A FRESH TAKE

THE LUNCH BAG
EMPOWERED, EDUCATED EATING

Our school meal menu ✓

CORU
Ag Rialáil Gairmithe Sláinte agus Cúraim Shóisialaigh
Regulating Health + Social Care Professionals

Designed by our CORU Registered Dietitian, Colin Kenny.

Rubber-stamped by independent CORU Registered Dietitian Sarah Keogh from Eatwell Food & Nutrition.



Our production site is
FOOD SAFETY ISO 22000:2018 NSAI Certified

HEALTH & NUTRITION MENU OF THE YEAR GOLD MEDAL Catering AWARDS GOLD AWARD 2025

EDUCATION CONTRACT CATERER OF THE YEAR GOLD MEDAL Catering AWARDS GOLD AWARD 2025

Menus crafted in line with Healthy Ireland guidelines

www.thelunchbag.ie

This brochure is packed with accurate information at the time of publication.

Ag Rialáil Gairmithe Sláinte agus Cúraim Shóisialaigh
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OFFICIAL INTRO

At The Lunch Bag, our goal is to ensure every child receives a hot meal that is nutritious, inclusive, and made with care. We are proud to support the Government's Hot School Meals Programme and fully align with the Healthy Ireland Nutrition Standards for Hot School Meals, as well as the European Food Safety Authority (EFSA) and Food Safety Authority of Ireland (FSAI) guidelines. These standards limit nutrients such as fat, salt, sugar, and saturated fat, ensuring meals support children's long-term health and development. To meet and exceed these standards, we work with two CORU Registered Dietitians, using science-backed nutritional research to guide our choices.

We proudly serve balanced meals, provide free fresh fruit for an additional boost and are completely transparent, providing all of the nutritional information for all of the meals we serve. Inspired by extensive feedback and a deep commitment to inclusivity, we've thoughtfully reimagined our menu to embrace all children.

Every meal we serve is backed by science, guided by expertise, and crafted with care. We're not just proud of what we've built; we're committed to leading the way, and look forward to setting a standard to ensure Ireland has an unshakable reputation in school meals worldwide.



Smart Nutrition for Growing Minds

REDUCE FAT

REDUCE SUGAR

REDUCE SALT

Nutrition standards haven't changed what we do, they've validated it. We're happy to see the Hot School Meals Scheme becoming even more regulated and standardised with Minister Calleary's call to reduce fat, salt, and sugar. This is a positive step that we've supported from the beginning. Clear standards raise the bar, and we're proud to already meet and exceed them.

STANDARDS GUIDE US, CHILDREN INSPIRE US

School meals must be diverse and inclusive. That's why we're committed to making sure every child can enjoy a meal that meets their individual needs.

Over the past several months, we've worked closely with our CORU-registered dietitians, chefs and suppliers to adapt some popular meals. Our new versions meet the Department's new guidelines, while maintaining the taste, texture and familiarity that many children know, rely on and trust.

This wasn't just about keeping favourites on the menu, it was about protecting access. Because when we say every child deserves a healthy meal, we genuinely mean **every** child.



We're calling it: Reformulation!

Read more on page 8!

Proof that nutrition and inclusion can go hand in hand

Our Standard is the Benchmark

Let's look at the facts behind our food so you can see the true nutritional value of what we serve and feel confident in our approach.

The Guidelines for Sugar, Salt and Fat



These guidelines are based on the EFSA's nutritional recommendations for children and consider the school meal as one third of a child's dietary requirement.

Sugar

Added and naturally occurring!

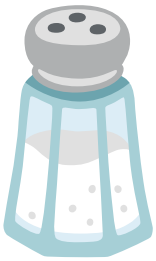


Children's foods need to be as low in added sugars as possible (EFSA 2022). When reviewing sugars, it's important to remember that foods like fruit, onions and tomatoes will all contribute to total sugar intakes. However, fruit and vegetables should form part of healthy meals as they add both fibre and vitamins.

There should be **less than 8g of sugar** per school meal

Salt

A national challenge

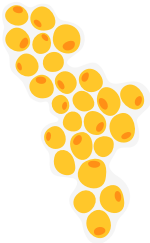


The majority of Irish people eat double the recommended amount of salt per day (FSAI 2016). While we need to address this nationally, in the school meal program we need to ensure salt is limited. According to the Irish Heart Foundation: Children aged 4-6 should have less than 3g of salt per day. Children aged 7-10 should have less than 5g of salt per day. Children 11 and over should have less than 6g of salt per day.

There should be **less than 1.6g of salt** per school meal

Fat

Not all fats are equal!



In line with the EFSA guidelines, children should consume approximately 33-60g per day of fat, depending on their age and activity (EFSA 2010). Therefore children need 11-20g of fat in a midday meal for health. "Low Fat" (i.e. less than 3g of fat per 100g of food) is not appropriate for children's meals as fat is an essential nutrient.

Fat levels will naturally vary with different meals. A view of fat content balanced over a week is appropriate to ensure balanced nutrition for children. (This is true of all nutrients (Shaw & Lawson 2007)).

However, not all fats are equal. Polyunsaturated fats and monounsaturated fats are part of a healthy, balanced diet and can be included. Yet saturated fat is one type of fat that does need to be limited in children's meals (EFSA 2010).

There should be **less than 20g of fat** per school meal

There should be **less than 6g of saturated fat** per school meal

Crafting the Perfect Menu

It's not just about ticking boxes, meeting standards and following guidelines. Creating the perfect school meal menu means juggling hundreds of real-life factors to get it right for every child.

IMPORTANT TO CONSIDER!

NOVELTY

The Pedagogical Meal

BUDGET

Time to eat

FUSSY EATERS

CULTURAL REQUIREMENTS

Stock

VISUAL APPEARANCE

Fatigue

ALLERGENS

Green procurement

Pricing

Wobbly teeth

CROSS CONTAMINATION

PACKAGING

PKU

Educated eating

Kosher

Individual taste

Labelling

Aesthetics

MEAL COMPOSITION

TEXTURE

COST

FOOD WASTE

TASTE

Portion size

Stock rotation

DIETARY PREFERENCES

Sustainability

ENVIRONMENTAL IMPACT

NUTRITION EDUCATION

CLASSROOMS SMELLS

Cold supply chain

FINANCIAL LIMITATIONS

Religious requirements

ABILITY TO HEAT WELL

COLOUR

Cystic Fibrosis

Portion weights

Fibre boost

CLASSROOM PROCESS

Cutlery

SEASONS

Snacks options

Temperature

PRODUCTION PROCESSES

Principal support

School policies

Coeliac

Parent comms

Medical conditions

ORDERING PROCESS

Transparency is our middle name!

At The Lunch Bag, we provide full nutritional breakdowns on each of our meals and up-to-date daily menus. For more information on the work we are doing to improve the lives of children nationwide...

Visit www.thelunchbag.ie

OUR USPS

NUTRI-SCORES

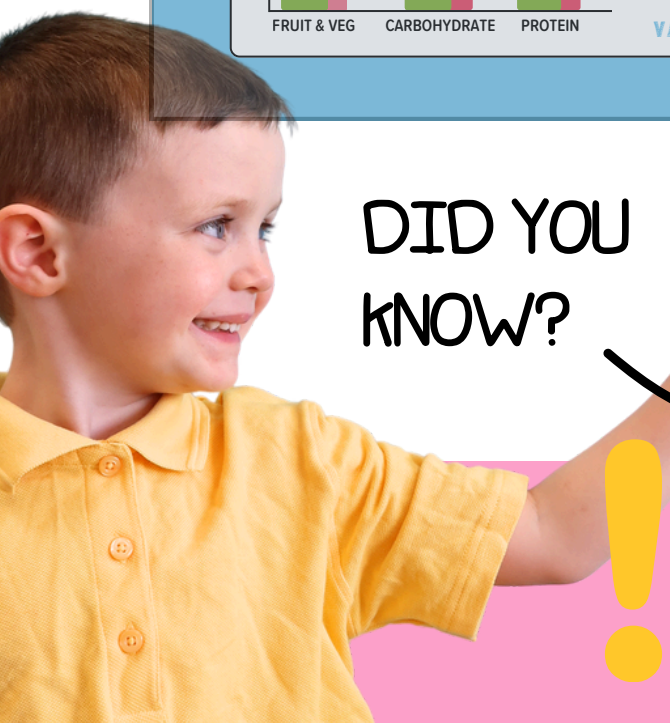
HEALTHY IRELAND COMPARISON

INGREDIENT LISTS

ALLERGEN INFO

NUTRITIONAL INFORMATION





DID YOU KNOW?

The Nutri-Score system is used to assess the nutritional quality of a meal and provide an easy-to-understand guide. This internationally recognised tool balances positive nutrients with those that should be limited!

Please Note:

Nutritional information is legally required to be provided based on the food as sold. At The Lunch Bag, we comply with this by declaring nutritional information for meals as supplied to the school. As some moisture loss can occur during the heating process, there may be variations in the nutritional values of the meal as consumed.

Understanding The Facts

Based on the above values for sugar, salt and fat in a school meal, we are using a **traffic light system** so that you can easily understand the nutritional value of a meal, relative to the guidelines.

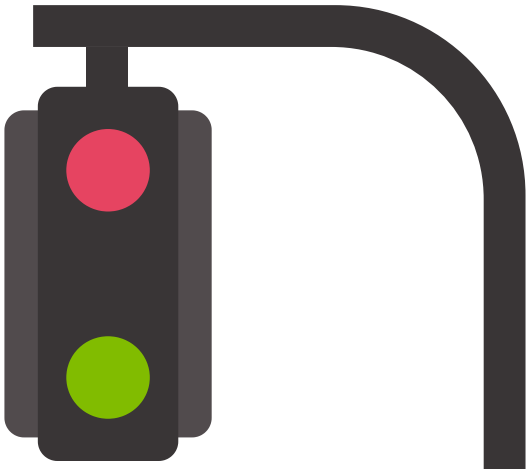
The traffic light system only looks at nutrients to limit. The advice is to go for more foods with “green” and fewer foods with “red”. Where there is a red, it means the food has a high level of these nutrients per serving. There is no need to ban all foods with “red”. Lots of very nutritious foods like cheese, almonds, and olive oil will have “reds”. This means that you can use them, just not in large amounts. Remember; Red doesn’t always mean unhealthy. Fruit and veg can show red for natural sugars, not added ones!

Sugar:
- 8g or less
- 8.1g or more

Salt:
- 1.6g or less
- 1.7g or more

Fat:
- 20g or less
- 20.1g or more

Saturated Fat:
- 6g or less
- 6.1g or more



An example

NUTRITIONAL INFORMATION

PER PORTION	(300g)
Energy (kJ)	2218.4
Energy (Kcal)	530.2
Fat (g)	19.0
Of which saturates (g)	3.0
Carbohydrates (g)	50.3
Of which sugars (g)	5.7
Fibre (g)	5.0
Protein (g)	34.1
Salt (g)	0.6

Reformulating Foods

A healthier way to keep children included!

