



HSE/ FSAI
Approval no
IE
4018
EC

AFTER SCHOOL VEG



September
2020
MENU

Tue
1st

MEDITERRANEAN STYLE VEG PENNE

Ingredients: **Durum wheat pasta**, tomatoes, carrots, peppers, maize corn, spinach, tomato puree, water, onions, potato starch, olive oil, garlic, basil, salt.

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

Wed
2nd

VEGETABLE KORMA & RICE

Ingredients: Rice, coconut milk, butternut squash, peppers, beans, peas, onions, water, pineapple, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger.

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

Thurs
3rd

MIXED VEG & APRICOT WITH MINI ROAST

Ingredients: Potatoes, carrots, water, sweet potato, lentils, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic, salt.

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

Fri
4th

VEGETABLE & PENNE 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**

Mon
7th

MILD VEGETABLE CURRY & RICE

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

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

Tue
8th

VEGETABLE NAVARIN & MASH

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

Wed
9th

VEG RAGU & SAUTÉ

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

Thurs
10th

TUTTI FRUITY VEG CURRY & RICE

Ingredients: Rice, , diced potatoes, mango, sweet potato, peppers, broad beans, cannellini beans, coconut milk potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, salt.

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

Fri
11th

VEGETABLE PENNE 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)**

Mon
14th

BROCCOLI & CORN PENNE 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)**

Tue
15th

MEXICAN BEAN & RICE

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

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

Energy	Per 100g
KCal	71 KCal
KJ	296 KJ
Fat	2.63g
<i>of which saturated</i>	0.55g
Carbohydrates	14.75g
<i>of which sugar</i>	1.91g
Fibre	2.33g
Protein	5.33g
Salt	0.01g

Nutritional Information

Energy	Per 100g
KCal	132KCal
KJ	552KJ
Fat	3.54g
<i>of which saturated</i>	2.09g
Carbohydrates	17.66g
<i>of which sugar</i>	0.61g
Fibre	1.05g
Protein	7.53g
Salt	<0.01g

Nutritional Information

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

Nutritional Information

Energy	Per 100g
KCal	115KCal
KJ	488 KJ
Fat	2.15g
<i>of which saturated</i>	0.88g
Carbohydrates	38.42g
<i>of which sugar</i>	3.57g
Fibre	2.13g
Protein	6.87g
Salt	0.4g

Nutritional Information

Energy	Per 100g
KCal	100 KCal
KJ	425 KJ
Fat	1.25g
<i>of which saturated</i>	0.59g
Carbohydrates	20.5g
<i>of which sugar</i>	2.52g
Fibre	1.76g
Protein	2.98g
Salt	0.01g





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MENU

Wed
16th

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

Thurs
17th

LENTIL SWEET POTATO & RED PEPPER ARRABIATA

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

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

Fri
18th

CREAMY VEGETABLE PIE

Ingredients: Potatoes, carrots, maize corn, **milk**, peas, water, broad beans, **cream (milk)**, onions, potato starch, parsley, garlic, salt.

Ingredients in bold script contain allergens; **Milk (lactose)**

Mon
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 (coriander, sage leaf), sunflower oil, citric acid, garlic)

Tue
22nd

VEG PENNE PIE

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

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

Wed
23rd

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, salt.

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

Nutritional Information

Energy	Per 100g
KCal	111KCal
KJ	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

Energy	Per 100g
KCal	126 KCal
KJ	537 KJ
Fat	1.46g
of which saturated	0.34g
Carbohydrates	54.85g
of which sugar	2.62g
Fibre	2.83g
Protein	10.77g
Salt	0.01g

Nutritional Information

Energy	Per 100g
KCal	75KCal
KJ	316 KJ
Fat	2.03g
of which saturated	0.82g
Carbohydrates	12.32g
of which sugar	1.94g
Fibre	1.87g
Protein	2.55g
Salt	< 0.01g

Nutritional Information

Energy	Per 100g
KCal	76 KCal
KJ	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

Nutritional Information

Energy	Per 100g
KCal	100KCal
KJ	423 KJ
Fat	2g
of which saturated	0.89g
Carbohydrates	34.16g
of which sugar	0.8g
Fibre	2.15g
Protein	6.46g
Salt	0.4g

Nutritional Information

Energy	Per 100g
KCal	92KCal
KJ	504K
Fat	3.6g
of which saturated	1.6g
Carbohydrates	13.99g
of which sugar	1.5g
Fibre	1.2g
Protein	2.07g
Salt	0.01g

Thurs
24th

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.

Fri
25th

VEGETABLE & PENNE 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**

Mon
28th

SWEET POTATO & VEG CASSEROLE & MASH

Ingredients: Potatoes, water, sweet potatoes, peas, beans, lentils, carrots, swedes, onions, potato starch, olive oil, tomato puree, oregano, garlic, gravy (potato starch, rice flower, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage leaf), sunflower oil, citric acid, garlic), sunflower oil, dextrose, salt.

Tue
29th

VEG PENNE BOLOGNAISE

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

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

Wed
30th

MEDITERRANEAN VEG & RICE

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

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

Energy	Per 100g
KCal	92KCal
KJ	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

Energy	Per 100g
KCal	93KCal
KJ	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

Energy	Per 100g
KCal	111KCal
KJ	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

Energy	Per 100g
KCal	93 KCal
KJ	394 KJ
Fat	1.09g
of which saturated	0.17g
Carbohydrates	35.21g
of which sugar	3.96g
Fibre	2.28g
Protein	6.26g
Salt	0.04g

Nutritional Information

Energy	Per 100g
KCal	100KCal
KJ	426 KJ
Fat	1.36g
of which saturated	0.19g
Carbohydrates	37.74g
of which sugar	3.11g
Fibre	2.28g
Protein	6.53g
Salt	< 0.01g

