

OUR MEALS EXPLAINED

fresh^{to}day

HEALTHY SCHOOL MEALS

SCHOOL MENU

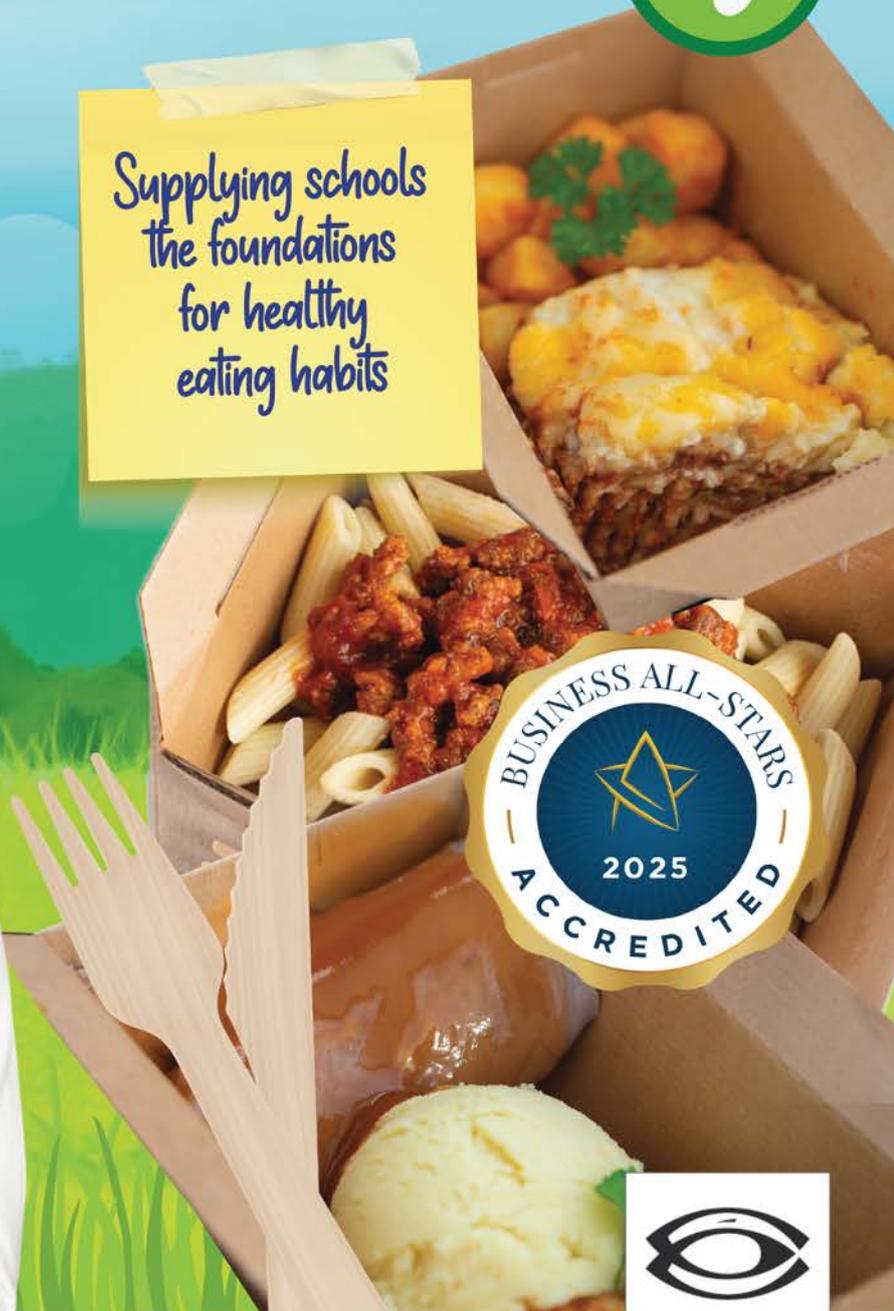
Designed by CORU Registered Dietitian
Dr. Sarah Keogh from the Eatwell Clinic.



Dr. Sarah Keogh



Supplying schools
the foundations
for healthy
eating habits




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



FOOD SAFETY
ISO 22000:2018
NSAI Certified



NATIONAL QMARK
FINALIST 2019
TOP 6% OF AUDITS NATIONALLY



Guaranteed Irish
All together better



FOOD SAFETY
ISO 22000:2018
NSAI Certified



Business funding recycling



hi
Healthy Ireland



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

freshtoday
HEALTHY SCHOOL MEALS

Official intro

Developing healthy, nutritious, meals for children is essential. We are delighted to work with two CORU Registered Dietitians in developing all of our menus. We have based our meals on the Healthy Ireland Nutrition Standards for Hot School Meals and on the European Food Safety Authority (EFSA) and the Food Safety Authority of Ireland's (FSAI) nutrition recommendations for children. These are the nutrient guidelines the FSAI used in their recent report on benchmarking the nutrient content of children's meals sold in the foodservice sector (FSAI 2025).

These guidelines give limits for nutrients such as fat, salt, sugar and saturated fat for children. Working with our food team and our CORU Registered Dietitians, we have innovated to develop balanced, healthy, options for children's Hot School Meals. We have strict limits on the amounts of sugar, salt and saturated fat permitted in our meals and these are balanced to an upper limit of one third of the total daily recommendations.

We have developed healthier varieties of familiar favourites including a low-fat chicken goujon and healthier sausages. You can read the nutrition information for these foods, and all of our meals, below. We offer every child a selection of fresh fruit with their meals every day and we include as many different types of vegetables as we can. We will continue to innovate with our meals and ingredients to supply children with the healthy, balanced, nutrition they need to learn and grow.

Dr. Sarah Keogh

Independent CORU
Registered Dietitian,
Dr. Sarah Keogh from the
Eatwell Clinic.

www.freshtoday.ie

Smart Nutrition for Growing Minds

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 EFSA's 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

Transparency is our middle name!

At Freshtoday, 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...

OUR USPS

- Low in salt & saturated fat
- Offered with fresh fruit
- Hidden lentils in our mince dishes for a mega fibre boost!
- Sauce BURSTING with pulsed tomatoes!
- Each portion is carefully balanced for children, following HI guidelines.

HEALTHY IRELAND COMPARISON

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

Category	Score
FRUIT & VEG	10
CARBOHYDRATE	8
PROTEIN	7

NUTRI-SCORES

Our hidden veggie tomato sauce is packed with tomatoes, onions, spring onions, peppers, garlic. We add lentils to the mince to boost fibre, in variety, and naturally reduce saturated fat - kids noticing a thing!

Our dietitian says...

NUTRI-SCORE (Per 100g)

A B C D E

INGREDIENTS

- Tomato Sauce (39.3%)
- Pasta (33.1%)
- Mince (18.4%)
- Lentils (9.2%)

INGREDIENT LISTS

NUTRITIONAL INFORMATION

PER PORTION	(272g)
Energy (kJ)	1582.85
Energy (Kcal)	378.31
Fat (g)	14.96
Of which saturates (g)	2.08
Carbohydrates (g)	39.17
Of which sugars (g)	5.46
Fibre (g)	4.6
Protein (g)	23
Salt (g)	

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!

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:

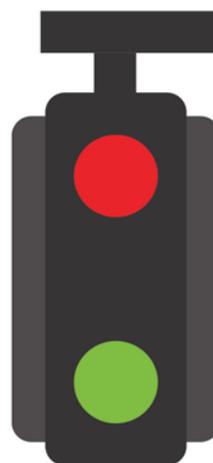
- 1.6g or less
- 1.7g or more

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!



CHICKEN GOUJONS

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

- ★ 100% chicken breast
- ★ low in fat and saturated fat (reduced by 79%)
- ★ low in sugar (reduced by 40%)
- ★ reduced salt by 14%
- ★ baked and never fried
- ★ has fewer calories (from 253 kcal per 100g to 161kcal)



SAUSAGES

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

- ★ supplied by a Bord Bia approved supplier using only Irish pork
- ★ is steam cooked
- ★ is free from MSG, phosphates and preservatives
- ★ comes in a seaweed (alginate) casing
- ★ is fully sustainable!



VEG PIZZA

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

- ★ has a wholegrain base (equivalent to two slices of wholegrain bread)
- ★ has a hidden veg tomato sauce
- ★ is served with corn on the cob on the side
- ★ is topped with low-fat cheese

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



ALL FULLY COMPLIANT!

Free Fresh Fruit!

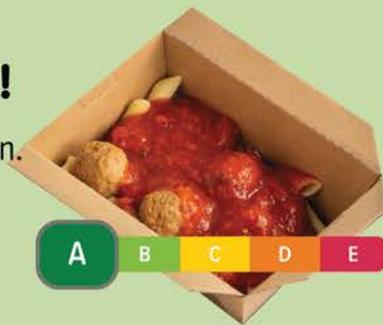
MAKING EVERY MEAL FULLY COMPLIANT!

We offer free classroom fruit bowls to all FreshToday 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.

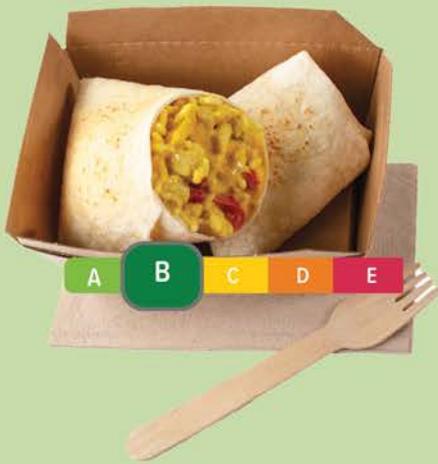
WHAT DOES THIS MEAN FOR MEALS?

● 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!



= Extra nutrient boost!



= Fully compliant

● 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. Fully compliant.

No matter what option is chosen, with the addition of free fresh fruit, every FreshToday 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, 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 giant reusable sauce containers to compostable and recyclable packaging, we think about every detail. We even consider the carbon footprint of all our meals! 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!



