nutritional Information

	Per 100g
Energy	130 KCal
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

## 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, oregano, salt, chillies, chilli powder, black pepper, carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil.

### Nutritional Information

	Per 100g
Energy	132 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

**TUE**

## 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	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

**TUE**

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

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

### 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

**WED**

## COTTAGE PIE

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.

### 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

**WED**

## 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.

### 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

**THU**

## TURKEY NAVARIN & WAFFLES

Ingredients: Potatoes, turkey, gravy (potato starch, rice flour, 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.

### Nutritional Information

	Per 100g
Energy	122 KCal
KCal	512 KJ
Fat	5.61g
of which saturated	1.38g
Carbohydrates	13.36g
of which sugar	1.69g
Fibre	1.73g
Protein	5.18g
Salt	0.24g

**THU**

## COD PROVENCAL & RICE

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

### 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**

## 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.

### 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

**FRI**

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

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

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



**SAMPLE MENU**



**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
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EC

**AFTER SCHOOL 2**

**MON**

## TURKEY CURRY & RICE

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

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

### Nutritional Information

	Per 100g
Energy	108KCal
KCal	453KJ
Fat	1.58g
of which saturated	0.74g
Carbohydrates	11.29g
of which sugar	1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.04g

**MON**

## TURKEY KORMA & RICE

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

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

### Nutritional Information

	Per 100g
Energy	120KCal
KCal	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.3g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	0.04g

**TUE**

## PASTA BOLOGNAISE

Ingredients: **Durum wheat pasta**, beef (Irish), tomatoes, tomato puree, carrots, mixed peppers, spinach, onions, courgettes, water, potato starch, olive oil, salt, oregano, garlic.

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

### Nutritional Information

	Per 100g
Energy	124KCal
KCal	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates	36.7g
of which sugar	3.34g
Fibre	2.15g
Protein	9.6 g
Salt	0.04g

**TUE**

## BEEF STEW & MASH

Ingredients: Potatoes, beef 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, peas.

### Nutritional Information

	Per 100g
Energy	89 KCal
KCal	373 KJ
Fat	2.09g
of which saturated	0.77g
Carbohydrates	10.55g
of which sugar	1.28g
Fibre	1.2g
Protein	5.55g
Salt	0.01g

**WED**

## BEEF PATTIS, GRAVY, MASH & CARROTS

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), Carrots

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

**WED**

## 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**

### Nutritional Information

	Per 100g
Energy	122KCal
KCal	516 KJ
Fat	1.56g
of which saturated	0.43g
Carbohydrates	36.87g
of which sugar	2.73g
Fibre	1.99g
Protein	11.71g
Salt	0.04g

**THU**

## CHICKEN BREYANI SAUCE & RICE

Ingredients: Rice, chicken, carrots, tomatoes, peas, onion, spinach, Tomato puree, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, salt.

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

### Nutritional Information

	Per 100g
Energy	99KCal
KCal	418KJ
Fat	1.4g
of which saturated	0.81g
Carbohydrates	15.57g
of which sugar	1.26g
Fibre	1.37g
Protein	6.52g
Salt	<0.01g

**THU**

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

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

### 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

**FRI**

## CHICKEN GOUJONS MASH & CORN

Ingredients: Potatoes, 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, Corn

### 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

**FRI**

## FISH FINGERS, MINI ROAST & 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), sunflower oil, dextrose, spaghetti hoops (42% durum wheat semolina), tomatoes (41% water, sugar, modified cornflour, salt, citric acid, spice, garlic, salt, onion extract, spice extract, iron sulphate, vit D).

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

### Nutritional Information

	Per 100g
Energy	135 KCal
KCal	566 KJ
Fat	4.23g
of which saturated	0.46g
Carbohydrates	19.05g
of which sugar	1.62g
Fibre	1.72g
Protein	4.75g
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



**SAMPLE MENU**