Over the past year, we've listened to families, professionals and most importantly, to children. For many with autism or sensory needs, familiar foods like goujons or sausages aren't preferences, they're a lifeline. Removing them can mean removing access to a meal entirely, excluding the very children who need support the most. As a result of our Reformulation project, these dishes now fully meet EFSA guidelines while keeping the taste, texture, and comfort children rely on. This is what real inclusion looks like: healthy, compliant, and truly accessible.

LET'S TAKE A LOOK!

Psssssst.....
I'll be sharing some fun stuff to help you learn the difference between The Lunch Bag meals and the ones you get in shops and restaurants. Knowing more about your food helps you to make smart choices and feel your best!



CHICKEN GOUJONS

We've worked with an Irish supplier to create a goujon!

- made with whole chicken fillets
- low in fat and saturated fat (reduced by 70%)
- low in sugar (reduced by 40%)
- reduced salt by 30%
- baked and never fried
- has fewer calories (from 253 kcal per 100g to 172kcal)

SAUSAGES



We've worked with an Irish supplier to create a sausage that:

- uses only Bord Bia approved Irish pork
- is steam cooked
- is free from MSG, phosphates and preservatives
- comes in a seaweed (alginate) casing



VEG PIZZA

We've worked with an Italian supplier to create a veg pizza that:

- has a wholegrain base (equivalent to two slices of wholegrain bread)
- has a delicious tomato sauce
- is served with corn on the cob on the side

Want the full picture? Check out our nutritional breakdown below (it's all there, no secrets!)

ALL FULLY COMPLIANT!

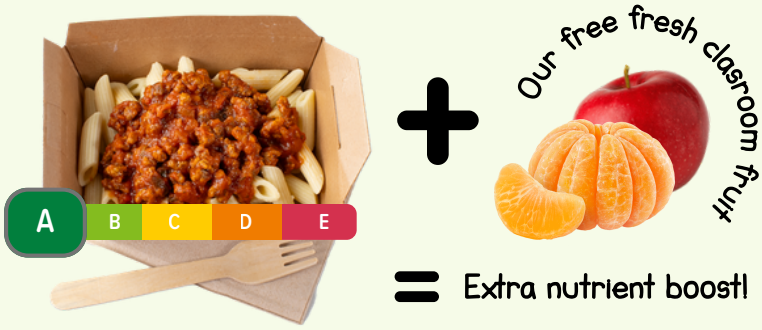
FREE Fresh Fruit!

We offer free classroom fruit bowls to all Lunch Bag schools, making fresh fruit easily accessible to all students in schools. This ensures kids get the nutrients they need, meeting the department requirements. Children are free to have fruit as a snack, pair it with our hot meal, or take it home. It's a no brainer to keep children focused and nourished all day long.

What does this mean for meals?

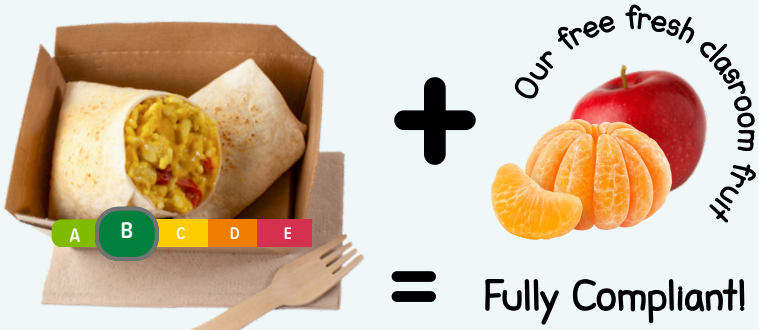
- **Choosing an A rated meal? Great!**

  You're already getting a well-balanced option. Add some of our fresh classroom fruit and you've got an even bigger nutrient boost!



- **Opting for a plainer meal? That's okay too!**

  Simply grab our free fruit to bring it up to a fully compliant, balanced meal.





Every child. Every meal. Compliance driven.

No matter what option is chosen, with the addition of free fresh fruit, every Lunch Bag meal meets the standards for a healthy school lunch.

WE PLEDGE...



TO ALWAYS STAY CREATIVE & INNOVATIVE

We're constantly reformulating, reimagining and refusing to settle for "good enough." Working closely with producers and suppliers, we've made proven progress developing meals that meet nutritional goals while appealing to kids' tastes.

TO KEEP EDUCATING

We believe education is just as important as nutrition. Through everyday interactions, support from our team and fun tools like our POE Project (led by our dietitian Colin), we help children understand their food and encourage confident, curious, and empowered eaters.





TO PLAY OUR PART FOR THE PLANET

We make big efforts across our system to reduce waste – always pushing forward. From reusable containers to compostable and recyclable packaging, we think about every detail. We reduce waste on a macro scale! Thoughtful. Scalable. Always improving.

YOU PLEDGE...

TO SUPPORT DAILY ATTENDANCE

School is about so much more than lessons. It's where friendships are made, routines are built and confidence grows. We know that sometimes little ones wake up feeling under the weather – it happens! But when children attend regularly, it not only helps them get the most out of their school days, it also means less food goes to waste. Every lunch matters, just like every day in school!



TO TRUST THE MEALS PROVIDED

Our hot, balanced meals fuel your child's day. Extra snacks often replace the main meal and hold kids back from trying new foods. Trust the lunch and help build healthy habits.



TO KEEP LUNCH FRESH AND EXCITING

Kids get bored with the same meals. Changing orders in our app keeps lunches fun and balanced. Explore the options together and encourage new flavours!

Processed Food – What is it?





The words ‘processed food’ often conjures up fear or uncertainty around artificial additives, health risks and a departure from ‘real food’. But the truth is far more nuanced. At its core, processed food simply means any food that has been altered from its original state. That includes washing, chopping, freezing, fermenting, baking, drying, canning, or cooking. By that definition, most of the food we eat is processed in some way. For example, to make Greek yoghurt, milk has been cultured, strained and packaged. To make olive oil, olives are crushed and filtered. Even homemade bread is technically processed.

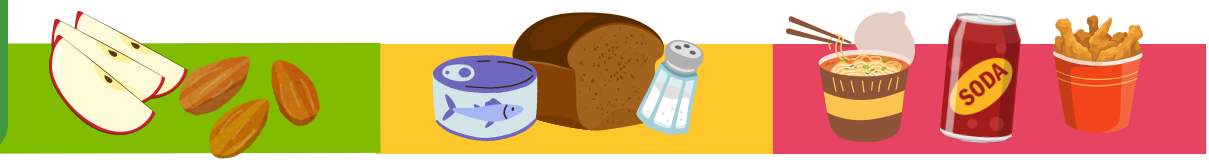
Why is food processed?

SAFETY **SHELF LIFE** **NUTRITION**

Safety: Pasteurizing milk kills harmful bacteria. Canning preserves food that would otherwise spoil. Freezing halts the growth of microbes. Shelf Life: Processing reduces waste. Fresh spinach might last a few days in your fridge, but frozen spinach can last months. This is critical in preventing food insecurity and ensuring availability in all seasons. Nutrition: Many processed foods are fortified to address widespread nutrient deficiencies. Cereal is often fortified with iron and B vitamins. Convenience: Most of us don’t have time to grind our own flour, soak beans for 12 hours, or butcher animals. Processing saves us time and effort, without which many of us wouldn’t be able to eat healthy meals at all.

Not all processed foods are the same

IT’S IMPORTANT TO DISTINGUISH BETWEEN LEVELS OF PROCESSING:



Minimally processed foods: These are cleaned, peeled, chopped, or frozen but still close to their natural state, e.g. frozen vegetables, bagged salad, roasted nuts.

Processed foods: These might include ingredients like salt, sugar, or oils to enhance flavour or preservation. Examples include canned tuna, cheese, whole-grain bread, or hummus.

Ultra-processed foods: The European Food Safety Authority defines UPF's as modified by chemical processes and assembled into 'hyper-palatable' food. These are mostly made from industrial ingredients and additives. They often include sweeteners, colourings, emulsifiers and preservatives and are energy dense with a high glycaemic load. Examples include soft drinks, instant noodles and packaged cakes.

Processed food is not about “good” versus “bad” it’s about context, frequency, and overall dietary patterns. A diet built on whole foods like fruits, vegetables, grains, and proteins, supplemented with processed items for practicality and pleasure, is both realistic and healthy. Rather than fearing the term, it’s more useful to read labels, understand ingredients, and make informed choices.



Nutritional Breakdown

SAMPLE MENU

We change our menu seasonally to keep variety, without ever compromising on quality. We promise!



Hot Menu Line-Up!

MTWTF = Mon, Tues, Wed, Thurs, Fri. Green = Available on the menu that day!

Roasts













Vegan / Vegetarian









Rice Dishes





Pasta Please!











Wraps







Rolls







Potato Cubes and More!











SWEET & SOUR CHICKEN

SEPTEMBER SPECIAL!



HIGH IN PROTEIN!

Each portion is carefully balanced for children, following HI guidelines.



OFFERED WITH FRESH FRUIT
Find me in your classroom!

NUTRI-SCORE (Per 100g)

A | B | C | D | E

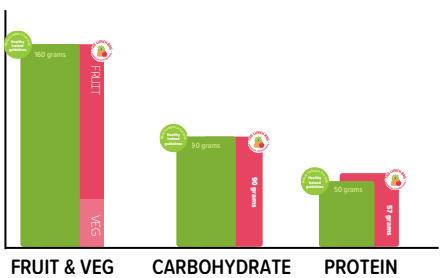
INGREDIENTS

No Added Allergens!

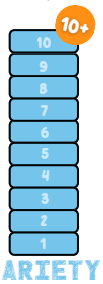
Rice (45.2%)	[Water 66%, Long Grain Parboiled Rice 34%]
Diced Chicken (28.8%)	[Chicken Breast Meat (99%), Salt]
Sweet & Sour Sauce (20.3%)	[Water, Tomato Purée From Concentrate (17%), Sugar, Pineapple Juice From Concentrate (9%), Spirit Vinegar, Modified Maize Starch, Lemon Juice From Concentrate, Salt, Dried Garlic, Ginger Powder, Colour: Paprika Extract, Chilli Powder]
Mixed Peppers (5.7%)	[Green Pepper, Red Pepper, Yellow Pepper]

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(198g)
Energy (kJ)	469.6	929.8
Energy (Kcal)	112.27	222.3
Fat (g)	0.71	1.4
Of which saturates (g)	0.3	0.6
Carbohydrates (g)	16.57	32.8
Of which sugars (g)	1.97	3.9
Fibre (g)	2.68	5.3
Protein (g)	9.29	18.4
Salt (g)	0.25	0.5

HEALTHY SAUSAGE & MASH

(With Gravy)

IRISH-MADE SAUSAGE

No colours or or Phosphates

BAKED NOT FRIED

LOW IN SATURATED FAT



OFFERED WITH FRESH FRUIT

Find me in your classroom!