OUR DAILY MENU

SAMPLE MENU

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

MONDAY

- Chargrilled Chicken and Potato cubes with veg
- Chicken Tenders, Potato Cubes with Veg
- Margherita Pizza with Corn on the Cob
- Chicken Carbonara King
- Pork Meatballs with Pasta & Tomato Sauce
- Cheesy BBQ Chicken Jacket Potato
- Roast Chicken, Baby Potato with Veg

- Pork Bangers, Mash with Veg
- Roast Beef Mash with Gravy & Green Beans
- Vegetable-Infused Chicken Curry with Rice
- Bombay Curry Chicken Wrap
- Classic Cheddar Melt with Tomato sauce
- Toasted Chicken & Cheese Melt
- Vegan Sausages, Baby Potato with veg

TUESDAY

- Chargrilled Chicken, Potato cubes with veg
- Chicken Tenders, Potato Cubes with Veg
- Homemade Lasagne with Potato Cubes
- Margherita Pizza with Corn on the Cob
- Chicken Carbonara King
- Pork Meatballs with Pasta & Tomato Sauce
- Chicken Tikka Box with Sweet Peppers

- Roast Ham, Baby Potato with Veg
- Chargrilled Chicken Fillet, Mash, Gravy & Veg
- Vegetable-Infused Chicken Curry with Rice
- Bombay Curry Chicken Wrap
- Classic Cheddar Melt with Tomato sauce
- Toasted Chicken & Cheese Melt
- Italian Pasta in Rich Tomato Sauce



WEDNESDAY

- Mediterranean Chicken Paella
- Chargrilled Chicken, Potato cubes with veg
- Chicken Tenders, Potato Cubes with Veg
- Margherita Pizza with Corn on the Cob
- Hearty Penne Pasta Bolognese
- Pork Meatballs with Pasta & Tomato Sauce
- Cheesy Bean Jacket Potato
- Roast Chicken, Baby Potato with Veg
- Classic Shepherd's Pie with diced carrot & swede
- Vegetable-Infused Chicken Curry with Rice
- Bombay Curry Chicken Wrap
- Classic Cheddar Melt with Tomato sauce
- Toasted Chicken & Cheese Melt
- Italian Pasta in Rich Tomato Sauce



THURSDAY

- Mediterranean Chicken Paella
- Chargrilled Chicken, Potato cubes with veg
- Chicken Tenders, Potato Cubes with Veg
- Margherita Pizza with Corn on the Cob
- Hearty Penne Pasta Bolognese
- Pork Meatballs with Pasta & Tomato Sauce
- Chicken Tikka Box with Sweet Peppers
- Roast Ham, Baby Potato with Veg
- Chargrilled Chicken Fillet with Mash, Gravy & Veg
- Vegetable-Infused Chicken Curry with Rice
- Mexican Chicken Wrap
- Classic Cheddar Melt with Tomato sauce
- Toasted Chicken & Cheese Melt
- Vegan Sausages, Baby Potato with veg

FRIDAY

- Mediterranean Chicken Paella
- Chargrilled Chicken and Potato cubes with veg
- Margherita Pizza with Corn on the Cob
- Hearty Penne Pasta Bolognese
- Pork Meatballs with Pasta & Tomato Sauce
- Cheesy BBQ Chicken Jacket Potato
- Roast Chicken, Baby Potato with Veg
- Pork Bangers, Mash with Veg
- Fish fillet, Mash with Peas & Sweetcorn
- Vegetable-Infused Chicken Curry with Rice
- Mexican Chicken Wrap
- Classic Cheddar Melt with Tomato sauce
- Toasted Chicken & Cheese Melt
- Vegan Bean Chilli with Rice



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

OUR MEALS EXPLAINED

References:

EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA); Scientific Opinion on Dietary Reference Values for carbohydrates and dietary fibre. EFSA Journal 2010; 8(3):1462 [77 pp.]. doi: 10.2903/j.efsa.2010.1462.

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fresh  **day**
HEALTHY SCHOOL MEALS



HEARTY PENNE PASTA BOLOGNESE



INGREDIENTS

Bolognese Sauce (39%)	[Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]
Pasta (38%)	[Water (61%), Drum WHEAT Flour (39%)]
Mince (15%)	[Beef (95%), Potato Starch, Salt]
Lentils (8%)	[Rehydrated Lentils, Water, Salt]



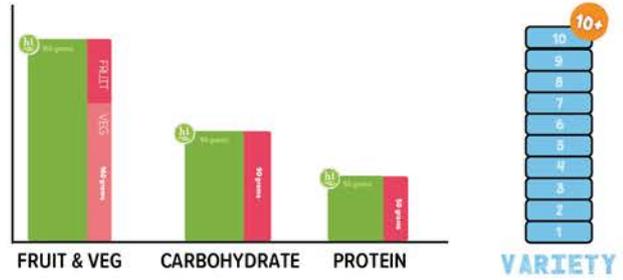
Our dietitian says...

Our hidden veggie tomato sauce is packed with goodness: tomatoes, onions, spring onions, peppers, garlic, and thyme. We add lentils to the mince to boost fibre, increase plant variety, and naturally reduce saturated fat - all without the kids noticing a thing!



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(261g)
Energy (kJ)	1424
Energy (Kcal)	338
Fat (g)	8.5
Of which saturates (g)	2.9
Carbohydrates (g)	46
Of which sugars (g)	9.2
Fibre (g)	5
Protein (g)	17
Salt (g)	1.6

HOMEMADE LASAGNE WITH POTATO CUBES

100% IRISH BEEF

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

Offered with fresh fruit
Find me in your classroom

HIGH IN PROTEIN!

Contains MILK & WHEAT (GLUTEN)

NUTRI-SCORE (Per 100g)

A

B

C

D

E

INGREDIENTS

Beef Lasagne (64%)

Bolognese Sauce NEW (65.4%) [Chopped Tomatoes (43.4%), Beef, Mince, (29.3%), Water (10.8%), Diced Onions (10.8%), Tomato Paste (10.8%) (Tomato), Wheat Flour, White, Plain (2.2%), Garlic (1.1%), Salt (0.43%), Sugar (0.43%), Mixed Herbs, Dried (0.33%), Beef (0.22%) | Beef Stock 50% (Beef Bones, Water, Salt), Yeast Extract (Yeast Extract, Salt), Water, Salt]], Nugent Foods White Sauce NEW (27.6%) [Water (85%), Wheat Flour, White, Plain (9.9%), Whole Milk Powder (5.7%) (Whole Milk), Butter (1.4%), Milk (Milk), Salt (0.57%), Corn Flour (0.28%), Beef (0.28%) | Beef Stock 50% (Beef Bones, Water, Salt), Yeast Extract (Yeast Extract, Salt), Water, Salt]], Lasagne Sheets (8.5%) | 100% Drum Wheat Semolina (Wheat)], Grated Cheese (Milk) (98% Mild Cheddar Contains Lactose (Milk) 2% Potato Starch]]

Potato Cubes (36%)

[Potato (98.1%), Salt, Potato Starch, Vegetables (Paprika, Garlic, Onion), Spices, Sugar, Maltodextrin, Sunflower Oil]

Our dietitian says...

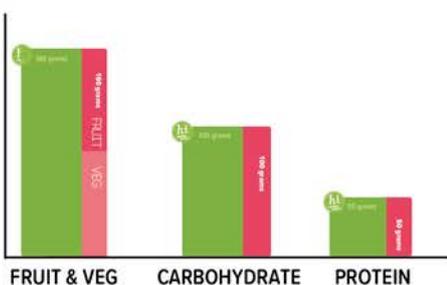
A classic favourite made with tender Irish beef, slow-cooked tomato sauce, and creamy béchamel, topped with bubbling cheddar. Paired with golden, seasoned potato cubes, it's a wholesome and comforting meal every student will enjoy!

hi

Healthy Ireland

HEALTHY IRELAND COMPARISON

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



VARIETY

NUTRITIONAL INFORMATION

PER PORTION

(280g)

Energy (kJ)	1335
Energy (Kcal)	317
Fat (g)	8.1
Of which saturates (g)	4
Carbohydrates (g)	40
Of which sugars (g)	6.5
Fibre (g)	1.6
Protein (g)	20
Salt (g)	2.1

PORK BANGERS, MASH WITH PEAS, DICED CARROT & SWEDE

(With Gravy)



Find me in your classroom!

Offered with fresh fruit

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

Contains MILK & Wheat (GLUTEN)

NUTRI-SCORE (Per 100g)

A B C D E

FreshToday sausages are made with Irish pork and a clever seaweed-based casing (Don't worry, the kids will never know!). Served with our mashed potato, which is lower in salt, fat, and saturated fat than standard mash - thanks to the innovation and care of our amazing producers!

Our dietitian says...

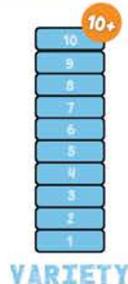
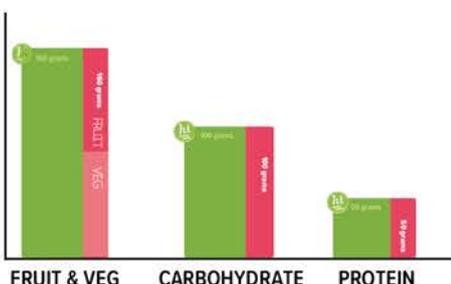
INGREDIENTS

Mashed Potatoes (38%)	[73% Potatoes, Whey (Milk) Permeate (Milk), 8, 8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract]
Sausage (17%)	[Pork (60%), Water, Wheat Flour (Wheat), Calcium Carbonate, Iron, Niacin, Thiamin, Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts Filled Into Alginate Casing]
Gravy (15%)	[Water, Gravy Mix (modified Starch, Milled Corn, Yeast Extracts, Salt, Maltodextrin, Tomato Powder, Colour (plain Caramel), Sugar, Flavourings, Rice Flour, Onion Powder, Rapeseed Oil, Acidity Regulator (citric Acid), Beef Extract, Black Pepper), Tomato Paste, Modified Maize Starch, Beef Bouillon (salt, Potato Starch, Maltodextrin, Yeast Extract, Sugar, Flavouring, Vegetable Fat (palm), Beef Fat 3,3%, Flavour Enhancer (disodium 5 Ribonucleotides), Spices, Onion Juice And Pulp, Colour (ammonia Caramel), Acidity Regulator), Garlic Powder]
Vegetables (30%)	[100% Diced Carrot (10%), 100% Diced Swede (10%), Garden Peas (10%)]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

