



Ingredients sourced from family run Irish suppliers including Vallymount Foods - Nass, Buggy Foods - Kilbeggan, Cullens Fruit & Veg – Gorey, John O’Brien – Potato Farmer Athy

Menu Item	Ingredients List
Pasta Bolognese	Irish Pasta: White, Dried, Boiled In Unsalted Water [Wheat], Water, Minced Beef (26.6%), Tomato Puree (19.7%), Vegetable Stock: Sugar, salt, garlic powder, basil, potato starch, maltodextrin, Dried yeast extract, dried vegetables 8% (Carrot, Onion, Parsnips, Parsley Root, Leek, Parsley leaf), flavourings, vegetable fat, flavour enhancer disodium 5-ribonucleotides, black pepper, ammonia caramel, turmeric, acidity regulator, citric acid, anticaking agent, vegetable oil, sugar, modified starch
Chicken Curry & Rice	Boiled Rice, Chicken Breast Fillet (98%): Water, Salt, Potato, Onions, Tomato, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Blenders Curry Powder(16%) (Curry Sauce made in house) (Coriander, Cumin, Turmeric, Paprika, Cassia, Garlic, Onion, Mustard Seed), Sugar, Palm Oil, Rice Flour, Tomato Powder, Glucose, Salt, Disodium Inosinate, Disodium Guanylate, Modified Starch, Hydrolysed Vegetable Protein, Stabilisers: Xanthan Gum, Guar Gum, Whey Protein (Milk), Spices, Acid: Citric Acid, Celery Extract
Baby Potatoes, Beans & Cheese	Cooked Baby Potatoes 100% (Sourced from Buggy Foods), Water, Salt, Kerrymaid Red Cheddar Firming Agent: Calcium Chloride, Paprika Extract, Flavourings, Antioxidant: Ascorbic acid. Batchelors Beans: Navy Beans, tomatoes, water, sugar, modified maize starch, salt, wine vinegar, acidity regulator, flavourings, paprika extract.
Pesto Pasta	Irish Pasta, White, Dried, Boiled in Unsalted Water [Wheat]- Irish Pesto (made in house): Basil, olive oil, parmesan cheese, spinach, garlic
Chicken and vegetable Stir Fry	100% Chicken Breast, Boiled Rice, Steamed Vegetables: onions, peppers, peas, corn, tomato paste, courgette, Sauce (made in house): soy sauce, garlic, cumin, coriander, ginger
BBQ Chicken with Rice	Boiled Rice, 100% Chicken Breast, Blenders BBQ Sauce: Tomatoes (55%), Sugar, Spirit Vinegar, Tomato Paste (7%), Modified Starch, Barley Malt Vinegar, Salt, Soy Sauce (Water, Soybeans, Salt, Spirit Vinegar), Caramelised Sugar, Ginger Puree, Smoke Flavour, Spices
Chicken goujons with Potato cubes Available 1 day per week only	Chicken Goujons: Chicken inner fillet, frying oil, water, starch, salt. Coating: Wheat flour, wheat starch, salt, yeast extract, raising agent, sunflower oil, sugar, yeast, pepper. Potato Cubes: Potatoes, seasoning (4%), Modified Potato Starches, rice, flour, garlic powder, onion powder, spice (bell pepper, black pepper), dextrin, raising agents, natural flavouring, thickener, sunflower oil.



