



BUSY BEES

**JANUARY  
2023  
MENU**

**Tue  
3rd**

**CHICKEN GOUJONS, SAUTÉ  
POTATO SLICES & CARROTS**

Ingredients: Sauté Potatoes 50% (potatoes, sunflower oil), Chicken goujon 30% Chicken Breast Fillet (66%), water, rapeseed oil, rice flour, gram flour, potato starch, rice starch, salt, maize starch, potato protein, emulsifier: xanthan gum, dextrose, acidity regulator: sodium carbonate carrots 20%

**PENNE IN TOMATO & BASIL  
SAUCE**

Ingredients: **Durum wheat pasta 50%**, Tomato & Basil Sauce 50% (chopped tomatoes 75%, tomato puree 3.5%, onion, water, potato starch, garlic, basil 1%, salt)

Ingredients in bold script contain allergens; **gluten (wheat)**

**Wed  
4th**

**Thurs  
5th**

**L.D. BAKED TURKEY BURGER, GRAVY,  
MASH & CARROTS & PEAS**

Ingredients: Potatoes 56%, Turkey Burger 28% [Turkey (seasoning onion, salt & pepper)] gravy 16% (water, potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), carrots, peas 6%.

**CURRIED CHICKEN SAUCE & RICE**

Ingredients: Rice 50% Curried chicken 50% (chicken 11%, peppers, corn, onions, olive oil, garlic, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger potato starch.

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

**Fri  
6th**

**BEEF MEATBALLS & RICE**

Ingredients: Rice 42%, meatballs 17% [Beef (55%), Beef Fat, **Wheat Gluten, Rusk (Wheat Flour, Salt)**, Salt, Pea Protein, Onion Powder, Garlic Powder, Black Pepper, **Egg White Powder, Barley Malt Extract**, Parsley], chopped tomatoes, salt & pepper carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil, salt.

Ingredients in bold script contain allergens: **gluten (wheat & Barley) and egg**

**Mon  
9th**

**CHICKEN GOUJONS, SAUTÉ  
POTATO SLICES & CARROTS**

Ingredients: Sauté Potatoes 50% (potatoes, sunflower oil), Chicken goujon 30% Chicken Breast Fillet (66%), water, rapeseed oil, rice flour, gram flour, potato starch, rice starch, salt, maize starch, potato protein, emulsifier: xanthan gum, dextrose, acidity regulator: sodium carbonate carrots 20%

**Tue  
10th**

**Nutritional Information**

	Per 100g
Energy	138 KCal
KCal	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.05g

**Nutritional Information**

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	<0.04g

**Nutritional Information**

	Per 100g
Energy	120 KCal
KCal	546 KJ
Fat	3.99g
of which saturated	0.61g
Carbohydrates	11.93g
of which sugar	0.88g
Fibre	1.09g
Protein	9.26g
Salt	0.24g

**Nutritional Information**

	Per 100g
Energy	123 KCal
KCal	518 KJ
Fat	3.7g
of which saturated	0.61g
Carbohydrates	15.94g
of which sugar	1.27g
Fibre	2.31g
Protein	5.72g
Salt	0.01g

**Nutritional Information**

	Per 100g
Energy	241 KCal
KCal	403 KJ
Fat	3.23g
of which saturated	1.2g
Carbohydrates	35.93g
of which sugar	3.21g
Fibre	1.1g
Protein	8.85g
Salt	0.04g

**Nutritional Information**

	Per 100g
Energy	138 KCal
KCal	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.05g

**Wed  
11th**

**TUTTI FRUITY PORK CURRY &  
RICE**

Ingredients: Rice 43%, tutti fruity pork 57% (pork 26%, diced potatoes, mango, sweet potato, peppers, coconut milk potato starch, tomato paste, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamom, turmeric, chilli powder, ginger, garlic puree, salt.)

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

**Thurs  
12th**

**PASTA BOLOGNAISE**

Ingredients: **Durum wheat pasta 43%**, bolognese sauce 57% (beef (Irish) 26%, tomatoes, lentils, tomato puree, mixed peppers, carrots, spinach, onions, courgettes, water, potato starch, olive oil, oregano, garlic, salt.)

Ingredients in bold script contain allergens; **gluten (wheat)**

**Fri  
13th**

**SAUSAGE, MASH & L.D. BEANS**

Ingredients: Potatoes 60%, Sausage 24% (pork 74% Rusk (**Wheat flour**, potato starch, pork protein extract, water, calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451) Little Dinners Beans 37% (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar). 16%.