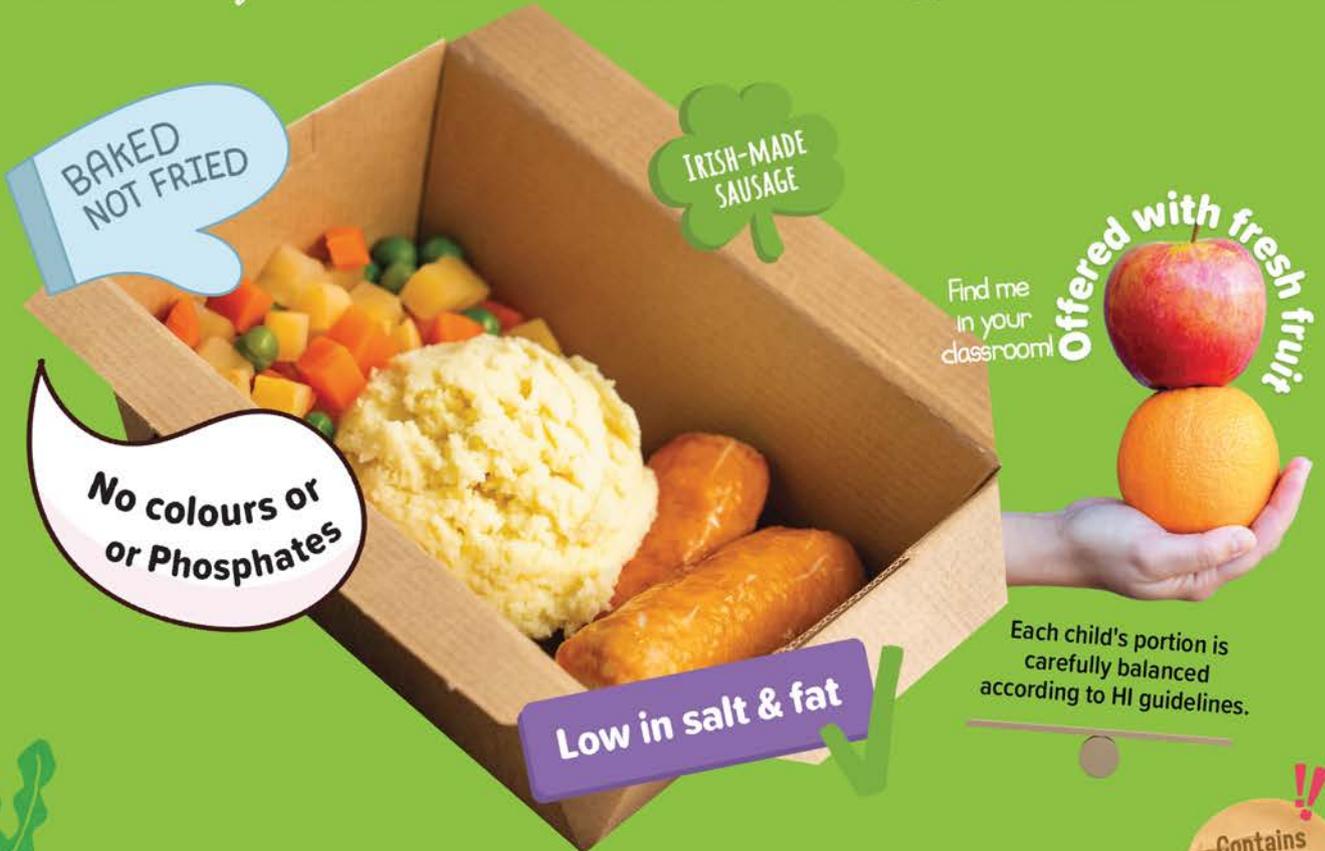
The more plant-based foods in your dish, the more diverse the bacteria in your gut!



NUTRITIONAL INFORMATION

PER PORTION	(265g)
Energy (kJ)	1161
Energy (Kcal)	278
Fat (g)	14
Of which saturates (g)	5.4
Carbohydrates (g)	26
Of which sugars (g)	6.1
Fibre (g)	5.1
Protein (g)	9.5
Salt (g)	1.7

PORK BANGERS, MASH WITH PEAS, DICED CARROT & SWEDE



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

Contains MILK & Wheat (GLUTEN)



INGREDIENTS

- Mashed Potatoes (45%) [73% Potatoes, Whey (Milk) Permeate (Milk), 8, 8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract]
- Sausage (20%) [Pork (60%), Water, Wheat Flour (Wheat), Calcium Carbonate, Iron, Niacin, Thiamin, Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts Filled Into Alginate Casing]
- Vegetables (35%) [100% Diced Carrot (10%), 100% Diced Swede (10%), Garden Peas (10%)]

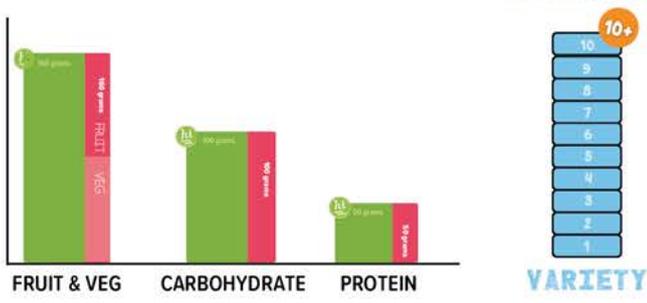
Our dietitian says...

FreshToday sausages are made with Irish pork and a clever seaweed-based casing (Don't worry, the kids will never know!). Served with our mashed potato, which is lower in salt, fat, and saturated fat than standard mash - thanks to the innovation and care of our amazing producers!



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(225g)
Energy (kJ)	1104
Energy (Kcal)	264
Fat (g)	14
Of which saturates (g)	5.4
Carbohydrates (g)	23
Of which sugars (g)	5.8
Fibre (g)	4.7
Protein (g)	9.2
Salt (g)	1.1

CHEESY BEAN JACKET POTATO



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



Our dietitian says...

We've added 120g of beans to meet Healthy Ireland's protein guidelines for children following a vegetarian diet. A sprinkle of cheese on top boosts the dairy content and adds calcium to help support healthy bones!

INGREDIENTS

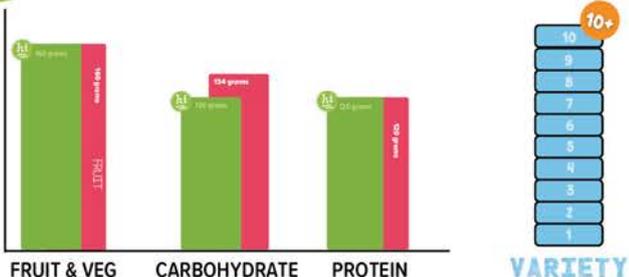
Contains MILK

- Potato (46%)** [Potato]
- Baked Beans (46%)** [Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Flavouring, Paprika Powder]
- Shredded Cheese Mix (8%)** [Mozzarella Cheese (Milk) 50%, Red Mild Cheddar Cheese (Milk) 24%, White Mild Cheddar Cheese (Milk) 24%, Potato Starch 2%]



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(301g)
Energy (kJ)	1323
Energy (Kcal)	314
Fat (g)	6.5
Of which saturates (g)	4.1
Carbohydrates (g)	44
Of which sugars (g)	11
Fibre (g)	9
Protein (g)	15
Salt (g)	1.4

CHICKEN TENDERS, POTATO CUBES WITH VEG



Offered with fresh fruit
Find me in your classroom!



LOW IN SATURATED FAT

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

Contains Wheat (GLUTEN)



Our low-fat, oven-baked chicken goujons are coated in breadcrumbs. Oven baking keeps the fat content low without compromising on taste! Our potato cubes are also baked, not fried, to reduce fat and saturated fat. We season them with garlic, onion powder and paprika to add flavour naturally – keeping the salt nice and low.

Our dietitian says...

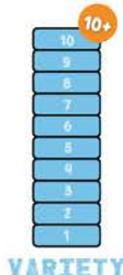
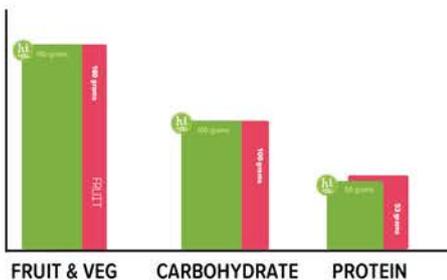
INGREDIENTS

- Chicken Goujons Baked (36%)
(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 (E503(ii)), Colour (Paprika Extract))
- Potato Cubes (29%)
(Potato (98.1%), Salt, Potato Starch, Vegetables (Paprika, Garlic, Onion), Spices, Sugar, Maltodextrin, Sunflower Oil)
- Vegetables (35%)
Carrot (11.9%) (100% Diced Carrot), Green Peas (11.9%) (100% Green Peas), Sweetcorn (11.9%)



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(224g)
Energy (kJ)	1013
Energy (Kcal)	240
Fat (g)	3.5
Of which saturates (g)	0.4
Carbohydrates (g)	33
Of which sugars (g)	3.5
Fibre (g)	3.2
Protein (g)	17
Salt (g)	0.89

CHARGRILLED CHICKEN AND POTATO CUBES WITH VEG



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



INGREDIENTS

- Chicken (33%)** [Chicken Fillets (96%), Water, Starch, Dextrose, Salt, Xylose, Acidity Regulators: Sodium Citrates, Sodium Carbonates]
- Potato Cubes (30%)** Potato (98.1%), Salt, Potato Starch, Vegetables (Paprika, Garlic, Onion), Spices, Sugar, Maltodextrin, Sunflower Oil]
- Vegetables (37%)** Carrot (12.4%) [100% Diced Carrot], Green Peas (12.4%) [100% Green Peas], Sweetcorn (12.4%)

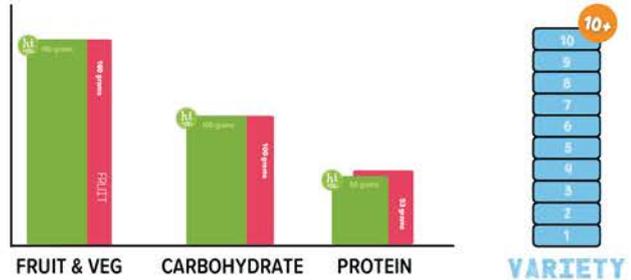
Our dietitian says... Our potatoe cubes are golden and are tastefully seasoned with natural spices

ALLERGEN FREE!