Mixed veg may also be served, depending on fresh seasonal stock.

Each child's portion is carefully balanced according to HI guidelines.

NUTRI-SCORE (Per 100g)

A B C D E

Contains Milk & Wheat (Gluten)

INGREDIENTS

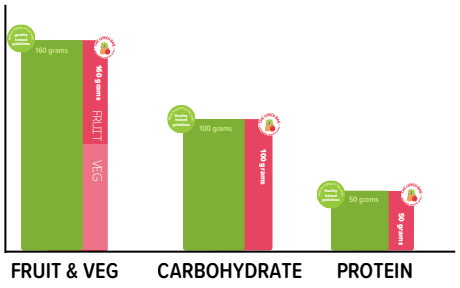
Mash (37%)	[White Potato, Water, Whole **MILK**, Salted Butter (Butter (**MILK**), Salt), Salt, Ground White Pepper]
Carrots (29.6%)	[Carrot]
Sausage (18.5%)	[Pork, Water, **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts Filled Into Alginate Casing]
Gravy (14.8%)	[Water, Modified Maize Starch, Maltodextrin, Salt, Beef Glace, Beef Stock (Beef Bone Stock, Beef Meat, Water, Beef Extract, Beef Fat), Sugar, Maize Starch, Sea Salt, Concentrated Vegetable Juices (Onion, Tomato), Tomato Powder, Palm Fat Powder, Dried Glucose Syrup, Yeast Extracts (Yeast Extract, Salt), Sugar, Onion Powder, Colour: (Sulphite Ammonia Caramel), Beef Stock Powder (Yeast Extract [Yeast Extract, Salt], Rice Flour, Sugar, Dried Glucose Syrup, Salt, Natural Flavouring, Onion Powder, Dehydrated Cooked Beef, Ground Black Pepper, Ground Bay), Thickener: (Xanthan Gum), Preservative: (Potassium Sorbate)]

Our dietitian says...

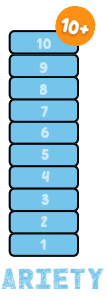
Lunch Bag sausages are made with Irish pork and a clever seaweed-based casing (Don't worry, the kids will never know!). Served with our Irish-made mash - thanks to the innovation and care of our amazing producers!

Menus crafted in line with **Healthy Ireland guidelines**

HEALTHY IRELAND COMPARISON



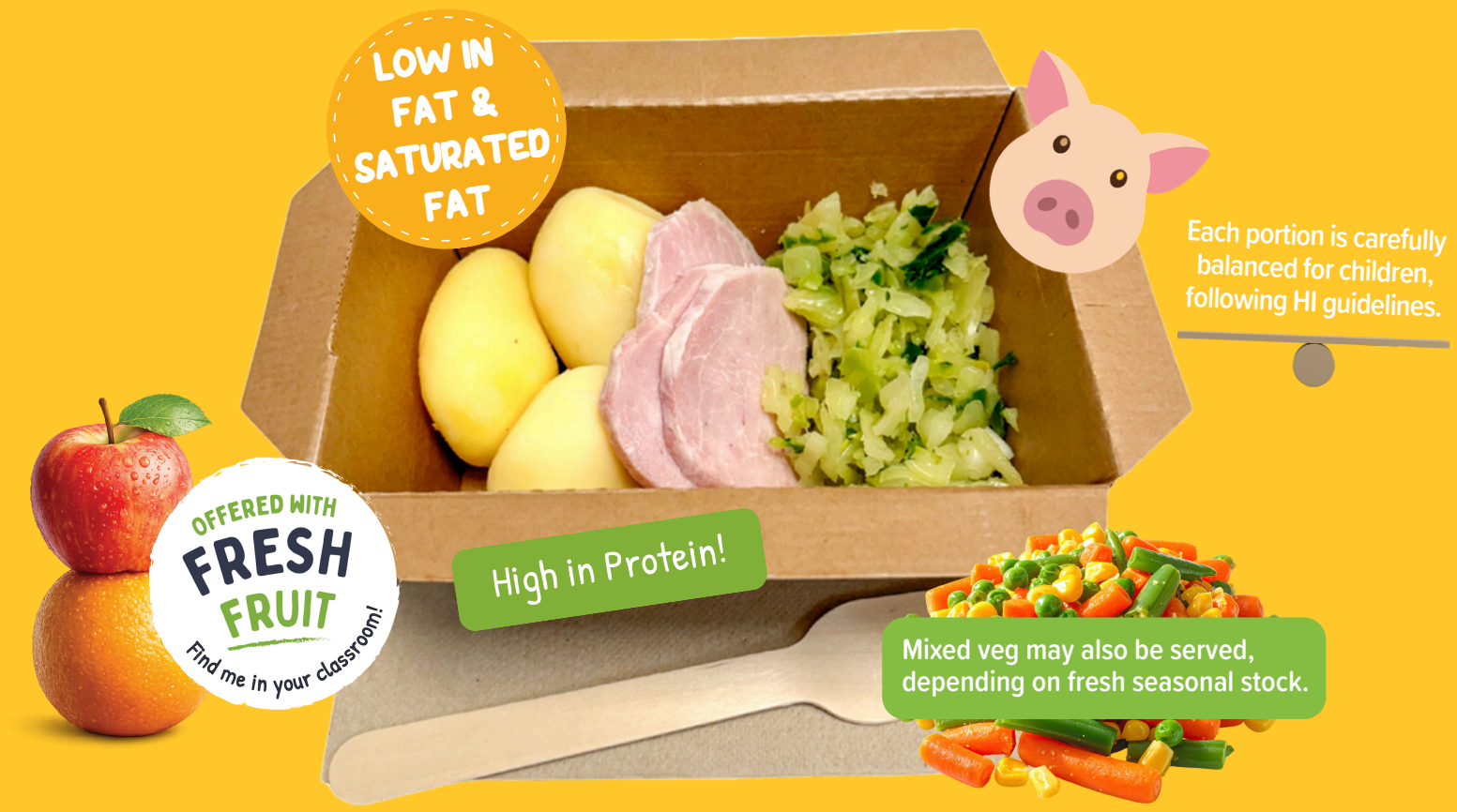
The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(270g)
Energy (kJ)	401.52	**1084.1**
Energy (Kcal)	95.96	**259.1**
Fat (g)	4.7	**12.7**
Of which saturates (g)	1.37	**3.7**
Carbohydrates (g)	10.33	**27.9**
Of which sugars (g)	2.15	**5.8**
Fibre (g)	1.44	**3.9**
Protein (g)	2.93	**7.9**
Salt (g)	0.59	**1.6**

ROAST GAMMON



Our dietitian says...

We use Irish bacon! To offer more choice for those with a dairy allergy, baby potatoes are served instead of mash. Portion sizes of meat, vegetables, and potatoes are balanced to meet Healthy Ireland Guidelines!

NUTRI-SCORE (Per 100g)

A | B | C | D | E

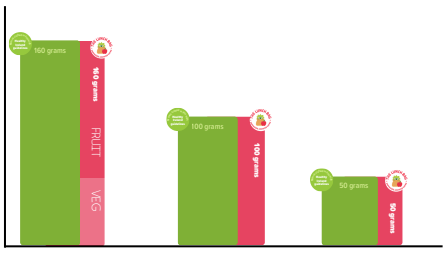
INGREDIENTS

No Added Allergens!

Baby Potatoes (50%)	[Potatoes, Water, Salt, Firming Agent: Calcium Chloride]
Bacon (27.8%)	[Pork (92%), Water, Salt, Antioxidant: (Sodium Ascorbate), Preservatives: (Sodium Nitrite, Sodium Nitrate)]
Cabbage (22.2%)	[Cabbage]

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!

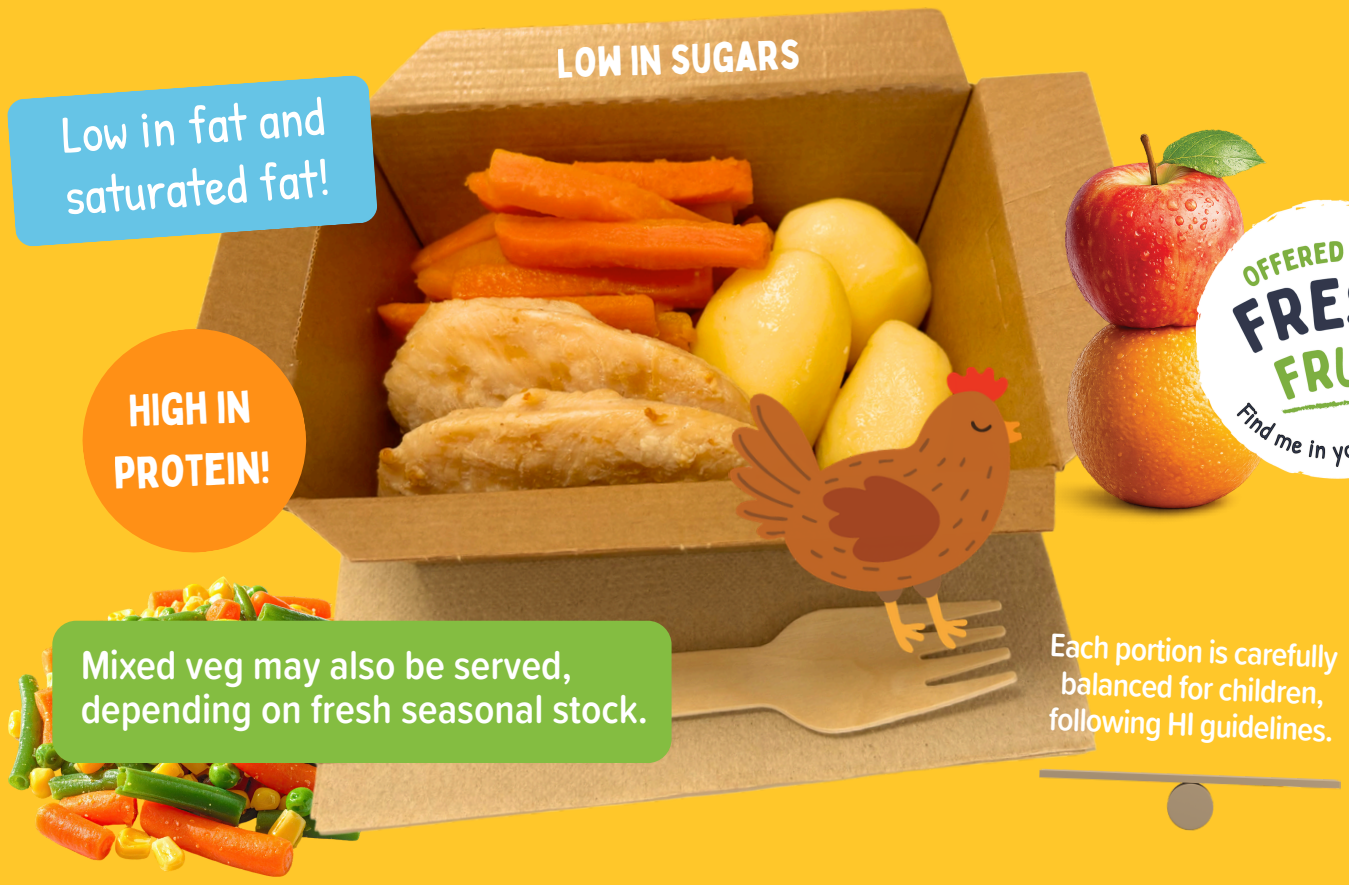


VARIETY

NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(197g)
Energy (kJ)	289.5	570.7
Energy (Kcal)	69.2	136.4
Fat (g)	1	2
Of which saturates (g)	0.3	0.7
Carbohydrates (g)	8.2	16.2
Of which sugars (g)	0.8	1.6
Fibre (g)	2.0	3.9
Protein (g)	6.4	12.6
Salt (g)	0.8	1.6

ROAST CHICKEN



No Added Allergens!