Ingredients in bold script contain allergens; **gluten (wheat) & sulphates**

**Mon  
16th**

**L.D. BAKED TURKEY BURGER, GRAVY,  
MASH & CARROTS & PEAS**

Ingredients: Potatoes 56%, Turkey Burger 28% [Turkey (seasoning onion, salt & pepper)] gravy 16% (water, potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), carrots, peas 6%.

**Tue  
17th**

**BEEF MEATBALLS IN PASTA**

Ingredients: **Durum wheat pasta 42%**, meatballs 17% [Beef (55%), Beef Fat, **Wheat Gluten, Rusk (Wheat Flour, Salt)**, Salt, Pea Protein, Onion Powder, Garlic Powder, Black Pepper, **Egg White Powder, Barley Malt Extract**, Parsley], chopped tomatoes, salt & pepper carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil, salt.

Ingredients in bold script contain allergens: **gluten (wheat & Barley) and egg**

**All beef used is of Irish origin**

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

May contain traces of nuts and cellery

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

**Nutritional Information**

	Per 100g
Energy	120 KCal
KCal	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.3g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	< 0.04g

**Nutritional Information**

	Per 100g
Energy	124 KCal
KCal	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates	36.7g
of which sugar	3.34g
Fibre	2.15g
Protein	9.6g
Salt	< 0.04g

**Nutritional Information**

	Per 100g
Energy	146 KCal
KCal	611 KJ
Fat	8.21g
of which saturated	2.77g
Carbohydrates	15.29g
of which sugar	0.83g
Fibre	1.17g
Protein	3.67g
Salt	0.8g

**Nutritional Information**

	Per 100g
Energy	120 KCal
KCal	546 KJ
Fat	3.99g
of which saturated	0.61g
Carbohydrates	11.93g
of which sugar	0.88g
Fibre	1.09g
Protein	9.26g
Salt	0.24g

**Nutritional Information**

	Per 100g
Energy	241 KCal
KCal	403 KJ
Fat	3.23g
of which saturated	1.2g
Carbohydrates	35.93g
of which sugar	3.21g
Fibre	1.1g
Protein	8.85g
Salt	0.04g





BUSY BEES

**Wed  
18th**

## CHICKEN CURRY & RICE

Ingredients: Rice 43%, Chicken curry 57% (Chicken 26%, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato coconut milk, puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree, salt.)

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

### Nutritional Information

	Per 100g
Energy	116KCal
KCal	490KJ
Fat	2.78g
of which saturated	1.25g
Carbohydrates	16.01g
of which sugar	1.05g
Fibre	1.28g
Protein	5.79g
Salt	0.04g

**Wed  
25th**

## BEEF PATTIS, GRAVY, MASH & MIXED VEG

Ingredients: Potatoes 50%, beef patti in gravy 34% (Beef Patti (Beef (Irish) 91%, water, Rusk (Fortified **wheat flour** (Wheat Flour, calcium carbonate, iron, niacin, thiamine), salt), **wheat protein, wheat flour**, salt, hydrolysed **Soya** protein, onion powder, flavouring, natural onion flavouring), gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic), Peas, swede, carrot, broad beans, green beans 16%

Ingredients in bold script contain allergens; **gluten (wheat) & soya**

### Nutritional Information

	Per 100g
Energy	117KCal
KCal	491 KJ
Fat	2.41g
of which saturated	1.16g
Carbohydrates	17.13g
of which sugar	1.84g
Fibre	1.45g
Protein	5.83g
Salt	< 0.01g

**Thurs  
26th**

## SAUSAGE, MINI ROAST & L.D. BEANS

Ingredients: Potatoes 60%, Sausage 24% (pork 74% Rusk (**Wheat flour**, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451) Little Dinners Beans 37% (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar).

16%.

Ingredients in bold script contain allergens; **gluten (wheat) & sulphates**

### Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	<0.04g

**Fri  
27th**

## CHICKEN GOUJONS, SAUTÉ POTATO CUBES & PEAS

Ingredients: Sauté Potatoes 50% (potatoes, sunflower oil), Chicken goujon 30% Chicken Breast Fillet (66%), water, rapeseed oil, rice flour, gram flour, potato starch, rice starch, salt, maize starch, potato protein, emulsifier: xanthan gum, dextrose, acidity regulator: sodium carbonate), peas 20%

### Nutritional Information

	Per 100g
Energy	124 KCal
KCal	520 KJ
Fat	3.48g
of which saturated	0.54g
Carbohydrates	15.53g
of which sugar	1.96g
Fibre	2.16g
Protein	7.29g
Salt	<0.02g

**Mon  
30th**

## BEEF MEATBALLS IN PASTA

Ingredients: **Durum wheat pasta** 42%, meatballs 17% [Beef (55%), Beef Fat, **Wheat Gluten, Rusk (Wheat Flour, Salt)**, Salt, Pea Protein, Onion Powder, Garlic Powder, Black Pepper, **Egg White Powder, Barley Malt Extract, Parsley**], chopped tomatoes, salt & pepper carrots, peppers, tomato puree, water, onions, olive oil, garlic, basil, salt.