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(215g)
Energy (kJ)	745
Energy (Kcal)	176
Fat (g)	1.7
Of which saturates (g)	0.4
Carbohydrates (g)	19
Of which sugars (g)	3.7
Fibre (g)	2.3
Protein (g)	20
Salt (g)	1.4

CHICKEN CARBONARA KING

GREAT SOURCE OF DAIRY & PROTEIN

LOW IN SUGAR!

**100% Chicken!
No additives or preservatives**

Offered with fresh fruit
Find me in your classroom!

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

Contains Drum Wheat (GLUTEN) & MILK



INGREDIENTS

- Pasta (37%)** [Water (61%), Drum WHEAT Flour (39%)]
- White Sauce (40%)** [Milk (Milk), Cream (Milk), Onion, Butter (Milk), Flour (Wheat), Water, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot, Powder, White Onion Powder, Garlic Powder, Ground Cumin, Acid (Citric Acid), Ground Black Pepper, Rubbed Parsley, Turmeric Powder), Modified Maize Starch, Fresh Garlic]
- Diced Chicken (19%)** [Chicken Breast Meat (98%), Salt]
- Pizza Ham (4%)** [Irish Pork (75%), Water, Potato Starch, Salt (Contains Preservative Sodium Nitrite), Seasoning (Salt, Sugar, Stabiliser: Polyphosphate, Antioxidant: Sodium Erythroate, Xanthan Gum, Spice Extracts)]

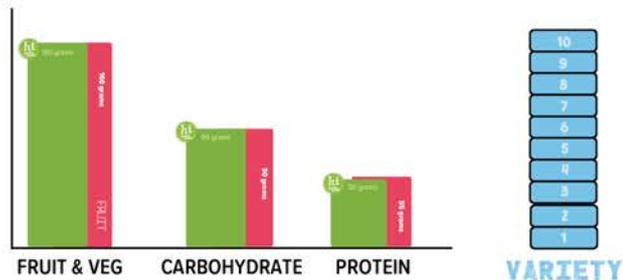
Our dietitian says...

Our milk and white sauce are sources of dairy, adding calcium 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!



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(270g)
Energy (kJ)	1695
Energy (Kcal)	404
Fat (g)	16
Of which saturates (g)	8.9
Carbohydrates (g)	42
Of which sugars (g)	4.9
Fibre (g)	2.2
Protein (g)	22
Salt (g)	1.7

BOMBAY CHICKEN CURRY WRAP

Offered with fresh fruit

Find me in your classroom!



No additives or preservatives in our diced chicken!

LOW IN SATURATED FAT

Specially crafted sauces PACKED with hidden veg!

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

Contains wheat (GLUTEN) & MILK



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, onion, carrot, garlic, ginger, cinnamon, and black pepper. We offer both rice and wrap options to give children variety in their carbohydrate options.

Our dietitian says...

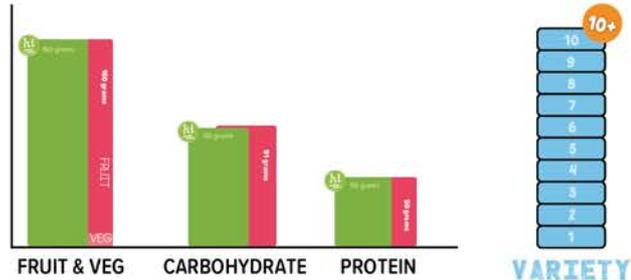
INGREDIENTS

- White Wrap (38%) [Fortified Wheat Flour, Water, Veg Oils (rapeseed, Palm Oil), Glycerine, Malic Acid E296, Di Sodium Diphosphate E450, Sodium Bicarbonate E500, Guar Gum, Carboxymethylcellulose, Mono And Diglycerides Of Fatty Acids E471, Salt, Potassium Propionate, Calcium Propionate, L Cystine E920],
- Diced Chicken Breast (29%) [Chicken Breast Meat (98%), Salt]
- White Rice (21%) [White Rice]
- Curry Sauce (12%) [Water, Bell Peppers, Pineapple Pieces (Pineapple, Water, Sugar), Onion, Sugar, Spirit Vinegar, Cream (MILK), Carrot, Sunflower Oil, Modified Maize Starch, Concentrated Pineapple Juice, Salt, Yeast Extract, Salt, Garlic Powder, Monosodium Glutamate, Spices (Coriander, Cumin, Turmeric, Ginger, Cinnamon, Chilli, Fennel, Fenugreek), Whey (MILK) Protein Concentrate, Lactose (MILK), Red Chillies, Lactic Acid, Calcium Lactate, Curcumin, Potassium Sorbate, Guar Gum, Ground Bay, Pepper, Natural Flavouring]



HEALTHY IRELAND COMPARISON

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



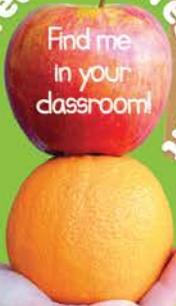
NUTRITIONAL INFORMATION

PER PORTION	(170g)
Energy (kJ)	1346
Energy (Kcal)	319
Fat (g)	7
Of which saturates (g)	2.6
Carbohydrates (g)	46
Of which sugars (g)	3
Fibre (g)	2.8
Protein (g)	17
Salt (g)	1.8

TOASTED CHICKEN & CHEESE MELT

HIGH IN PROTEIN!

Offered with fresh fruit
Find me in your classroom!



Dairy & calcium boost



Needed to support healthy bones!

Specially crafted sauces **PACKED** with hidden veg!

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...

We use a wheat flour sub to add more fibre. Our hidden vegetable tomato sauce contains tomatoes, onions, spring onions, peppers, garlic and thyme.

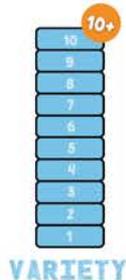
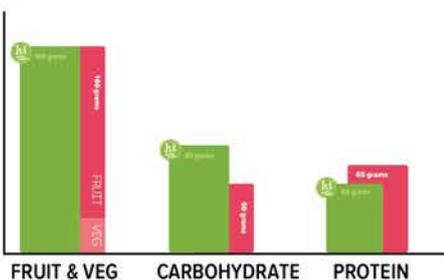
INGREDIENTS

Baguette (35%)	[WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, WHEAT), Water, Rapeseed Oil, Sugar, Yeast, Salt, 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 (26%)	[Chicken Fillets (96%), Water, Salt, Tapioca Starch, D Xylose, Dextrose, Sodium Citrate, Sodium Bicarbonate]
Shredded Cheese Mix (22%)	[Mozzarella Cheese (Milk) 50%, Red Mild Cheddar Cheese (Milk) 24%, White Mild Cheddar Cheese (Milk) 24%, Potato Starch 2%]
Bolognese Sauce (17%)	[Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]

hi
Healthy Ireland

HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION

(136g)

Energy (kJ)	1221
Energy (Kcal)	291
Fat (g)	10
Of which saturates (g)	5.6
Carbohydrates (g)	28
Of which sugars (g)	4.1
Fibre (g)	1.9
Protein (g)	20
Salt (g)	1.7

MEDITERRANEAN CHICKEN PAELLA

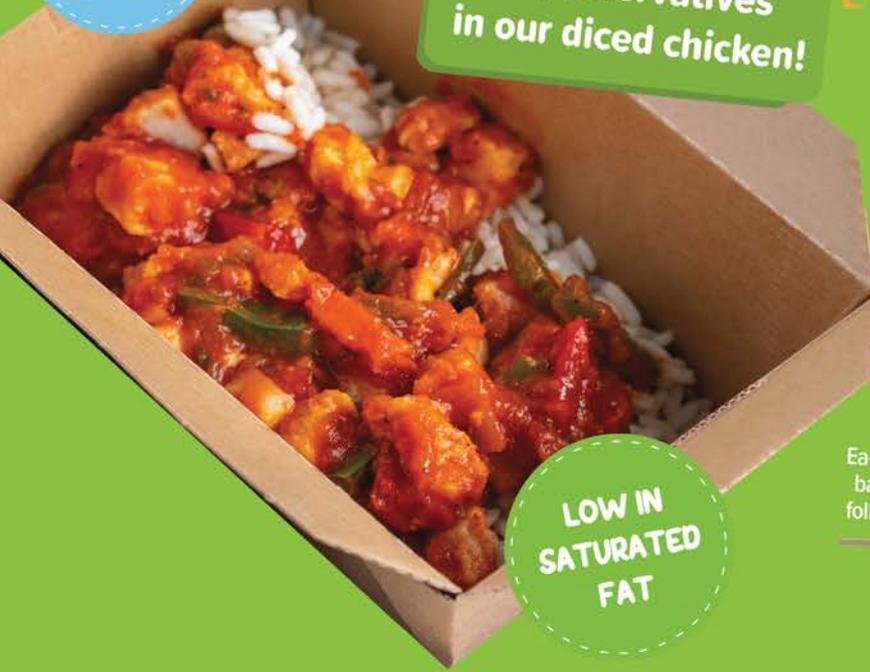
HIGH IN PROTEIN!

LOW IN FAT!

No additives or preservatives in our diced chicken!



Offered with fresh fruit
Find me in your classroom



LOW IN SATURATED FAT

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

ALLERGEN FREE!

NUTRI-SCORE (Per 100g)

A B C D E

Our dietitian says...

Our paella uses a special tomato sauce – packed with tasty tomatoes, onions, spring onions, peppers, garlic, and thyme. For an extra flavour boost, we spice it up with paprika, turmeric, black pepper, cumin, and even more garlic. Plus, we toss in green, yellow, and red peppers for a colourful burst of veggie variety!

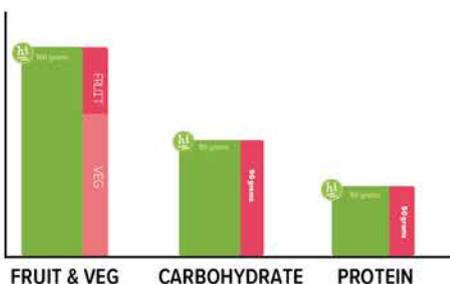
INGREDIENTS

Bolognese Sauce (38%)	[Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]
Rice (35%)	[White Rice]
Diced Chicken (19%)	[Chicken Breast Meat (99%), Salt]
Mixed Peppers (7%)	[Green Pepper, Red Pepper, Yellow Pepper]
Spice Mix (1%)	[Spices And Herbs (33%) (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)]

hi
Healthy Ireland

HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(261g)
Energy (kJ)	1090
Energy (Kcal)	257
Fat (g)	2.2
Of which saturates (g)	0.8
Carbohydrates (g)	42
Of which sugars (g)	9.7
Fibre (g)	3.4
Protein (g)	15
Salt (g)	1.8

CLASSIC CHEDDAR MELT WITH TOMATO SAUCE

HIGH IN PROTEIN

Dairy & calcium boost



Needed to support healthy bones

Offered with fresh fruit

Find me in your classroom



LOW IN SUGAR

Specially crafted sauces PACKED with hidden veg!