NUTRI-SCORE (Per 100g)

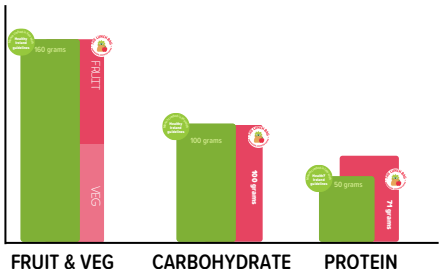
A | B | C | D | E

INGREDIENTS

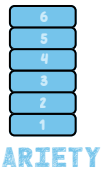
Baby Potatoes (39.8%)	[Potatoes, Water, Salt, Firming Agent (Calcium Chloride)]
Carrots (31.9%)	[Carrot]
Chicken (28.3%)	[Chicken Inner Fillet, Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers (Sodium Citrate, Sodium Carbonate)]

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!

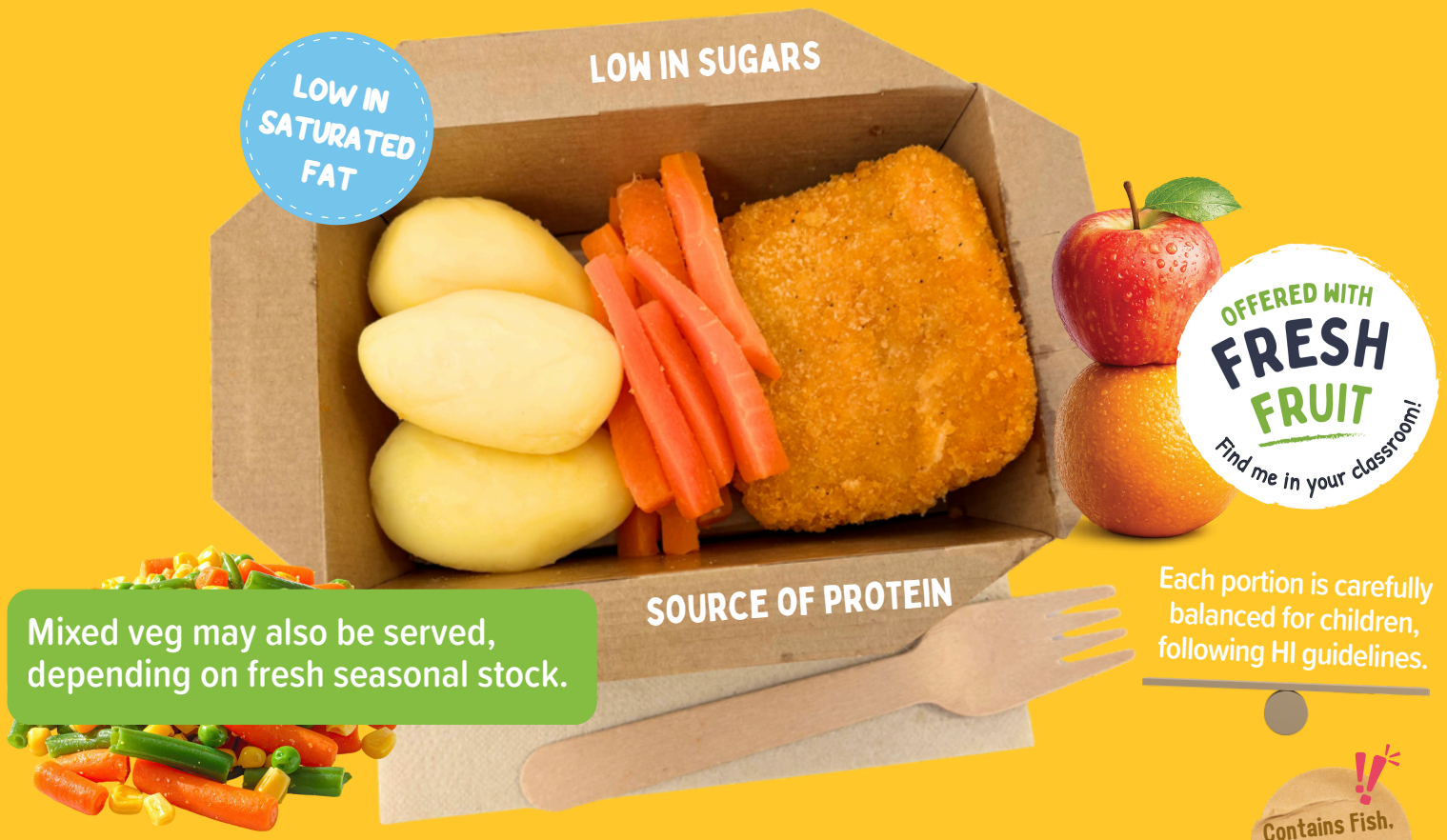


VARIETY

NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(251g)
Energy (kJ)	300.8	755.2
Energy (Kcal)	71.9	180.5
Fat (g)	0.7	1.8
Of which saturates (g)	0.2	0.6
Carbohydrates (g)	8.4	21.1
Of which sugars (g)	2.4	6.1
Fibre (g)	1.9	4.8
Protein (g)	7.3	18.4
Salt (g)	0.4	0.9

CAPTAIN'S CATCH



Mixed veg may also be served, depending on fresh seasonal stock.

Each portion is carefully balanced for children, following HI guidelines.

Contains Fish, Milk, Wheat (Gluten), Egg

INGREDIENTS

Baby Potatoes (38.5%) [Potatoes, Water, Salt, Firming Agent (Calcium Chloride)]

Fish (30.8%) [Alaska Pollack Fillet (Approx 75%), **Wheat** Flour, Corn Flour, Vegetable Oil (Sunflower And/or Rapeseed, In Varying Proportions), Modified Starch (Corn, **Wheat**), Corn Starch, Salt, **Milk** Protein, **Egg** Yolk Powder (Free Range Egg), Dextrose , Maltodextrin, Spices (Paprika Powder, White Pepper, Turmeric, Onion Powder, Garlic Powder), Yeast Extract, Natural Flavor (Contains **Wheat**), Color: Paprika Extract, Raising Agent: Disodium Diphosphate]

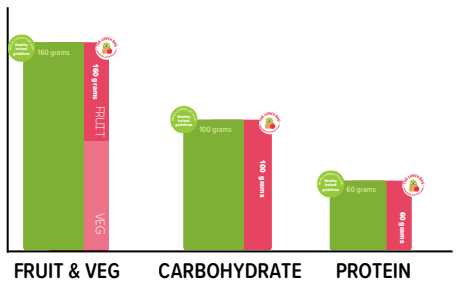
Carrots (30.8%) [Carrot (100%)]

NUTRI-SCORE (Per 100g)

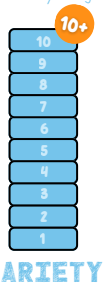
A B C D E

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(260g)
Energy (kJ)	418.72	1088.67
Energy (Kcal)	100.08	260.2
Fat (g)	3.36	8.74
Of which saturates (g)	0.51	1.32
Carbohydrates (g)	12.42	32.28
Of which sugars (g)	2.04	5.3
Fibre (g)	2.08	5.4
Protein (g)	4.42	11.48
Salt (g)	0.38	1

COTTAGE BAKE



Each portion is carefully balanced for children, following HI guidelines.

NUTRI-SCORE (Per 100g)

A | B | C | D | E

Contains Milk

INGREDIENTS

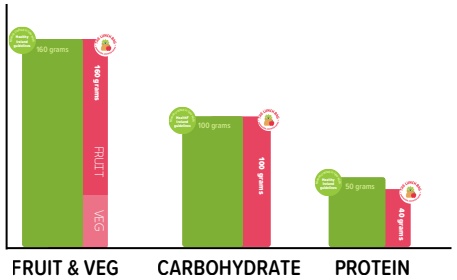
Willowbrook Mash (43.3%)	[White Potato, Water, Whole **Milk**, Salted Butter (Butter (**Milk**), Salt), Salt, Ground White Pepper]
Cottage Bake Mix (56.7%)	[Water, Beef Mince, Red Split Lentils, Carrot, Green Beans, Garden Peas, Modified Maize Starch, Sugar, Sweetcorn, Beef Stock (Water, Beef Bone, Tomato Paste, Onion, Carrot), Salt, Yeast Extract, Colour (Plain Caramel), Garlic Powder]

Our dietitian says...

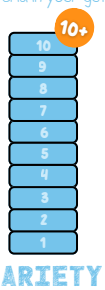
Served with our Irish-made mash, 6 different vegetables are added into the Cottage Bake. Lentils are added to the mince to increase the fibre content and the variety of plant-based foods in the dish. This also helps to reduce the saturated fat.

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(231g)
Energy (kJ)	358.18	827.4
Energy (Kcal)	85.58	197.7
Fat (g)	2.55	5.9
Of which saturates (g)	1.08	2.5
Carbohydrates (g)	10.35	23.9
Of which sugars (g)	1.43	3.3
Fibre (g)	1.47	3.4
Protein (g)	5.32	12.3
Salt (g)	0.48	1.1

FALAFEL STIR FRY



Falafel and peppers with sweet and sour sauce (all snuggled up on a bed of rice!)