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Chicken goujons and Potato Cubes and Beans Available 1 day per week only	<p>Chicken Goujons: Chicken inner fillet, frying oil, water, starch, salt. Coating: Wheat flour, wheat starch, salt, yeast extract, raising agent, sunflower oil, sugar, yeast, pepper.</p> <p>Potato Cubes: Potatoes, seasoning (4%), Modified Potato Starches, rice, flour, garlic powder, onion powder, spice (bell pepper, black pepper), dextrin, raising agents, natural flavouring, thickener, sunflower oil. Bachelors Beans: Navy Beans, tomatoes, water, sugar, modified maize starch, salt, wine vinegar, acidity regulator, flavourings, paprika extract.</p>
Fish Fingers and Potato Cubes Available 1 day per week only	<p>Fish Fingers: Formed White Fish (57%), Alaska Pollack [Fish], wheatflour, water, rapeseed oil, wheat starch, stabiliser, salt, yeast, thickener, vegetable fibre, turmeric, paprika Potato Cubes: Potatoes, seasoning (4%), Modified Potato Starches, rice, flour, garlic powder, onion powder, spice (bell pepper, black pepper), dextrin, raising agents, natural flavouring, thickener, sunflower oil.</p>
Fish Fingers and Potato Cubes and Beans Available 1 day per week only	<p>Fish Fingers: Formed White Fish (57%), Alaska Pollack [Fish], wheatflour, water, rapeseed oil, wheat starch, stabiliser, salt, yeast, thickener, vegetable fibre, turmeric, paprika Potato Cubes: Potatoes, seasoning (4%), Modified Potato Starches, rice, flour, garlic powder, onion powder, spice (bell pepper, black pepper), dextrin, raising agents, natural flavouring, thickener, sunflower oil. Batchelors Beans: Navy Beans, tomatoes, water, sugar, modified maize starch, salt, wine vinegar, acidity regulator, flavourings, paprika extract.</p>
Hot Cajun Chicken Roll	<p>100% Chicken Breast, Blenders Cajun Sauce: Tomatoes 53%, sugar, tomato paste, spirit vinegar, salt, black pepper, mustard flour, spices, barley, modified starch, soy sauce, guar gum, xanthan gum, herb extract, potassium sorbate, paprika, Ciabatta Roll: Fortified Wheat Flour (Wheat Flour, Wheat Gluten, Calcium Carbonate, Iron, Niacin, Thiamine) [Milk], Water, Extra Virgin Oil, Salt, Yeast, Malted Wheat Flour, Flour Treatment</p>
Hot Cheese Roll	<p>Ciabatta Roll: Fortified Wheat Flour (Wheat Flour, Wheat Gluten, Calcium Carbonate, Iron, Niacin, Thiamine) [Milk], Water, Extra Virgin Oil, Salt, Yeast, Malted Wheat Flour, Flour Treatment Agent, Ascorbic Acid Vepo Red Cheddar: Pasteurized Milk, Salt, Microbial Rennet, Starter culture, Colour (E160b)</p>
Hot Ham and Cheese Roll	<p>Ciabatta Roll: Fortified Wheat Flour (Wheat Flour, Wheat Gluten, Calcium Carbonate, Iron, Niacin, Thiamine) [Milk], Water, Extra Virgin Oil, Salt, Yeast, Malted Wheat Flour, Flour Treatment Agent, Ascorbic Acid Irish Ham: Pork, Water, Salt, Starch, Stabilisers (Triphosphates, Polyphosphates), Sugars, Pork Protein, Antioxidant, Flavouring, Preservative. Vepo Red Cheddar Cheese: Pasteurized Milk, Salt, Microbial Rennet, Starter culture, Colour (E160b)</p>



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Lasagne	Irish Pasta: White, Dried, Boiled in Unsalted Water [Wheat], Pasta Sauce with Mince: Water, Minced Beef (26.6%), Tomato Puree (19.7%), Vegetable Stock, Sugar, salt, garlic powder, basil, potato starch, Maltodextrin, Dried yeast extract, Vegetables: Carrots, Onion, Parsnip, Parsley Root, Leek, parsley leaf, flavourings, uncured vegetable fat, flavour enhancer, black pepper, ammonia caramel, turmeric, citric acid, Anti-Caking Agent, vegetable oil, sugar, modified starch. Bechamel Sauce: Milk, Cream, Water, Onion, Butter, Wheat Flour, Modified Maize Starch, Vegetable bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion, Garlic Powder, Ground Cumin, Citric Acid, Ground Black Pepper, Rubbed Parsley, Turmeric Powder), Garlic Cloves, Garlic Powder, Parsley. Kerrymaid Red Cheddar: Vegetable oil, water, starch, MILK solids, salt, emulsifiers, colours, potato starch.
Mac 'n' Cheese	Macaroni [Wheat], Uneek Irish Cheese Sauce: Cheese, Butter, Water, Milk Protein, Natural Colour, Potassium Sorbate, Acidity Regulator
Margarita Available 1 day per week only	Wheat Flour, Mozzarella (24%),(Milk, Salt Rennet, Lactic Ferments), Tomato Puree, Extra Virgin Olive Oil (1.9%), Salt, Yeast, Sugar, Barley Malt, Malted Wheat Flour, Herbs, Pasteurized Milk, Starch, Salt, Microbial Rennet, Start culture
Marinara Meatballs with Pasta	Pasta: White, Dried, Boiled in Unsalted Water [Wheat], Meatballs: Beef (71%),_Onion, Pea Fiber, Pea Starch, Rapeseed Oil, Sugar, Spices, Glucose Syrup Marinara Sauce: Tomato puree 62%, water, sugar, salt, modified corn starch, sunflower oil and spices
Meatballs Mash and Veg	Meatballs: Beef (71%),_Onion, Pea Fiber, Pea Starch, Rapeseed Oil, Sugar, Spices, Glucose Syrup Mixed Vegetables: Carrots, Green Peas, Flageloet Beans, Sweetcorn Mashed Potato:
Pepperoni Slice Available 1 day per week only	Pizza Slice: Wheat Flour, Mozzarella (24%), (Milk, Salt Rennet, Lactic Ferments), Tomato Puree, Extra Virgin Olive Oil (1.9%), Salt, Yeast, Sugar, Barley Malt, Malted Wheat Flour, Pepperoni: Herbs, Pork, Pork Fat, Salt, Spices, Dextrose, Spices Extract, Antioxidant, Preservatives
Plain Pasta	Pasta: White, Dried, Boiled In Unsalted Water [Wheat]
Roast Beef, Mash, Veg	Beef: 100% Irish Beef, Salt, Dextrose, Modified Maize Starch, Stabilisers, Carrageenan. Mixed Vegetables: Carrots, Green Peas, Flageloet Beans, Sweetcorn Mashed Potato: Potato, single cream (MILK), salt, pepper
Roast Chicken, Mash, Veg	Irish Chicken: Irish Chicken Breast (100%), Mixed Vegetables: Carrots, Green Peas, Flageloet Beans, Sweetcorn Mashed Potato: Potato, single cream (MILK), salt, pepper