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...

We use a wheat flour sub to add more fibre. We add 25g of Cheese to ensure we meet Healthy Ireland Guidelines on protein for children who follow a vegetarian diet. Our hidden vegetable tomato sauce contains tomatoes, onions, garlic and basil. Cheese is added on top to increase the dairy content and add calcium - needed to support healthy bones.

INGREDIENTS

Baguette (50%)

[WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, WHEAT), Water, Rapeseed Oil, Sugar, Yeast, Salt, 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 (26%)

[Mozzarella Cheese (Milk) 50%, Red Mild Cheddar Cheese (Milk) 24%, White Mild Cheddar Cheese (Milk) 24%, Potato Starch 2%]

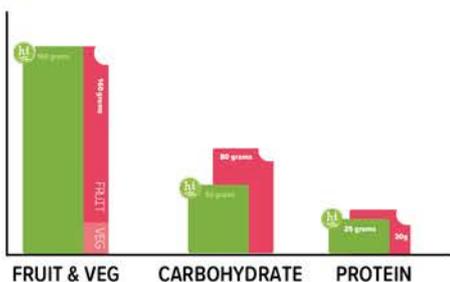
Bolognese Sauce (24%)

[Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

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



VARIETY

NUTRITIONAL INFORMATION

PER PORTION

(103g)

Energy (kJ)	994
Energy (Kcal)	237
Fat (g)	8.8
Of which saturates (g)	4.7
Carbohydrates (g)	27
Of which sugars (g)	3.8
Fibre (g)	2
Protein (g)	11
Salt (g)	1.2

CLASSIC SHEPHERD'S PIE WITH DICED CARROT & SWEDE



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

Contains GLUTEN & MILK



Our dietitian says...

6 different vegetables are added into our classic Shepherd's Pie: carrots, peas, onions and diced swede.

INGREDIENTS

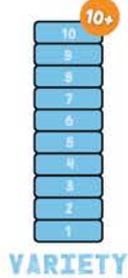
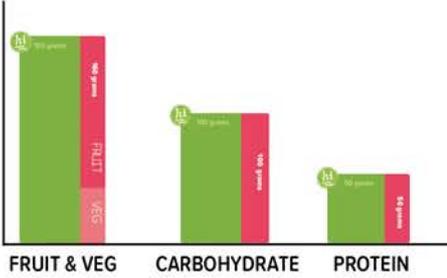
Shepherd's Pie (78%) Shepherd's Pie Mix (65.1%) [Water, Beef, Mince, (25.8%), Carrots, Peas, Onions, Wheat Flour (Wheat), White, Plain, Tomato Puree, Salt, Schwartz Dark, Rich Gravy Browning (Colour (Ammonia Caramel), Salt), Lion Brown Sauce] Water, Glucose Fructose Syrup, Bramley Apple Puree (Contains Preservative (SODIUM Metabisulphite)), Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Salt, Tomato Paste, Rye Flour, Caramelised Sugar Syrup, Apple Juice Concentrate, Dried Coriander, Dried Ginger, Preservative [Potassium Sorbate], Cloves, Cinnamon, Sweetener (Sodium Saccharin), Black Pepper, Beef (0.38%) [Beef Stock 50% (Beef Bones, Water, Salt), Yeast Extract (Yeast Extract, Salt), Water, Salt]], Mashed Potato (43.4%) [Rooster Exptes, Water, Whole Milk, Butter (Milk), Salt, Pepper, Black],

Vegetables (22%) Carrot (10.9%) [100% Diced Carrot], Swede (10.9%) [100% Diced Swede]



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

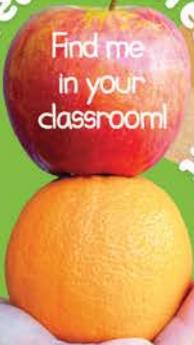
PER PORTION	(230g)
Energy (kJ)	917
Energy (Kcal)	218
Fat (g)	6.5
Of which saturates (g)	2.7
Carbohydrates (g)	23
Of which sugars (g)	7.2
Fibre (g)	4
Protein (g)	15
Salt (g)	1.2

FISH FILLET, MASH PEAS & SWEETCORN



LOW IN SATURATED FATS!

Offered with fresh fruit
Find me in your classroom



SOURCE OF PROTEIN!

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

Contains Eggs, MILK, FISH, WHEAT (GLUTEN)



Our dietitian says...

Crispy breaded pollock fillet with creamy mash, sweet peas, and corn – a tasty, filling meal that keeps you fuelled through the day!

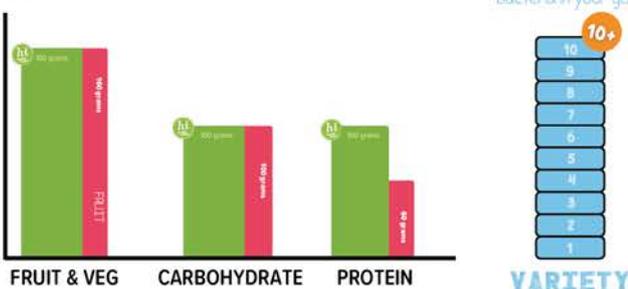
INGREDIENTS

Mashed Potatoes (42%)	[73% Potatoes, Whey (Milk) Permeate (Milk), 8, 8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract]
Breaded Fish (25%)	[Pollock (Fish) (60%)(Pollock (Theragra Chalcogramma, Fish) (Fish), Water, Stabiliser: Polyphosphate, Salt), Coating (Water, Wheat Flour, Corn Starch, Tapioca Starch, Salt, Garlic, Sugar, Yeast Extract, Yeast, Rice Flour, Natural Color: Paprika Extract, Egg White Powder, Stabiliser: Xanthan Gum), Palm Oil]
Vegetables (33%)	[Green Peas (16.7%) [100% Green Peas], Sweetcorn (16.7%)]



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(240g)
Energy (kJ)	1071
Energy (Kcal)	256
Fat (g)	10
Of which saturates (g)	5.4
Carbohydrates (g)	27
Of which sugars (g)	3.9
Fibre (g)	4.7
Protein (g)	11
Salt (g)	1.3

PORK MEATBALLS WITH PASTA & TOMATO SAUCE

Offered with fresh fruit
Find me in your classroom!



SOURCE OF PROTEIN!

Specially crafted sauces **PACKED** with hidden veg!

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

Contains Drum Wheat (GLUTEN)



Our dietitian says...

Our yummy tomato sauce is secretly packed with blended veggies including tomatoes, onions, spring onions, peppers, garlic and a hint of thyme. Every spoonful is bursting with goodness while keeping the veggies cleverly hidden!

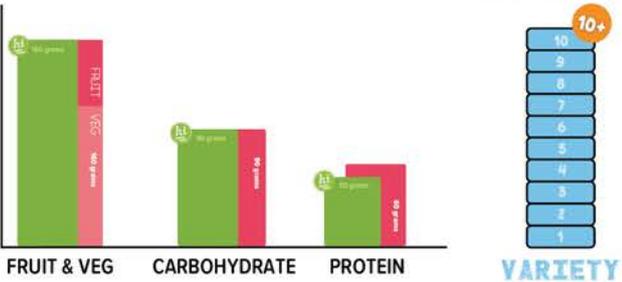
INGREDIENTS

Bolognese Sauce (43%)	Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring
Pasta (36%)	[Water, WHEAT DRUM Flour]
Meatball (21%)	[Pork And Beef (62%), Water, Onion, Potato, Potato Flour, Salt, Potato Fiber, Spices]



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(280g)
Energy (kJ)	1621
Energy (Kcal)	386
Fat (g)	14
Of which saturates (g)	5.1
Carbohydrates (g)	49
Of which sugars (g)	11
Fibre (g)	4.7
Protein (g)	14
Salt (g)	2.4

ITALIAN PASTA IN RICH TOMATO SAUCE

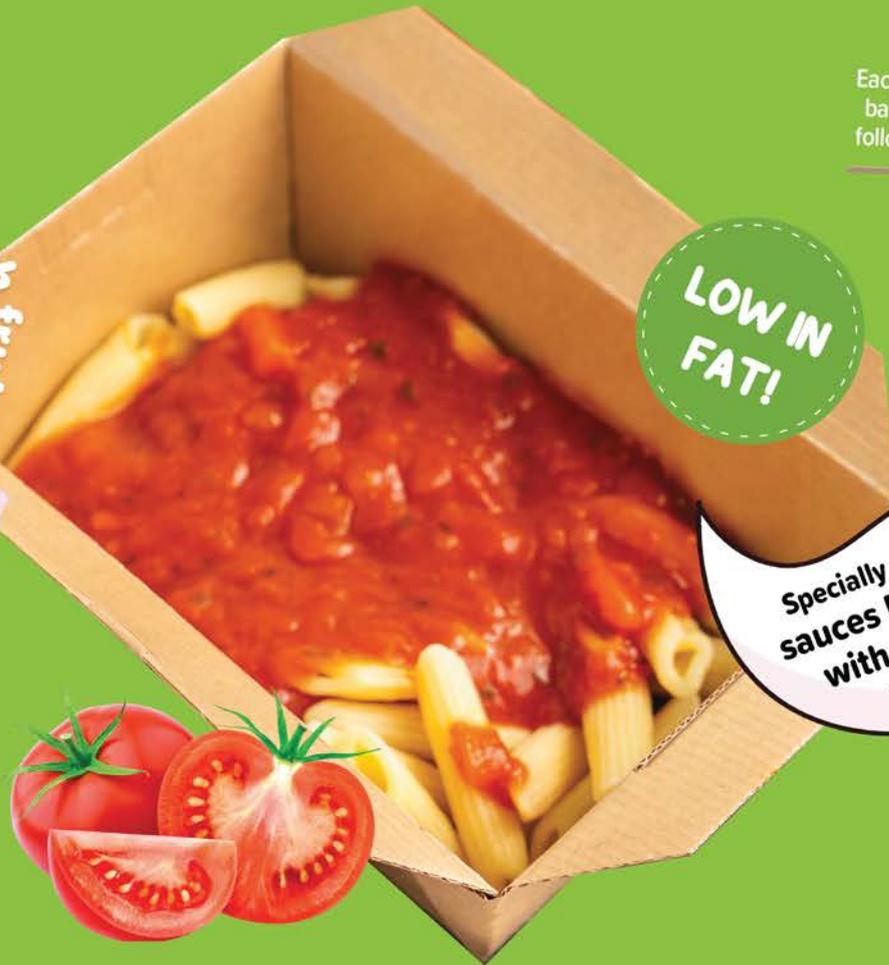
Each portion is carefully balanced for children, following HI guidelines.