NUTRI-SCORE (Per 100g)

A B C D E

INGREDIENTS

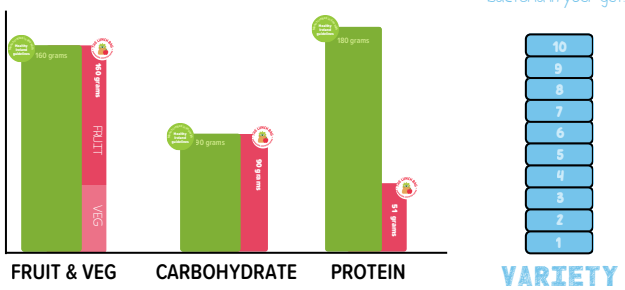
Contains Wheat (Gluten)

Rice (48.3%)	[Water, Long Grain Parboiled Rice]
Falafel (27.3%)	[Chickpeas, Vegetables (Courgette, Onion), **WHEAT** Flour, Vegetable Oils (Sunflower, Rapeseed), Water, Herbs, Cumin, Spices, Vinegar, Potato Starch, Preservative: Potassium Acetates; Salt, Lemon Juice, Raising Agent: Sodium Carbonates]
Sweet & Sour (17.7%)	[Water, Tomato Purée From Concentrate, Sugar, Pineapple Juice From Concentrate, Spirit Vinegar, Modified Maize Starch, Lemon Juice From Concentrate, Salt, Dried Garlic, Ginger Powder, Colour: Paprika Extract, Chilli Powder]
Mixed Peppers (6.7%)	[Green Pepper, Red Pepper, Yellow Pepper]

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON

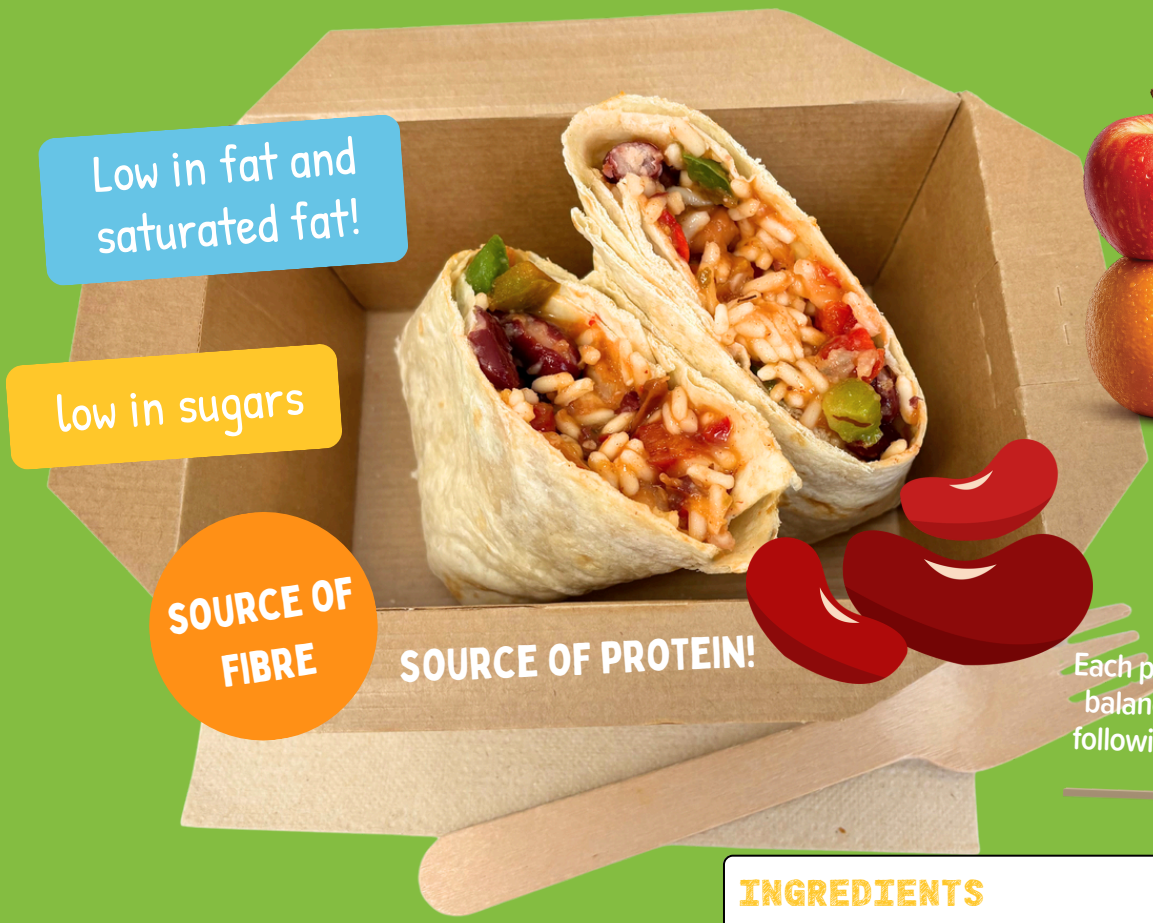
The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(184g)
Energy (kJ)	572.0	1052.7
Energy (Kcal)	136.7	251.6
Fat (g)	2.5	4.6
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	25.2	46.4
Of which sugars (g)	4.7	8.7
Fibre (g)	2.4	4.4
Protein (g)	3.2	5.9
Salt (g)	0.4	0.8

BBQ BEAN BURRITO



Low in fat and saturated fat!

Low in sugars

SOURCE OF FIBRE

SOURCE OF PROTEIN!

OFFERED WITH FRESH FRUIT

Find me in your classroom!

Each portion is carefully balanced for children, following HI guidelines.

NUTRI-SCORE (Per 100g)

A B C D E

INGREDIENTS

White Wrap (31.5%) [**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Guar Gum, Carboxymethylcellulose), Emulsifier (Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)]

Rice (18.6%) [Water, Long Grain Parboiled Rice]

Mixed Peppers (14.9%) [Green Pepper, Red Pepper, Yellow Pepper]

Pinto Beans (13.8%) [Pinto Beans, Water, Salt]

Red Kidney Beans (13.8%) [Red Kidney Beans, Water]

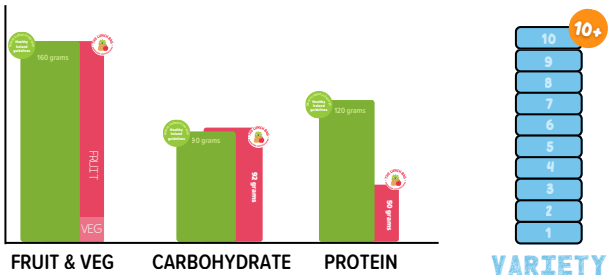
BBQ Sauce (7.5%) [Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Sugar, Water, Spirit Vinegar, Light **Soy** Sauce (Water, Salt, **Soybeans**, Sugar, **Wheat** Flour, Flavour Enhancers (Monosodium Glutamate, Disodium Guanylate), Tomato Paste, Modified Maize Starch, Salt, Black Pepper, Garlic Powder, Smoke Flavouring, Paprika Powder, Onion Powder, Cayenne Pepper, Oregano, Mixed Herbs (Marjoram, Parsley, Basil, Sage, Oregano, Thyme), Preservative (Potassium Sorbate)]

Contains Wheat (Gluten), Soya

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(174g)
Energy (kJ)	656.03	1141.5
Energy (Kcal)	156.78	272.8
Fat (g)	2.59	4.5
Of which saturates (g)	0.86	1.5
Carbohydrates (g)	27.47	47.8
Of which sugars (g)	3.22	5.6
Fibre (g)	3.51	6.1
Protein (g)	4.89	8.5
Salt (g)	0.92	1.6

VEGAN TACO TATER



NUTRI-SCORE (Per 100g)

A B C D E

No Added Allergens!

INGREDIENTS

Potato (37%) [Potato]

Tomato Sauce (25.9%) [Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]

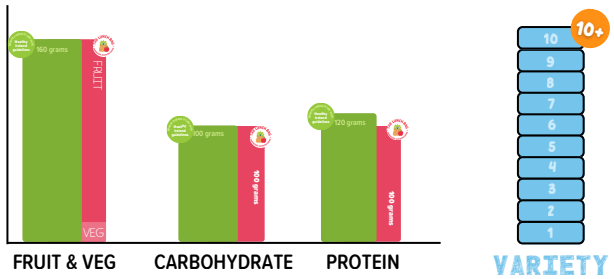
Lentils (18.5%) [Rehydrated Lentils, Water, Salt]

Chickpeas (18.5%) [Chick Peas, Water]

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(270g)
Energy (kJ)	311.3	840.6
Energy (Kcal)	74.4	200.9
Fat (g)	1.2	3.2
Of which saturates (g)	0.1	0.4
Carbohydrates (g)	11.9	32.2
Of which sugars (g)	2.7	7.4
Fibre (g)	3.1	8.5
Protein (g)	2.5	6.9
Salt (g)	0.3	0.9

BEAN SPUD

LOW IN FAT & SATURATED FAT

low in sugars too!

SOURCE OF PROTEIN



Source of Fibre!



OFFERED WITH FRESH FRUIT

Find me in your classroom!

Our spuds keep their skins – for a natural fibre boost!

Each portion is carefully balanced for children, following HI guidelines.

NUTRI-SCORE (Per 100g)

A | B | C | D | E

Our dietitian says...

Beans help us to meet Healthy Ireland's protein guidelines for children following a vegetarian diet.

No added allergens!

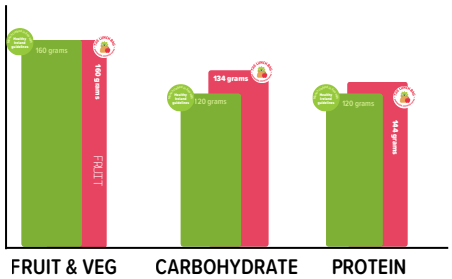
INGREDIENTS

Baked Beans (54.5%) [Haricot Beans, Water, Tomatoes, Sugar, Modified Maize Starch, Glucose Fructose Syrup, Salt, Onion Powder, Paprika, Flavouring]

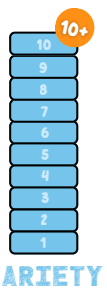
Potato (45.5%) [Potato]

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(220g)
Energy (kJ)	321.7	707.9
Energy (Kcal)	76.9	169.2
Fat (g)	0.9	2.0
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	12.0	26.4
Of which sugars (g)	3.0	6.7
Fibre (g)	3.8	8.3
Protein (g)	3.3	7.2
Salt (g)	0.4	0.83

CHICKEN CURRY



Low in fat and saturated fat!

14 different plant-based foods in our curry alone!

Low in sugar!

Specially crafted sauces PACKED with hidden veg!

High in Protein!

Each portion is carefully balanced for children, following HI guidelines.



OFFERED WITH FRESH FRUIT

Find me in your classroom!