Ingredients in bold script contain allergens: **gluten (wheat & Barley)**

### Nutritional Information

	Per 100g
Energy	104 KCal
KCal	440 KJ
Fat	1.83g
of which saturated	0.28g
Carbohydrates	32.29g
of which sugar	2.99g
Fibre	2.2g
Protein	6.7g
Salt	<0.04g

**Tue  
31st**

## TURKEY KORMA & RICE

Ingredients: Rice 43%, Turkey Korma 57% (Turkey 26%, coconut milk, peppers, onions, potatoes, water, olive oil, potato starch, tomato puree, garlic, coriander, cumin, **mustard seed**, garam masala, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, salt.)

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

### Nutritional Information

	Per 100g
Energy	76 KCal
KCal	321 KJ
Fat	1.37g
of which saturated	0.59g
Carbohydrates	10.32g
of which sugar	1.14g
Fibre	1.1g
Protein	4.66g
Salt	< 0.01g

### Nutritional Information

	Per 100g
Energy	146KCal
KCal	611KJ
Fat	8.21g
of which saturated	2.77g
Carbohydrates	15.29g
of which sugar	0.83g
Fibre	1.17g
Protein	3.67g
Salt	0.8g

### Nutritional Information

	Per 100g
Energy	138 KCal
KCal	580 KJ
Fat	4.24g
of which saturated	0.47g
Carbohydrates	18.66g
of which sugar	1.21g
Fibre	2.41g
Protein	5.6g
Salt	0.05g

### Nutritional Information

	Per
Energy	241 KCal
KCal	403 KJ
Fat	3.23g
of which saturated	1.2g
Carbohydrates	35.93g
of which sugar	3.21g
Fibre	1.1g
Protein	8.85g
Salt	0.04g

### Nutritional Information

	Per 100g
Energy	120KCal
KCal	499 KJ
Fat	3.1g
of which saturated	1.94g
Carbohydrates	17.3g
of which sugar	0.55g
Fibre	1.12g
Protein	6.5g
Salt	< 0.04g

**Thurs  
19th**

## TURKEY CHILLI & SAUTÉ POTATOES

Ingredients: Sauté potatoes 50% (potatoes, sunflower oil), Turkey Chilli sauce 50% turkey 27%, carrots, peppers, spinach, tomatoes, water, onions, tomato puree, potato starch, olive oil, garlic, chilli powder 0.05% (powdered chilli peppers, paprika, cumin, oregano, garlic powder).

## PENNE IN TOMATO & BASIL SAUCE

Ingredients: **Durum wheat pasta 50%**, Tomato & Basil Sauce 50% (chopped tomatoes 75%, tomato puree 3.5%, onion, water, potato starch, garlic, basil 1%, salt)

Ingredients in bold script contain allergens; **gluten (wheat)**

**Fri  
20th**

## TURKEY STEW & CROQUETTES

Ingredients: Potato croquettes 35% (potatoes, sunflower oil, **whey powder (milk)**, dextrose, salt, onion powder, emulsifier (E471), spices, Turkey stew 57% (turkey 27%, sweet potato, water, peas, diced potatoes, onions, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic)

Ingredients on bold script contain allergens; **milk (lactose)**

**Mon  
23rd**

## PENNE IN TOMATO & BASIL SAUCE

Ingredients: **Durum wheat pasta 50%**, Tomato & Basil Sauce 50% (chopped tomatoes 75%, tomato puree 3.5%, onion, water, potato starch, garlic, basil 1%, salt)

Ingredients in bold script contain allergens; **gluten (wheat)**

**Tue  
24th**

**JANUARY  
2023  
MENU**

All beef used is of Irish origin

MENU AND INGREDIENT LISTS MAY BE SUBJECT TO CHANGE

May contain traces of nuts and cellery

Unit 2, Rathdrum Enterprise Centre, Corballis Upper, Rathdrum, Co Wicklow