Offered with fresh fruit
Find me in your classroom!

LOW IN FAT!

Specially crafted sauces PACKED with hidden veg!

Contains Wheat DURUM (GLUTEN)



INGREDIENTS

Bolognese Sauce (54%)

[Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]

Pasta (46%)

[Water, WHEAT DURUM Flour]

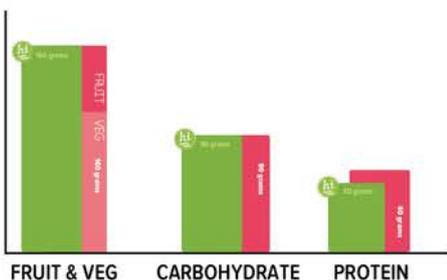
Our dietitian says...

Our yummy tomato sauce is secretly packed with blended veggies including tomatoes, onions, spring onions, peppers, garlic and a hint of thyme. Every spoonful is bursting with goodness while keeping the veggies cleverly hidden!

hi
Healthy Ireland

HEALTHY IRELAND COMPARISON

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



VARIETY

NUTRITIONAL INFORMATION

PER PORTION

(220g)

Energy (kJ)	1027
Energy (Kcal)	243
Fat (g)	2.3
Of which saturates (g)	0.4
Carbohydrates (g)	45
Of which sugars (g)	11
Fibre (g)	4.1
Protein (g)	8.9
Salt (g)	1.5

MEXICAN CHICKEN WRAP

No additives or preservatives in our diced chicken!

Dairy boost

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.

Contains Wheat (GLUTEN) & MILK



We use Ballymaloe tomato sauce that's packed with blended veggies like tomatoes, onions, spring onions, garlic and thyme. Cheese is added for extra dairy and calcium to help support healthy bones. Colourful green, yellow and red peppers add texture, white turmeric, paprika, cumin and black pepper bring natural colour and flavour to the dish.

Our dietitian says...

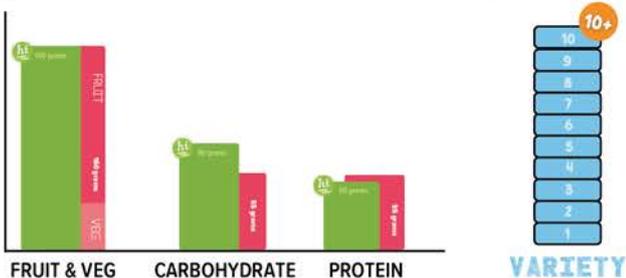
INGREDIENTS

- White Wrap (42%) Fortified Wheat Flour, Water, Veg Oils (rapeseed, Palm Oil), Glycerine, Malic Acid E296, Di Sodium Diphosphate E450, Sodium Bicarbonate E500, Guar Gum, Carboxymethylcellulose, Mono And Diglycerides Of Fatty Acids E471, Salt, Potassium Propionate, Calcium Propionate, L Cystine E920,
- Diced Chicken (26%) [Chicken Breast Meat (98%), Salt]
- Pasta Sauce (13%) [Tomatoes (87%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, White Wine Vinegar, Thyme, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract]
- Shredded Cheese Mix 8% [Mozzarella Cheese (Milk) 50%, Red Mild Cheddar Cheese (Milk) 24%, White Mild Cheddar Cheese (Milk) 24%, Potato Starch 2%]
- Mixed Peppers (10%) [Green Pepper, Red Pepper, Yellow Pepper]
- Fajita Mix (Less than 1%) [Spices And Herbs (33%) (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)]



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(154g)
Energy (kJ)	1265
Energy (Kcal)	301
Fat (g)	9.6
Of which saturates (g)	4.5
Carbohydrates (g)	35
Of which sugars (g)	3.4
Fibre (g)	3
Protein (g)	17
Salt (g)	1.8

CHARGRILLED CHICKEN FILLET WITH MASH, GRAVY & VEG

100% Chicken!
No additives
or preservatives



LOW IN
SATURATED
FAT!

Offered with fresh fruit
Find me in your classroom!



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

HIGH IN
PROTEIN!

Contains
MILK

NUTRI-SCORE (Per 100g)

A

B

C

D

E

Our dietitian says...

Juicy chargrilled chicken fillet served with smooth, creamy mash and rich savoury gravy. Finished with a mix of peas, carrots, and sweetcorn, this hearty classic is tasty, filling, and just what you need to recharge!

INGREDIENTS

Mashed Potatoes, (36%)

[Potatoes, whey permeate (milk), cream (milk), skimmed milk, salt, spices, pepper extract]

Chicken (26%)

[Chicken Fillets (96%), Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers: Sodium Citrate, Sodium Bicarbonate]

Gravy (9%)

[Water, Gravy Mix (modified Starch, Milled Corn, Yeast Extracts, Salt, Maltodextrin, Tomato Powder, Colour (plain Caramel), Sugar, Flavourings, Rice Flour, Onion Powder, Rapeseed Oil, Acidity Regulator (citric Acid), Beef Extract, Black Pepper), Tomato Paste, Modified Maize Starch, Beef Bouillon (salt, Potato Starch, Maltodextrin, Yeast Extract, Sugar, Flavouring, Vegetable Fat (palm), Beef Fat 3, 3%, Flavour Enhancer (disodium 5' Ribonucleotides), Spices, Onion Juice And Pulp, Colour (ammonia Caramel), Acidity Regulator), Garlic Powder]

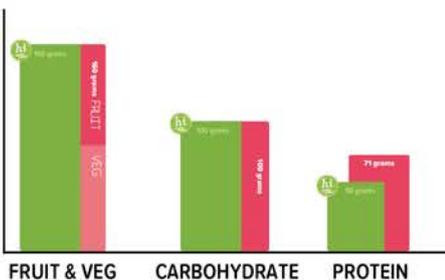
Vegetables (29%)

Carrot (9.7%) [100% Diced Carrot], Green Peas (9.7%) [100% Green Peas], Sweetcorn (9.7%)

hi
Healthy
Ireland

HEALTHY IRELAND COMPARISON

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



VARIETY

NUTRITIONAL INFORMATION

PER PORTION

(275g)

Energy (kJ)	976
Energy (Kcal)	232
Fat (g)	5.5
Of which saturates (g)	3.2
Carbohydrates (g)	22
Of which sugars (g)	5.4
Fibre (g)	4.8
Protein (g)	21
Salt (g)	1.8

CHARGRILLED CHICKEN FILLET WITH MASH & VEG

100% Chicken!
No additives
or preservatives

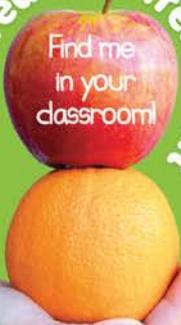


LOW IN
SATURATED
FAT!

HIGH IN
PROTEIN!

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

Offered with fresh fruit
Find me
in your
classroom!



Contains
MILK

NUTRI-SCORE (Per 100g)

A

B

C

D

E

INGREDIENTS

Mashed Potatoes, (40%) [Potatoes, whey permeate (milk), cream (milk), skimmed milk, salt, spices, pepper extract]

Chicken (28%) [Chicken Fillets (96%), Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers: Sodium Citrate, Sodium Bicarbonate]

Vegetables (32%) Carrot (9.7%) [100% Diced Carrot], Green Peas (9.7%) [100% Green Peas], Sweetcorn (9.7%)

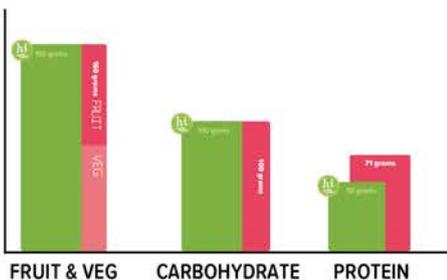
Our dietitian
says...

Juicy chargrilled chicken fillet served with smooth, creamy mash. Finished with a mix of peas, carrots, and sweetcorn, this hearty classic is tasty, filling, and just what you need to recharge!

hi
Healthy
Ireland

HEALTHY IRELAND COMPARISON

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



VARIETY

NUTRITIONAL INFORMATION

PER PORTION

(250g)

Energy (kJ)	928
Energy (Kcal)	221
Fat (g)	5.4
Of which saturates (g)	3.1
Carbohydrates (g)	20
Of which sugars (g)	5.5
Fibre (g)	4.5
Protein (g)	21
Salt (g)	1.5

ROAST CHICKEN, BABY POTATO WITH VEG

100% Chicken!
No additives
or preservatives



LOW IN
SATURATED
FAT!

Offered with fresh fruit
Find me
in your
classroom!



HIGH IN
PROTEIN!

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

ALLERGEN
FREE!

NUTRI-SCORE (Per 100g)

A

B

C

D

E

Our dietitian
says...

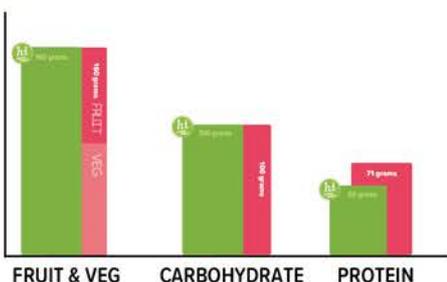
Portion sizes of the chicken, vegetables, and potatoes are carefully balanced to meet Healthy Eating Guidelines. The dish is served with baby potatoes and veg for a wholesome, nutritious meal.