Contains Milk

INGREDIENTS

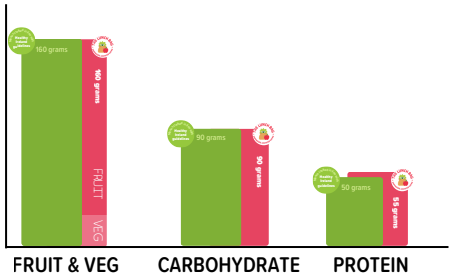
Rice (45%)	[Water, Long Grain Parboiled Rice]
Curry Sauce (27.5%)	[Water, Bell Peppers (9%), Pineapple Pieces (Pineapple (10%), Water, Sugar), Onion, Sugar, Spirit Vinegar, Cream (**MILK**), Carrot, Sunflower Oil, Modified Maize Starch, Concentrated Pineapple Juice, Salt, Yeast Extract (Yeast Extract, Salt), Garlic Powder, Flavour Enhancer: Monosodium Glutamate, Spices (Coriander, Cumin, Turmeric, Ginger, Cinnamon, Chilli, Fennel, Fenugreek), Whey Protein Concentrate (**MILK**), Lactose (**MILK**), Red Chillies, Acidity Regulators (Lactic Acid, Calcium Lactate), Colour: Curcumin, Preservative: Potassium Sorbate, Stabiliser: Guar Gum, Ground Bay, Pepper, Natural Flavouring]
Diced Chicken (27.5%)	[Chicken Breast, Water, Salt]

NUTRI-SCORE (Per 100g)

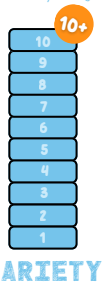
A B C D E

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(200g)
Energy (kJ)	506.7	1013.4
Energy (Kcal)	121.1	242.2
Fat (g)	1.85	3.7
Of which saturates (g)	0.6	1.2
Carbohydrates (g)	17.6	35.2
Of which sugars (g)	2.55	5.1
Fibre (g)	0.55	1.1
Protein (g)	9.2	18.4
Salt (g)	0.8	1.6

MEATBALL MUNCH



Each portion is carefully balanced for children, following HI guidelines.

NUTRI-SCORE (Per 100g)

A | B | C | D | E

Our dietitian says...

Our yummy tomato sauce is secretly packed with blended veggies including tomatoes and more. Every spoonful is bursting with goodness while keeping the veggies cleverly hidden!

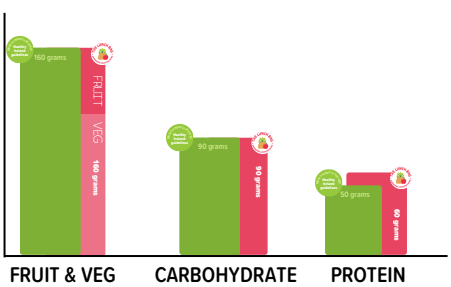
Contains Durum Wheat (Gluten)

INGREDIENTS

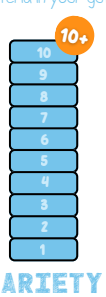
Tomato Sauce (44.4%)	[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]
Pasta (33.3%)	[Water, **WHEAT DURUM** Flour]
Meatball (22.2%)	[Pork And Beef, Water, Onion, Potato, Potato Flour, Salt, Potato Fiber, Spices]

Menus crafted in line with **Healthy Ireland guidelines**

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(270g)
Energy (kJ)	580.7	1567.7
Energy (Kcal)	138.8	374.7
Fat (g)	6.1	16.4
Of which saturates (g)	2.0	5.4
Carbohydrates (g)	16.8	45.3
Of which sugars (g)	4.0	10.7
Fibre (g)	2.0	5.4
Protein (g)	4.8	13.1
Salt (g)	0.6	1.5

BOLOGNESE BOWL

HIGH IN PROTEIN



HIDDEN LENTILS IN OUR MINCE DISHES FOR A FIBRE BOOST!



OFFERED WITH FRESH FRUIT
Find me in your classroom!

Each portion is carefully balanced for children, following HI guidelines.

NUTRI-SCORE (Per 100g)

A B C D E

INGREDIENTS

Culinary Group Bolognese (58.9%) [Water, Seasoned Minced Beef (Beef Meat (56%), Beef Fat, Water, **Wheat Gluten**, Rusk (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Onion, Salt, Citrus Fibre, Natural Flavoring, Black Pepper), Tomato, Red Split Lentils, Onion, Carrot, Red Pepper, Tomato Paste, Modified Maize Starch, Rapeseed Oil, Sugar, Salt, Garlic Puree]

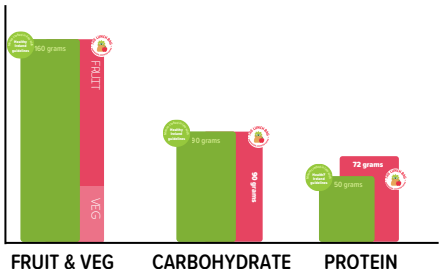
Pasta (41.1%) [Water, Durum **Wheat** Flour]

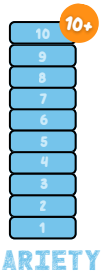
Contains Durum Wheat (Gluten)

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!





NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(219g)
Energy (kJ)	529.7	1160.06
Energy (Kcal)	126.6	277.3
Fat (g)	3.7	8.1
Of which saturates (g)	1	2.2
Carbohydrates (g)	16.9	37
Of which sugars (g)	1.8	3.9
Fibre (g)	1.1	2.5
Protein (g)	7.3	15.9
Salt (g)	0.7	1.5

CARBONARA KING





Each portion is carefully balanced for children, following HI guidelines.

NUTRI-SCORE (Per 100g)

A B C D E

Our dietitian says...

Our milk and white sauce are sources of dairy for strong, healthy bones. We combine chicken and ham pieces to provide a good source of protein. Our diced chicken is made from 100% chicken breast with no additives or preservatives. We're also working on an exciting Carbonara update – adding white beans for extra nutrition! Watch this space!

INGREDIENTS

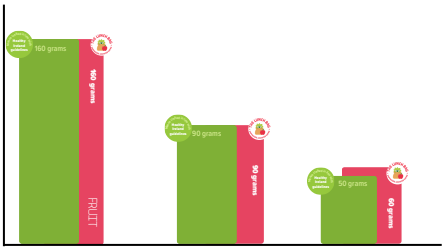
Contains Durum Wheat (Gluten) & Milk

Pasta (43.1%)	[Water, Durum **WHEAT** Flour]
White Sauce (24.9%)	[Irish Whole **MILK**, Irish Cream (**MILK**), Irish Salted Butter (**MILK**), Onion Purée (Onion, Salt), Maize Starch, Rapeseed Oil, Garlic Purée, Vegetable Bouillon (Yeast Extract, Salt, Maize Starch, Carrot Powder, Onion Powder, Parsley), Preservative: (Potassium Sorbate)]
Diced Chicken (20.6%)	[Chicken Breast Meat, Salt]
Pizza Ham (8.1%)	[Irish Pork, Water, Potato Starch, Salt (Contains Preservative Sodium Nitrite), Seasoning (Salt, Sugar, Stabiliser: Polyphosphate, Antioxidant: Sodium Erythrobate, Xanthan Gum, Spice Extracts)]
Milk (3.3%)	[**MILK**]

Menus crafted in line with **Healthy Ireland guidelines**

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!





NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(215g)
Energy (kJ)	708	1522.2
Energy (Kcal)	169.21	363.8
Fat (g)	4.93	10.6
Of which saturates (g)	2.28	4.9
Carbohydrates (g)	15.95	34.3
Of which sugars (g)	1.49	3.2
Fibre (g)	0.88	1.9
Protein (g)	10.51	22.6
Salt (g)	0.51	1.1

PESTO CHICKEN PASTA





OFFERED WITH **FRESH FRUIT**
Find me in your classroom!

Each portion is carefully balanced for children, following HI guidelines.



NUTRI-SCORE (Per 100g)

A	B	C	D	E

Contains Durum Wheat (Gluten) & Milk

INGREDIENTS

Pasta (59.6%) [Water, Durum **Wheat** Flour]

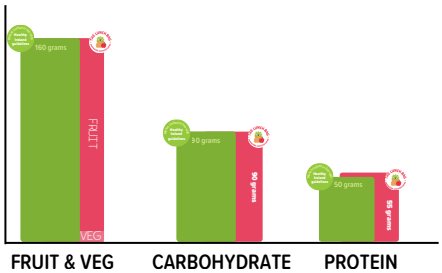
Diced Chicken (36.4%) [Chicken Breast Meat, Salt]

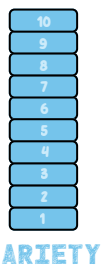
Green Pesto (4%) [Water, Basil, Extra Virgin Olive Oil, Parsley, Parmesan Cheese (**MILK**) Garlic Puree, White Cheddar Cheese (**MILK**), Lemon Juice, Cheese Powder (Cheese Powder (**MILK**), Whey Powder (**MILK**), Cornflour, Salt, Thickener (Xanthan Gum), White Pepper]

Menus crafted in line with **Healthy Ireland guidelines**

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!





NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(150g)
Energy (kJ)	609.93	914.9
Energy (Kcal)	145.8	218.7
Fat (g)	1.93	2.9
Of which saturates (g)	0.67	1
Carbohydrates (g)	19.27	28.9
Of which sugars (g)	0.4	0.6
Fibre (g)	1.4	2.1
Protein (g)	13.67	20.5
Salt (g)	0.33	0.5

CHICKEN CURRY WRAP



Each portion is carefully balanced for children, following HI guidelines.

Contains Wheat (Gluten) & Milk

NUTRI-SCORE (Per 100g)

A | B | C | D | E

Our dietitian says...

Our diced chicken is made from chicken breast with no additives or preservatives. Our curry is full of flavour and goodness, made with bell peppers, pineapple, and more! We offer both rice and wrap options to give children variety in their carbohydrate options.

