



LITTLE  
DINNERS

HSE/ FSAI  
Approval no

IE  
4018  
EC

STANDARD



SAMPLE  
MENU

MON

## 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	83KCal
KCal	350KJ
Fat	1.72g
of which saturated	0.65g
Carbohydrates	11.09g
of which sugar	1.16g
Fibre	1.13g
Protein	4.18g
Salt	< 0.01g.

MON

## MEXICAN CHICKEN & RICE

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

### 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

TUE

## PASTA NAPOLI

Ingredients: **Durum wheat pasta**, chopped tomatoes, tomato puree, grated carrots, water, peppers, lentils, spinach, courgettes, onion, 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

TUE

## 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	115KCal
KCal	488 KJ
Fat	2.15g
of which saturated	0.88g
Carbohydrates	38.42g
of which sugar	3.57g
Fibre	2.13g
Protein	6.87g
Salt	< 0.01g

WED

## 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	70 KCal
KCal	296KJ
Fat	0.98g
of which saturated	0.29g
Carbohydrates	10.25g
of which sugar	0.91g
Fibre	1.26g
Protein	5.58g
Salt	0.01g.

WED

## 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	124 KCal
KCal	520 KJ
Fat	3.82g
of which saturated	0.93g
Carbohydrates	14.46g
of which sugar	1.51g
Fibre	2.16g
Protein	5.66g
Salt	0.04g

THU

## 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.

### 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

THU

## TURKEY NAVARIN & MASH

Ingredients: Potatoes, Turkey, carrots, chopped tomatoes, swede, water, peas, onions, garlic turmeric, , olive oil.

### Nutritional Information

	Per 100g
Energy	80KCal
KCal	376KJ
Fat	0.44g
of which saturated	0.26g
Carbohydrates	15.31g
of which sugar	1.18g
Fibre	1.26g
Protein	4.53g
Salt	< 0.01g

FRI

## COD PROVENCAL & RICE

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

### 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

FRI

## CREAMY FISH PIE

Ingredients: Potatoes, **cod**, carrots, **milk**, maize corn, peas, onions, water, **cream (milk)**, potato starch, dill, garlic

### Nutritional Information

	Per 100g
Energy	78KCal
KCal	331 KJ
Fat	2g
of which saturated	0.86g
Carbohydrates	11.28g
of which sugar	1.75g
Fibre	1.24g
Protein	4.47g
Salt	< 0.01g

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

Ingredients in bold script contain allergens; **fish and 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





**LITTLE DINNERS**

HSE/ FSAI  
Approval no

IE  
4018  
EC

**STANDARD**



**SAMPLE MENU**

MON

## TURKEY CURRY & RICE

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

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

### Nutritional Information

	Per 100g
Energy KCal	108KCal
KJ	453KJ
Fat	1.58g
<i>of which saturated</i>	0.74g
Carbohydrates	11.29g
<i>of which sugar</i>	1.01g
Fibre	1.30g
Protein	7.332g
Salt	0.01g

MON

## 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.

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

### Nutritional Information

	Per 100g
Energy KCal	120KCal
KJ	499 KJ
Fat	3.1g
<i>of which saturated</i>	1.94g
Carbohydrates	17.3g
<i>of which sugar</i>	0.55g
Fibre	1.12g
Protein	6.5g
Salt	< 0.01g

TUE

## PASTA BOLOGNAISE

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

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

### Nutritional Information

	Per 100g
Energy KCal	124KCal
KJ	526 KJ
Fat	2.45g
<i>of which saturated</i>	0.7g
Carbohydrates	36.7g
<i>of which sugar</i>	3.34g
Fibre	2.15g
Protein	9.6 g
Salt	< 0.01g

TUE

## COTTAGE PIE

Ingredients: Potatoes, beef (Irish), water, carrots, swedes, peas, onions, potato starch, tomato puree, olive oil, garlic, oregano.

### Nutritional Information

	Per 100g
Energy KCal	79KCal
KJ	330 KJ
Fat	1.85g
<i>of which saturated</i>	0.68g
Carbohydrates	9.18g
<i>of which sugar</i>	1.344g
Fibre	1.2g
Protein	5.06g
Salt	0.1g

WED

## 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
<i>of which saturated</i>	0.86g
Carbohydrates	13.49g
<i>of which sugar</i>	1.31g
Fibre	1.74g
Protein	5.16g
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.

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

### Nutritional Information

	Per 100g
Energy KCal	122KCal
KJ	516 KJ
Fat	1.56g
<i>of which saturated</i>	0.43g
Carbohydrates	36.87g
<i>of which sugar</i>	2.73g
Fibre	1.99g
Protein	11.71g
Salt	< 0.01g

THU

## CHICKEN BREYANI SAUCE & RICE

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

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

NEW DISH

### Nutritional Information

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

THU

## PORK WITH MIXED VEG & APRICOT WITH MASH

Ingredients: Potatoes, pork, carrots, water, swedes, peas, onions, apricots 2%, potato starch, olive oil, oregano, coriander, cumin, **mustard**, pepper, fenugrek, cardamon, turmeric, chilli powder, ginger, garlic.

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

### Nutritional Information

	Per 100g
Energy KCal	80 KCal
KJ	377 KJ
Fat	1.54g
<i>of which saturated</i>	0.39g
Carbohydrates	11.12g
<i>of which sugar</i>	1.87g
Fibre	1.33g
Protein	6.02g
Salt	< 0.01g

FRI

## 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 KCal	115KCal
KJ	487 KJ
Fat	2.27g
<i>of which saturated</i>	0.85g
Carbohydrates	35.45g
<i>of which sugar</i>	3.59g
Fibre	2.06g
Protein	78.37g
Salt	< 0.01g

FRI

## CREAMY FISH PIE

Ingredients: Potatoes, cod, carrots, milk, maize corn, peas, onions, water, cream (milk), potato starch, dill, garlic

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

### Nutritional Information

	Per 100g
Energy KCal	78KCal
KJ	331 KJ
Fat	2g
<i>of which saturated</i>	0.86g
Carbohydrates	11.28g
<i>of which sugar</i>	1.75g
Fibre	1.24g
Protein	4.47g
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