INGREDIENTS

Baby Potatoes (40%)	[91% Potatoes, Water, Salt, Firming Agent: (Calcium Chloride)]
Vegetables (32%)	[Sweetcorn (10.6%) [Sweetcorn, Water, Salt], Carrot (10.6%) [100% Diced Carrot], Green Peas (10.6%) [100% Green Peas]]
Chicken Fillet (28%)	[Chicken Fillets (96%), Water, Starch, Dextrose, Salt, Xylose, Acidity Regulators: Sodium Citrates, Sodium Carbonates]

hi
Healthy
Ireland

HEALTHY IRELAND COMPARISON



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

VARIETY

NUTRITIONAL INFORMATION

PER PORTION	(250g)
Energy (kJ)	830
Energy (Kcal)	196
Fat (g)	1.6
Of which saturates (g)	0.4
Carbohydrates (g)	22
Of which sugars (g)	4.7
Fibre (g)	5.3
Protein (g)	20
Salt (g)	1.4

ROAST CHICKEN, BABY POTATO WITH VEG & GRAVY

100% Chicken!
No additives
or preservatives



LOW IN
SATURATED
FAT!

HIGH IN
PROTEIN!

Offered with fresh fruit
Find me
in your
classroom!



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

ALLERGEN
FREE!

NUTRI-SCORE (Per 100g)

A

B

C

D

E

Our dietitian
says...

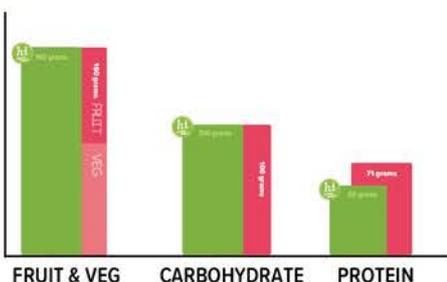
Portion sizes of the chicken, vegetables, and potatoes are carefully balanced to meet Healthy Eating Guidelines. The dish is served with baby potatoes, veg & gravy for a wholesome, nutritious meal.

INGREDIENTS

- Baby Potatoes (36%) [91% Potatoes, Water, Salt, Firming Agent: (Calcium Chloride)]
- Vegetables (30%) [Sweetcorn (10.6%) [Sweetcorn, Water, Salt], Carrot (10.6%) [100% Diced Carrot], Green Peas (10.6%) [100% Green Peas]]
- Chicken Fillet (25%) [Chicken Fillets (96%), Water, Starch, Dextrose, Salt, Xylose, Acidity Regulators: Sodium Citrates, Sodium Carbonates]
- Gravy (9%) [Water, Gravy Mix (modified Starch, Milled Corn, Yeast Extracts, Salt, Maltodextrin, Tomato Powder, Colour (plain Caramel), Sugar, Flavourings, Rice Flour, Onion Powder, Rapeseed Oil, Acidity Regulator (citric Acid), Beef Extract, Black Pepper), Tomato Paste, Modified Maize Starch, Beef Bouillon (salt, Potato Starch, Maltodextrin, Yeast Extract, Sugar, Flavouring, Vegetable Fat (palm), Beef Fat 3, 3%, Flavour Enhancer (disodium 5' Ribonucleotides), Spices, Onion Juice And Pulp, Colour (ammonia Caramel), Acidity Regulator), Garlic Powder]

hi
Healthy
Ireland

HEALTHY IRELAND COMPARISON



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

5
2
1
VARIETY

NUTRITIONAL INFORMATION

PER PORTION	(275g)
Energy (kJ)	865
Energy (Kcal)	205
Fat (g)	1.6
Of which saturates (g)	0.5
Carbohydrates (g)	24
Of which sugars (g)	4.9
Fibre (g)	5.5
Protein (g)	21
Salt (g)	1.7

ROAST HAM, BABY POTATO WITH VEG



100%
Irish Pork

SOURCE OF
PROTEIN!

Offered with fresh fruit
Find me in your classroom

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

ALLERGEN FREE!



INGREDIENTS

Baby Potatoes (43%) [91% Potatoes, Water, Salt, Firming Agent: Calcium Chloride]

Ham (21%) [Pork (92%), Water, Salt, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Sodium Nitrate (E251)]

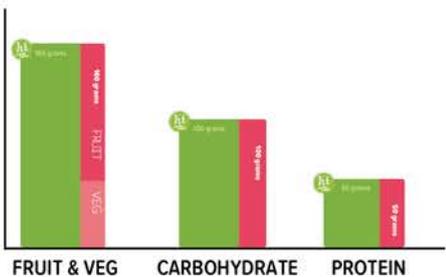
Vegetables (36%) [Brussel Sprouts (10.6%) (100% Brussel Sprouts), Sweetcorn (12.8%) (Sweetcorn, Water, Salt), Green Peas (12.8%) (100% Green Peas)]

Our dietitian says...

We use bacon loin, and 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!



HEALTHY IRELAND COMPARISON



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

VARIETY

NUTRITIONAL INFORMATION

PER PORTION	(235g)
Energy (kJ)	779
Energy (Kcal)	185
Fat (g)	2.8
Of which saturates (g)	0.8
Carbohydrates (g)	21
Of which sugars (g)	3.1
Fibre (g)	6.1
Protein (g)	16
Salt (g)	1.8

CHICKEN TIKKA BOX WITH SWEET PEPPERS

100% Chicken!
No additives
or preservatives



Offered with fresh fruit
Find me
in your
classroom!



Specially crafted
sauces **PACKED**
with hidden
veg!

BAKED
POTATO
CUBES

Naturally
seasoned with
ginger, turmeric,
cinnamon
& paprika

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

Contains
MILK



INGREDIENTS

Chicken Breast (16%)	[Chicken Breast (98%), Salt]
Potato Cubes (37%)	[Potato (98.1%), Salt, Potato Starch, Vegetables (Paprika, Garlic, Onion), Spices, Sugar, Maltodextrin, Sunflower Oil]
Bolognese Sauce (31%)	[Tomatoes (59%) Tomato Puree (4%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]
Mixed Peppers (8%)	[Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%)]
Natural Yogurt (6%)	[Cows Milk, Skim Milk Powder, Live Cultures]
Santa Maria Indian Spices	[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]
Tikka Masala (2%)	

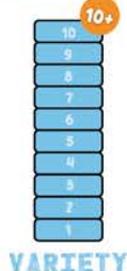
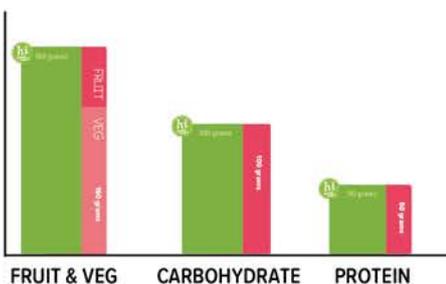
Our dietitian
says...

We've enhanced our classic tomato sauce by adding natural yoghurt, which increases the dairy content and provides a good source of calcium. Green, yellow, and red peppers are included for added flavour and variety. The mix of spices naturally enhances the colour of the dish. Delish!



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(270g)
Energy (kJ)	846
Energy (Kcal)	200
Fat (g)	2.5
Of which saturates (g)	1.1
Carbohydrates (g)	29
Of which sugars (g)	10
Fibre (g)	2.7
Protein (g)	14
Salt (g)	2.3

CHEESY BBQ CHICKEN JACKET POTATO

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

Dairy boost

Offered with fresh fruit

Find me in your classroom!

LOW IN FAT

100% CHICKEN!
NO ADDITIVES OR PRESERVATIVES

Contains MILK

NUTRI-SCORE (Per 100g)

A

B

C

D

E

Our dietitian says...

Our BBQ Baked Potato adds variety to lunchtime, with the potato skin helping to increase fibre. The diced chicken is made from chicken breast with no additives or preservatives. Cheese is added on top to boost the dairy content and provide calcium to support healthy bones.

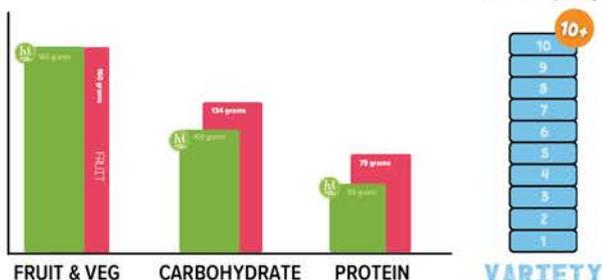
INGREDIENTS

Potato (59%)	[Potato]
Diced Chicken (22%)	[Chicken Breast (98%), Salt]
Cheddar Cheese (11%)	[Pasteurized Milk, Salt, Starterculture, Microbial Rennet, Colour (E160b)],
BBQ Sauce (8%)	[Water, Sugar, Vinegar, Tomato Paste, Cane Molasses, Modified Maize Starch, Salt, Smoke Flavour, Spices, Maltodextrin, Colouring: Caramel E150D, Preservative: Potassium Sorbate]

hi
Healthy Ireland

HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(232g)
Energy (kJ)	1179
Energy (Kcal)	281
Fat (g)	9.8
Of which saturates (g)	6
Carbohydrates (g)	27
Of which sugars (g)	6.3
Fibre (g)	3.5
Protein (g)	19
Salt (g)	0.87

ROAST BEEF MASH WITH GRAVY & GREEN BEANS

100% IRISH BEEF

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

Offered with fresh fruit

Find me in your classroom!

HIGH IN PROTEIN!

Contains MILK

NUTRI-SCORE (Per 100g)

A

B

C

D

E

Our dietitian says...

Tender slices of roast beef served with creamy mash and rich, savoury gravy, paired with fresh green beans for a balanced and filling meal.

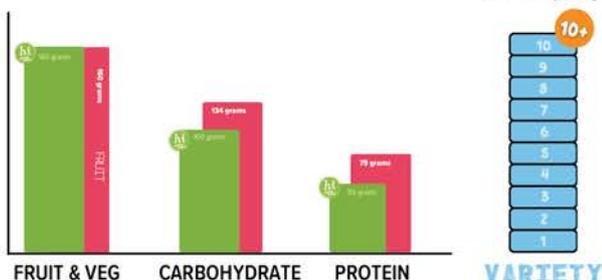
INGREDIENTS

Mashed Potatoes (37%)	[Potatoes, whey permeate (milk), cream (milk), skimmed milk, salt, spices, pepper extract]
Sliced Beef (19%)	[Beef (100%), Water, Salt, Dried Glucose, Emulsifier: [E451], Stabiliser [E412], Yeast Extract]
Green Beans (29%)	[100% Green Beans]
Gravy (15%)	[Water, Gravy Mix (modified Starch, Milled Corn, Yeast Extracts, Salt, Maltodextrin, Tomato Powder, Colour (plain Caramel), Sugar, Flavourings, Rice Flour, Onion Powder, Rapeseed Oil, Acidity Regulator (citric Acid), Beef Extract, Black Pepper), Tomato Paste, Modified Maize Starch, Beef Bouillon (salt, Potato Starch, Maltodextrin, Yeast Extract, Sugar, Flavouring, Vegetable Fat (palm), Beef Fat 3, 3%, Flavour Enhancer (disodium 5' Ribonucleotides), Spices, Onion Juice And Pulp, Colour (ammonia Caramel), Acidity Regulator), Garlic Powder]

hi
Healthy Ireland

HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(272g)
Energy (kJ)	832
Energy (Kcal)	198
Fat (g)	6.1
Of which saturates (g)	3.4
Carbohydrates (g)	18
Of which sugars (g)	4.1
Fibre (g)	4.4
Protein (g)	16
Salt (g)	1.3

ROAST BEEF MASH & GREEN BEANS

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

100% IRISH BEEF

Offered with fresh fruit

Find me in your classroom!