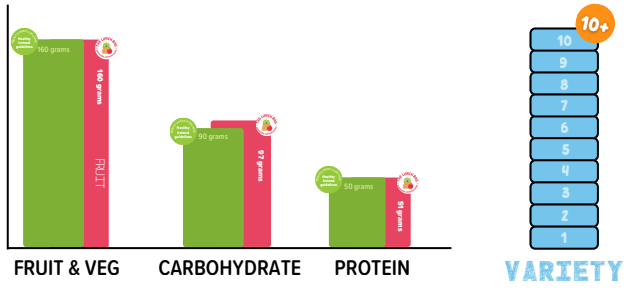
INGREDIENTS

White Wrap (31.8%)	[**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Guar Gum, Carboxymethylcellulose), Emulsifier (Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)]
Diced Chicken (29.5%)	[Chicken Breast Meat, Salt]
Rice (24.3%)	[Water, Long Grain Parboiled Rice]
Curry Sauce (11.6%)	[Water, Bell Peppers (9%), Pineapple Pieces (Pineapple (10%), Water, Sugar), Onion, Sugar, Spirit Vinegar, Cream (**MILK**), Carrot, Sunflower Oil, Modified Maize Starch, Concentrated Pineapple Juice, Salt, Yeast Extract (Yeast Extract, Salt), Garlic Powder, Flavour Enhancer: Monosodium Glutamate, Spices (Coriander, Cumin, Turmeric, Ginger, Cinnamon, Chilli, Fennel, Fenugreek), Whey Protein Concentrate (**MILK**), Lactose (**MILK**), Red Chillies, Acidity Regulators (Lactic Acid, Calcium Lactate), Colour: Curcumin, Preservative: Potassium Sorbate, Stabiliser: Guar Gum, Ground Bay, Pepper, Natural Flavouring]
Water (2.8%)	[Water]

Menus crafted in line with **Healthy Ireland guidelines**

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(165g)
Energy (kJ)	747.64	1233.61
Energy (Kcal)	178.69	294.84
Fat (g)	3.58	5.9
Of which saturates (g)	1.33	2.2
Carbohydrates (g)	23.98	39.56
Of which sugars (g)	1.5	2.48
Fibre (g)	1.45	2.4
Protein (g)	12.24	20.2
Salt (g)	1.06	1.75

MEXICAN WRAP

Dairy boost

High in Protein!



OFFERED WITH FRESH FRUIT
Find me in your classroom!

Specially crafted sauces PACKED with hidden veg!

Each portion is carefully balanced for children, following HI guidelines.

NUTRI-SCORE (Per 100g)

A | B | C | D | E

Contains Wheat (Gluten) & Milk

INGREDIENTS

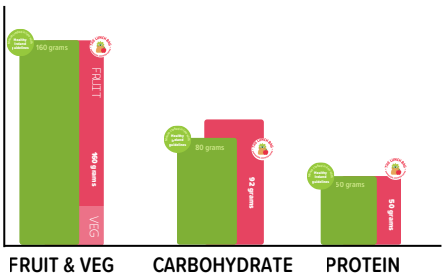
White Wrap (30.7%)	[**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Guar Gum, Carboxymethylcellulose), Emulsifier (Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)]
Diced Chicken (24.6%)	[Chicken Breast Meat, Salt]
Rice (20.7%)	[Water, Long Grain Parboiled Rice]
Tomato Sauce (16.2%)	[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]
Mixed Peppers (3.9%)	[Green Pepper, Red Pepper, Yellow Pepper]
Shredded Cheese Mix (3.4%)	[Mexican Mix (Red Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet, Annatto Norbixin, White Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Dubliner (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, **MILK** Protein, Modified Potato Starch, Salt, Emulsifying Salts, Potato Starch]
Spice Mix (0.56%)	[Spices And Herbs (Paprika, Chilli Pepper, Coriander, Turmeric, Black Pepper, Fenugreek, Cumin, Oregano, Fennel, Rosemary), Onion, Salt, Yeast Extract, Lemon Juice Powder, Sugar, Garlic, Cayenne Pepper, Anti Caking Agent (Silicon Dioxide)]

Our dietitian says...

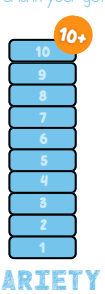
We use a special tomato sauce that's packed with blended veggies like tomatoes. Cheese is added for extra dairy to help support healthy bones. Colourful green, yellow and red peppers add texture, while spices bring natural colour and flavour to the dish.

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(170g)
Energy (kJ)	773.12	1314.3
Energy (Kcal)	184.76	314.1
Fat (g)	4.71	8
Of which saturates (g)	2.06	3.5
Carbohydrates (g)	23	39.1
Of which sugars (g)	1.94	3.29
Fibre (g)	1.82	3.1
Protein (g)	11.94	20.3
Salt (g)	0.94	1.6

SWEET CHILLI CHICKEN WRAP

High in Protein!



Each portion is carefully balanced for children, following HI guidelines.



OFFERED WITH FRESH FRUIT

Find me in your classroom!

Contains Milk & Wheat (Gluten)

INGREDIENTS

White Wrap (40.7%)	[**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Guar Gum, Carboxymethylcellulose), Emulsifier (Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)]
Diced Chicken (38.2%)	[Chicken Breast Meat, Salt]
Sweet Chilli Sauce (10.3%)	[Sugar, Water, Pickled Red Chilli, Vinegar, Garlic, Salt, Stabilizer: Xanthan Gum]
Mixed Peppers (6.4%)	[Green Pepper, Red Pepper, Yellow Pepper]
Shredded Cheese Mix (4.4%)	[Mexican Mix (Red Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet, Colour (Annatto Norbixin), White Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Dubliner (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, **MILK** Protein, Modified Potato Starch, Salt, Emulsifying Salts, Colour (Annatto Norbixin)), Potato Starch]

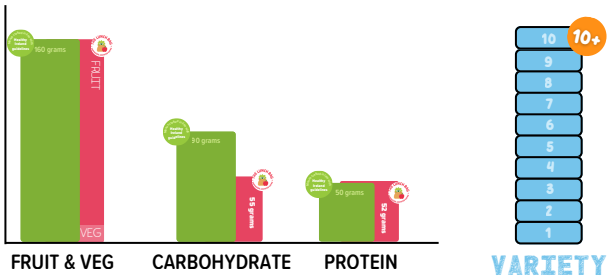
NUTRI-SCORE (Per 100g)

A B C D E

with an orange!

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(137g)
Energy (kJ)	896.57	1228.3
Energy (Kcal)	214.31	293.6
Fat (g)	5.26	7.2
Of which saturates (g)	2.48	3.4
Carbohydrates (g)	27.3	37.4
Of which sugars (g)	6.64	9.1
Fibre (g)	1.61	2.2
Protein (g)	13.36	18.3
Salt (g)	1.16	1.59

CHICKEN MELT

HIGH IN PROTEIN!

Dairy boost



LOW IN SUGAR

Specially crafted sauces PACKED with hidden veg!

OFFERED WITH FRESH FRUIT

Find me in your classroom!

Each portion is carefully balanced for children, following HI guidelines.

Contains Wheat (Gluten) & Milk

INGREDIENTS

Baguette (37%)	[**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, **Wheat**), Water, Rapeseed Oil, Sugar, Yeast, Salt, **Wheat** Gluten, **Wheat** Bran, Emulsifiers (Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids), Palm Fat, Flavouring, Colour (Beta Carotene), Antioxidant (Ascorbic Acid), Starter Culture]
Chicken (25.9%)	[Chicken Inner Fillet, Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers (E331, E500)]
Shredded Cheese Mix (23.7%)	[Mexican Mix (Red Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet, Annatto Norbixin, White Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Dubliner (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, **MILK** Protein, Modified Potato Starch, Salt, Emulsifying Salts, Potato Starch]
Tomato Sauce (13.3%)	[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]

NUTRI-SCORE (Per 100g)

A B C D E

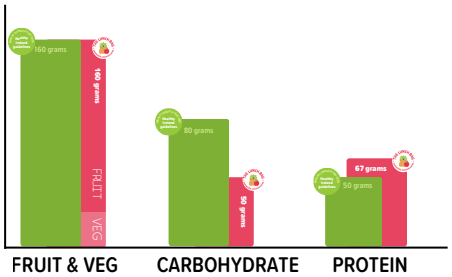
with an apple and orange!

Our dietitian says...

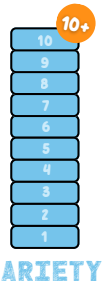
We use a wholegrain ciabatta, which is the equivalent of 2 slices of wholegrain bread to add more fibre. Our hidden vegetable sauce contains tomatoes and more!

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



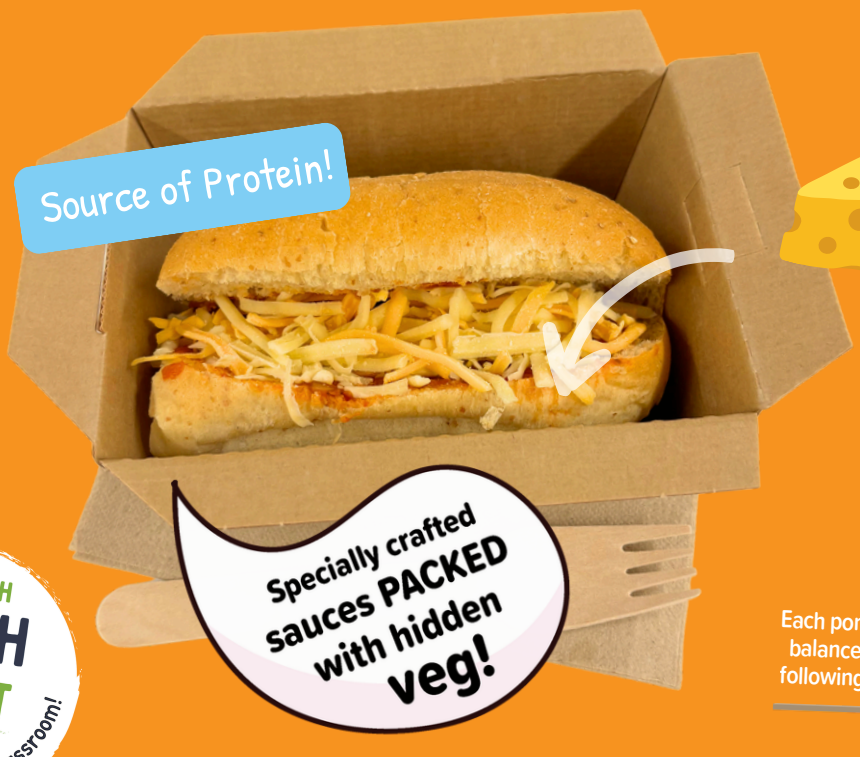
The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(135g)
Energy (kJ)	918.8	1240.6
Energy (Kcal)	219.6	296.5
Fat (g)	8.3	11.2
Of which saturates (g)	4.3	5.8
Carbohydrates (g)	21.4	28.9
Of which sugars (g)	3.1	4.2
Fibre (g)	1.6	2.2
Protein (g)	15.1	20.4
Salt (g)	1.1	1.5

CHEDDAR ROLL





OFFERED WITH FRESH FRUIT
Find me in your classroom!

Each portion is carefully balanced for children, following HI guidelines.

NUTRI-SCORE (Per 100g)

A | B | C | D | E

with an apple and orange!

Our dietitian says...