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Sausages and Potato Cubes and Mixed Veg Available 1 day per week only	Irish Pork Sausages: Pork (55%), water, rusk (WHEAT flour, salt) pork fat, seasoning (Salt, spices), flavour enhancer, stabiliser, preservatives, filled into beef collagen casing. Potato Cubes: Potatoes, seasoning (4%), Modified Potato Starches, rice, flour, garlic powder, onion powder, spice (bell pepper, black pepper), dextrin, raising agents, natural flavouring, thickener, sunflower oil. Mixed Vegetables: Carrots, Green Peas, Flageloet Beans, Sweetcorn
Vegan Apple and Mango Curry	Boiled Rice, Curry Sauce: Apples, Sweet Potato, Mango Chutney, Onions, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Blenders Curry Powder (16%) (Coriander, Cumin, Turmeric, Paprika, Cassia, Garlic, Onion, Mustard Seed), Sugar, Palm Oil, Rice Flour, Tomato Powder, Glucose, Salt, Flavouring Enhancers: Disodium Inosinate, Disodium Guanylate, Flavourings, Modified Starch, Hydrolysed Vegetable Protein, Stabilisers: Xanthan Gum, Guar Gum, Whey Protein (Milk), Spices, Acid: Citric Acid, Celery Extract
Vegan Lasagne	Pasta: White, Dried, Boiled In Unsalted Water [Wheat], Bechamel Sauce: Oat Milk, Gluten Free Flour Tomato Sauce: Tomato puree 62%, water, sugar, salt, modified corn starch, sunflower oil and spices. Rehydrated Textured Soya Protein (96%). Vegan Cheese: Water, modified potato starch, coconut oil, rapeseed oil, potassium sorbate, lactic acid.
Vegan Pasta	Pasta: White, Dried, Boiled in Unsalted Water [Wheat] Steamed Vegetables: Onions, Peppers, Carrots, Tomato Sauce: Tomato puree 62%, water, sugar, salt, modified corn starch, sunflower oil and spices. Rehydrated Textured Soya Protein (96%).
Vegetable soup & roll	(Made in house) Potato, Carrots, Leeks, Turnip, Onions, Gluten Free Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin(B3) Thiamine (B1), Water, Yeast Salt. Chickpeas. Chefs Pass Vegetable Stock: Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders (Onion, Carrot, Garlic), Herbs, Spices, Colour (Caramel Powder), Antioxidant: E392, Flavouring White roll: Wheat flour, water, salt, yeast, ascorbic acid, vegetable oil.
Vegetarian Lasagne	Pasta: White, Dried, Boiled in Unsalted Water [Wheat] Tomato Sauce: Tomato puree 62%, water, sugar, salt, modified corn starch, sunflower oil and spices. Rehydrated Textured Soya Protein (96%). Bechamel Sauce: Milk, Cream, Water, Onion, Butter, Wheat Flour, Modified Maize Starch, Vegetable bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion, Garlic Powder, Ground Cumin, Citric Acis, Ground Black Pepper, Rubbed Parsley, Turmeric Powder), Garlic Cloves, Garlic Powder, Parsley Kerrymaid Red Cheddar: Vegetable oil, water, starch, MILK solids, salt, emulsifiers, colours, potato starch.
Vegetarian Pasta Bolognese	Pasta: White, Dried, Boiled in Unsalted Water [Wheat] Onions, Peppers, Carrots, Tomato Sauce: Tomato puree 62%, water, sugar, salt, modified corn starch, sunflower oil and spices. Rehydrated Textured Soya Protein (96%).



IRISH SCHOOL MEALS

Ingredients sourced from family run Irish suppliers including Vallymount Foods - Nass, Buggy Foods - Kilbeggin, Cullens Fruit & Veg – Gorey, John O’Brien – Potato Farmer Athy

Menu Item	Ingredients List
Veggie Burger, mash potato & mixed vegetables	<u>Veggie Burger:</u> Rehydrated Potato (40%) (Water, Potato Flakes) Emulsifier(E471), Acidity Regulator(E330), Vegetables 26% (Onion, Carrot, Sweetcorn, Peas, Broccoli), Breadcrumbs (Wheat Flour, Water, Yeast, Salt, Dextrose, Spice Extracts), Rapeseed Oil, Water, Wheat Flour, Salt, Starch (Corn, Wheat), Flavourings, Yeast Extract, Spices, Bamboo Fibre, Vegetable Powder (Mushroom, Onion), Sugar, Thickener (E461, E412) <u>Mixed Vegetables:</u> Carrots, Green Peas, Flageloet Beans, Sweetcorn <u>Mashed Potato:</u> Potato, single cream (MILK), salt, pepper