HIGH IN PROTEIN!

Contains MILK

NUTRI-SCORE (Per 100g)

A B C D E

INGREDIENTS

Mashed Potatoes (43%)	[Potatoes, whey permeate (milk), cream (milk), skimmed milk, salt, spices, pepper extract]
Sliced Beef (22%)	[Beef (100%), Water, Salt, Dried Glucose, Emulsifier: [E451], Stabiliser [E412], Yeast Extract]
Green Beans (35%)	[100% Green Beans]

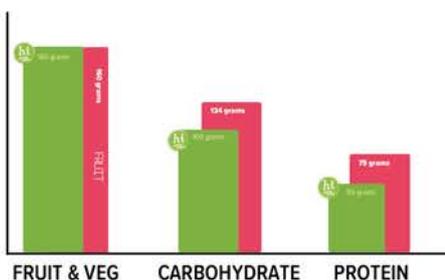
Our dietitian says...

Tender slices of roast beef served with creamy mash and rich, savoury gravy, paired with fresh green beans for a balanced and filling meal.

hi
Healthy Ireland

HEALTHY IRELAND COMPARISON

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



VARIETY

NUTRITIONAL INFORMATION

PER PORTION	(232g)
Energy (kJ)	775
Energy (Kcal)	185
Fat (g)	6.1
Of which saturates (g)	3.4
Carbohydrates (g)	15
Of which sugars (g)	3.7
Fibre (g)	4
Protein (g)	15
Salt (g)	0.79

VEGAN BEAN CHILLI WITH RICE

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

Naturally seasoned with ginger, turmeric, cinnamon & paprika

Offered with fresh fruit
Find me in your classroom!

Specially crafted sauces **PACKED** with hidden veg!

ALLERGEN FREE!



Our dietitian says...

Our Bean Medley offers a nourishing mix of pinto and red kidney beans, providing an excellent source of protein for children following a vegan or vegetarian diet.

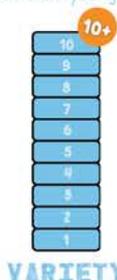
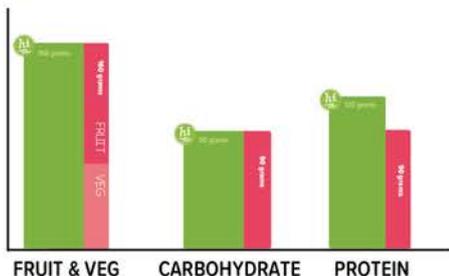
INGREDIENTS

Bolognese Sauce (31%)	[Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]
Red Kidney Beans (10%)	[Red Kidney Beans(60%), Water, Salt]
Pinto Beans (10%)	[Pinto Beans, Water, Salt]
Mixed Peppers (8%)	[Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%)]
Sweet Chilli Sauce (3%)	[Water, Sugar, Glucose Syrup, Thickeners (Modified Starch), Spirit Vinegar, Chilli Flakes 1%, Salt, Colour (Paprika Extract), Flavouring, Spices, Preservatives (Potassium Sorbate)]
Fajita Spice Mix (Less than 1%)	[Spices and Herbs (33%) (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)]
Rice (38%)	[White Rice]



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(238g)
Energy (kJ)	953
Energy (Kcal)	225
Fat (g)	1.2
Of which saturates (g)	0.2
Carbohydrates (g)	45
Of which sugars (g)	10
Fibre (g)	3.7
Protein (g)	6.4
Salt (g)	1.6

VEGAN SAUSAGES, BABY POTATO WITH VEG



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

Contains **WHEAT, BARLEY, SOYA & SULPHITES** !



Our dietitian says...

Delicious plant-based sausages served with tender baby potatoes and a colourful mix of swede, carrot, and garden peas. Hearty, wholesome, and completely vegan

INGREDIENTS

Baby Potatoes (43%) [91% Potatoes, Water, Salt, Firming Agent (calcium Chloride)]

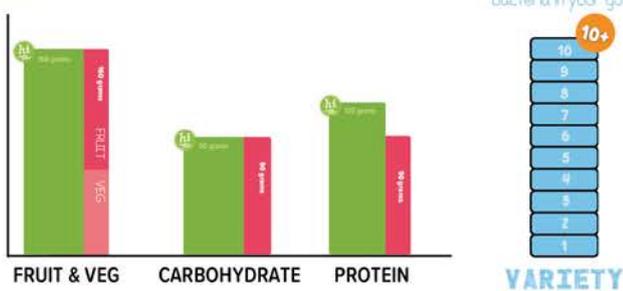
Vegan Sausages (22%) [Water, Soya, Sunflower Oil, Potato Starch, Maize Semolina, Rice Semolina (Wheat), Cellulose, Tomato Puree, Spices, Salt, Rusk (Wheat Flour (Wheat Flour, calcium Carbonate, iron, niacin, thiamin, Wheat), Salt), Maltodextrin, Tapioca Starch, Stabilisers: Sodium Triphosphate, Sodium Diphosphate; Yeast Extract, Barley Malt Extract, Spice Extracts, Rape Oil, Preservative: Sodium Sulphite; Beetroot Juice Powder, Natural Flavourings, Antioxidant: Sodium Ascorbate; Thickener: Guar Gum; Smoke Flavouring Filled In Alginate Casing]

Vegetables (35%) Swede (11.6%) [100% Diced Swede], Carrot (11.6%) [100% Diced Carrot], Choice Garden Peas (11.6%) [Garden Peas]



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(230g)
Energy (kJ)	836
Energy (Kcal)	199
Fat (g)	3.7
Of which saturates (g)	0.5
Carbohydrates (g)	29
Of which sugars (g)	6.2
Fibre (g)	8.4
Protein (g)	7.6
Salt (g)	1.3

VEGETABLE-INFUSED CHICKEN CURRY WITH RICE

No additives or preservatives in our diced chicken!

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

Offered with fresh fruit
Find me in your classroom



Specially crafted sauces PACKED with hidden veg!

Contains MILK

NUTRI-SCORE (Per 100g)

A B C D E

Our dietitian says...

Our kid favourite Curry contains bell peppers, pineapple, onion, carrot, garlic, ginger, cinnamon, and ground black pepper! Bursting with natural goodness

INGREDIENTS

Rice (43%) [White Rice]

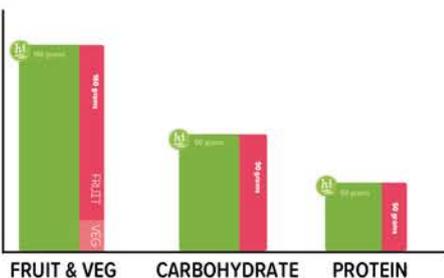
Curry Sauce (33%) [Water, Bell Peppers, Pineapple Pieces (Pineapple, Water, Sugar), Onion, Sugar, Spirit Vinegar, Cream (Milk), Carrot, Sunflower Oil, Modified Maize Starch, Concentrated Pineapple Juice, Salt, Yeast Extract (Yeast Extract, Salt), Garlic Powder, Flavour Enhancer: (Monosodium Glutamate), Spices (Coriander, Cumin, Turmeric, Ginger, Cinnamon, Chili, Fennel, Fenugreek), Whey (Milk) Protein Concentrate (Milk), Lactose(Milk), Red Chillies, Acidity Regulators: (Lactic Acid, Calcium Lactate), Colour: (Curcumin), Preservative: (Potassium Sorbate),Thickener: (Guar Gum), Ground Bay, Pepper, Natural Flavouring],

Cooked, Diced, Chicken Breast (24%) [Chicken Breast 98%, Salt]

hi
Healthy Ireland

HEALTHY IRELAND COMPARISON

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



VARIETY

NUTRITIONAL INFORMATION

PER PORTION

(210g)

Energy (kJ)	1077
Energy (Kcal)	255
Fat (g)	4.4
Of which saturates (g)	1.5
Carbohydrates (g)	39
Of which sugars (g)	6.5
Fibre (g)	1.3
Protein (g)	14
Salt (g)	1.8

MARGHERITA PIZZA WITH CORN ON THE COB



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 blended veggies like tomatoes, onions, spring onions, garlic, and thyme for extra goodness

Contains Wheat (GLUTEN) & MILK



INGREDIENTS

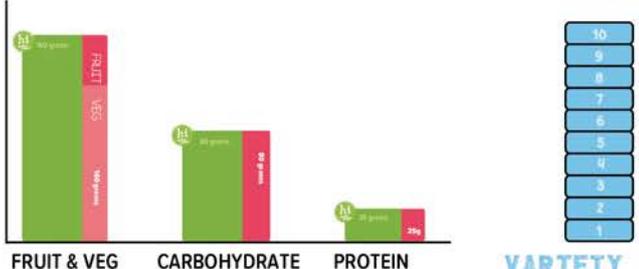
Corn (68%) (100% Sweetcorn)

Pizza (32%) [Whole Wheat Flour, Mozzarella Cheese (Milk) 22, 4% (Milk, Salt, Microbial Rennet), Tomato Puree 21, 5%, Water, Extra Virgin Olive Oil, Olive Oil, Salt, Yeast, Oregano, Sugar]



HEALTHY IRELAND COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION	(155g)
Energy (kJ)	755
Energy (Kcal)	180
Fat (g)	5.3
Of which saturates (g)	1.9
Carbohydrates (g)	24
Of which sugars (g)	2.2
Fibre (g)	2.7
Protein (g)	7.7
Salt (g)	0.65



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