We use a wholegrain ciabatta, which is the equivalent of 2 slices of wholegrain bread to add more fibre. We add 25g of Cheese to ensure we meet Healthy Ireland Guidelines for protein for children who follow a vegetarian diet. Our hidden vegetable tomato sauce contains tomatoes and more! Cheese is added on top to increase the dairy content - needed to support healthy bones.

Contains Wheat (Gluten) & Milk

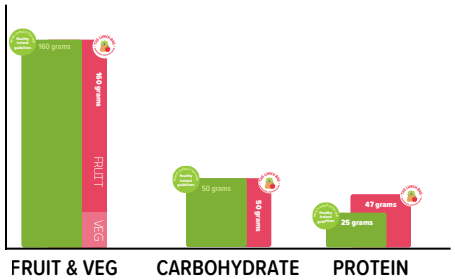
INGREDIENTS

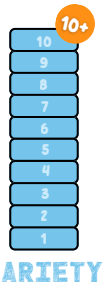
Baguette (50%)	[**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, **Wheat**), Water, Rapeseed Oil, Sugar, Yeast, Salt, **Wheat** Gluten, Wheat Bran, Emulsifiers (Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids), Palm Fat, Flavouring, Colour (Beta Carotene), Antioxidant (Ascorbic Acid), Starter Culture]
Shredded Cheese Mix (32%)	[Mexican Mix (Red Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet, Annatto Norbixin, White Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Dubliner (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, **MILK** Protein, Modified Potato Starch, Salt, Emulsifying Salts, Potato Starch]
Tomato Sauce (18%)	[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!





NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(100g)
Energy (kJ)	1076.5	**1076.5**
Energy (Kcal)	257.3	**257.3**
Fat (g)	10.8	**10.8**
Of which saturates (g)	5.7	**5.7**
Carbohydrates (g)	28.1	**28.1**
Of which sugars (g)	3.6	**3.6**
Fibre (g)	2.2	**2.2**
Protein (g)	12.5	**12.5**
Salt (g)	1.2	**1.2**

MEATBALL SUB



Low in sugars

SOURCE OF PROTEIN!

Each portion is carefully balanced for children, following HI guidelines.



OFFERED WITH FRESH FRUIT

Find me in your classroom!

NUTRI-SCORE (Per 100g)

A B C D E

INGREDIENTS

Meatball (46.2%) [Pork And Beef, Water, Onion, Potato, Potato Flour, Salt, Potato Fiber, Spices]

Baguette (38.5%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, **Wheat**), Water, Rapeseed Oil, Sugar, Yeast, Salt, **Wheat Gluten**, **Wheat** Bran, Emulsifiers (Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids), Palm Fat, Flavouring, Colour (Beta Carotene), Antioxidant (Ascorbic Acid), Starter Culture]

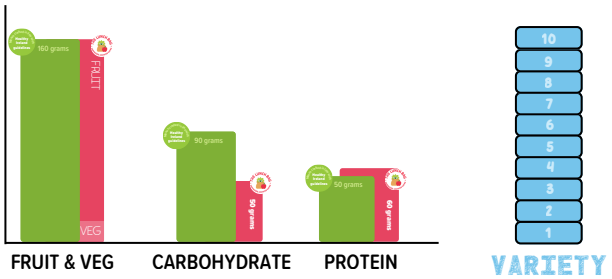
Tomato Sauce (15.4%) [Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]

Contains Wheat (Gluten)

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(130g)
Energy (kJ)	940.1	1222.1
Energy (Kcal)	224.7	292.1
Fat (g)	10.9	14.2
Of which saturates (g)	4.1	5.4
Carbohydrates (g)	24.6	32.0
Of which sugars (g)	3.1	4.0
Fibre (g)	1.7	2.2
Protein (g)	8.0	10.3
Salt (g)	1.2	1.6

CHARGRILLED CHICKEN



OFFERED WITH FRESH FRUIT
Find me in your classroom!

Each portion is carefully balanced for children, following HI guidelines.

NUTRI-SCORE (Per 100g)

A | B | C | D | E

No Added Allergens!

INGREDIENTS

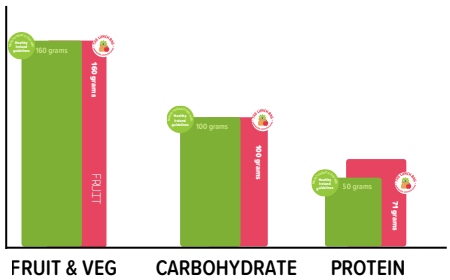
Potato Wedges (58.5%)	[Potatoes, Sunflower Oil, Seasoning (Spices, Sea Salt, Corn Starch, Smoked Paprika (Paprika, Smoke)]
Chicken (41.5%)	[Chicken Inner Fillet, Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers (Sodium Citrate, Sodium Carbonate)]

Our dietitian says...

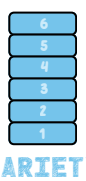
Our potato wedges are baked, not fried and are tastefully seasoned with natural spices!

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



VARIETY

NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(171g)
Energy (kJ)	449	767.8
Energy (Kcal)	107.3	183.5
Fat (g)	2.1	3.7
Of which saturates (g)	0.4	0.6
Carbohydrates (g)	10.8	18.5
Of which sugars (g)	0.8	1.3
Fibre (g)	0.8	1.4
Protein (g)	10.6	18.1
Salt (g)	0.5	0.9

HEALTHY GOUJONS



NUTRI-SCORE (Per 100g)

A B C D E

Contains Wheat (Gluten)

INGREDIENTS

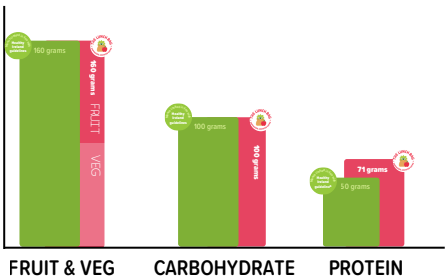
Potato Wedges (39.8%)	[Potatoes, Sunflower Oil, Seasoning (Spices, Sea Salt, Corn Starch, Smoked Paprika (Paprika, Smoke)]
Broccoli (31.9%)	Broccoli
Chicken Goujon (28.3%)	[Chicken Breast (57%), **WHEAT** Flour (**WHEAT** Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, **WHEAT** Gluten, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (Ammonium Bicarbonate), Colour (Paprika Extract]

Our dietitian says...

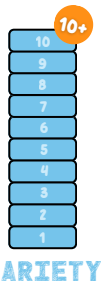
Our low-fat, oven-baked chicken goujons are coated in wholegrain breadcrumbs. Oven baking keeps the fat content low without compromising on taste!

Menus crafted in line with **Healthy Ireland guidelines**

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(251g)
Energy (kJ)	437	1097
Energy (Kcal)	104	260
Fat (g)	2.2	5.6
Of which saturates (g)	0.3	0.7
Carbohydrates (g)	13	33
Of which sugars (g)	0.8	2
Fibre (g)	2.2	5.4
Protein (g)	6.6	17
Salt (g)	0.31	0.78

CHICKEN TIKKA BOX





OFFERED WITH FRESH FRUIT
Find me in your classroom!

Each portion is carefully balanced for children, following HI guidelines.

NUTRI-SCORE (Per 100g)

A B C D E

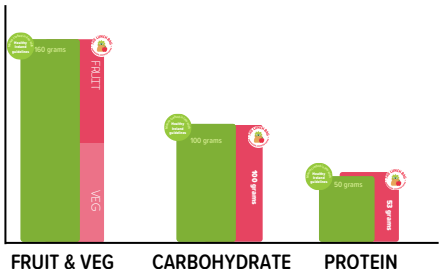
INGREDIENTS

Contains Milk

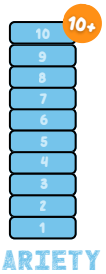
- Potato Wedges (38.8%) [Potatoes, Sunflower Oil, Seasoning (Spices, Sea Salt, Corn Starch, Smoked Paprika (Paprika, Smoke))]
- Diced Chicken (20.5%) [Chicken Breast Meat, Salt]
- Mixed Peppers (20.5%) [Green Pepper, Red Pepper, Yellow Pepper]
- Tomato Sauce (16.3%) [Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]
- Yoghurt (3.1%) [Whole **Milk**, Skim **Milk** Powder, Stabiliser (Modified Maize Starch), Lactic Cultures, Preservative (Potassium Sorbate)]
- Tikka Sauce (0.78%) [Spices (Cumin, Coriander, Ginger, Turmeric, Cardamom, Black Pepper, Cinnamon, Cloves, Cayenne Pepper), Salt, Paprika, Tomato, Sugar, Onion, Coriander Leaf, Anti Caking Agent (Silicon Dioxide), Natural Flavouring]

Menus crafted in line with Healthy Ireland guidelines

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(263g)
Energy (kJ)	374.79	985.7
Energy (Kcal)	89.58	235.6
Fat (g)	2.09	5.5
Of which saturates (g)	0.51	1.33
Carbohydrates (g)	9.81	25.8
Of which sugars (g)	2.47	6.5
Fibre (g)	1.6	4.2
Protein (g)	6.88	18.1
Salt (g)	0.49	1.29

VEG PIZZA



Our dietitian says...

We use low-fat cheese and a wholegrain base (the equivalent of two slices of wholegrain bread!) to maximise fibre. Our specially formulated tomato sauce is packed with tomatoes!

NUTRI-SCORE (Per 100g)

A **B** C D E

INGREDIENTS

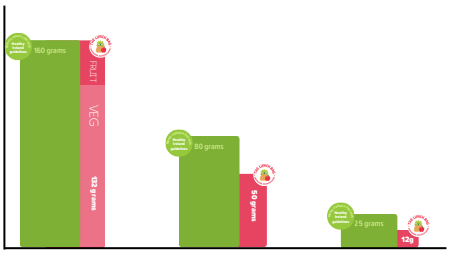
Contains Wheat (Gluten) & Milk

Corn (69.1%) [Corn On The Cob]

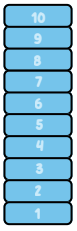
Pizza (30.9%) [Whole **WHEAT** Flour, Mozzarella Cheese (**MILK**) (**MILK**, Salt, Microbial Rennet), Tomato Puree, Water, Extra Virgin Olive Oil, Olive Oil, Salt, Yeast, Oregano, Sugar]

Menus crafted in line with **Healthy Ireland guidelines**

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



VARIETY

NUTRITIONAL INFORMATION

PER 100G & PER PORTION	(100g)	(162g)
Energy (kJ)	502.2	**813.6**
Energy (Kcal)	120.0	**194.5**
Fat (g)	3.3	**5.4**
Of which saturates (g)	1.2	**1.9**
Carbohydrates (g)	17.0	**27.6**
Of which sugars (g)	1.4	**2.2**
Fibre (g)	0.4	**0.6**
Protein (g)	5.1	**8.2**
Salt (g)	0.6	**0.9**



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