



**BUSY BEES
RATHKEEVIN**

**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%

**Wed
4th**

PENNE 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)**

**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%.

**Fri
6th**

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, cardamon, turmeric, chilli powder, ginger potato starch.

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

**Mon
9th**

BEEF MEATBALLS & 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**

**Tue
10th**

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%

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	124KCal
KCal	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates	36.7g
of which sugar	3.34g
Fibre	2.15g
Protein	9.6 g
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 CHICKEN CURRY & RICE

Ingredients: Rice 43%, tutti fruity chicken 57% (chicken (Irish) 26% , diced potatoes, mango, sweet potato, peppers, coconut milk potato starch, tomato paste, oriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, 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 & BACHELOR 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**

**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, peas6%.

**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	132KCal
KCal	552KJ
Fat	3.54g
of which saturated	2.09g
Carbohydrates	17.66g
of which sugar	0.61g
Fibre	1.05g
Protein	7.53g
Salt	<0.04g

Nutritional Information

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

Nutritional Information

	Per 100g
Energy	146KCal
KCal	611KJ
Fat	8.21g
of which saturated	2.77g
Carbohydrates	15.29g
of which sugar	0.83
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
RATHKEEVIN**

**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, cardamom, turmeric, chilli powder, ginger, garlic puree, salt.)

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

**Thurs
19th**

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
20th**

CHICKEN GOUJONS, SAUTÉ POTATO CUBES & CORN

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), corn 20%

**Mon
23rd**

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**

**Tue
24th**

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)**

Nutritional Information

	Per 100g
Energy KCal	116KCal
KJ	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

Nutritional Information

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

Nutritional Information

	Per 100g
Energy KCal	138 KCal
KJ	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 KCal	123 KCal
KJ	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 KCal	124KCal
KJ	526 KJ
Fat	2.45g
of which saturated	0.7g
Carbohydrates	36.7g
of which sugar	3.34g
Fibre	2.15g
Protein	9.6 g
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**

**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**

**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%

**Mon
30th**

BEEF MEATBALLS IN PASTA

Ingredients: **Durum wheat pasta 42%**, meatballs 17% [Beef (55%), Beef Fat, **Wheat Gluten, Rusk (Wheat** Flour, Salt), Fat, 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)**

**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, cardamom, turmeric, chilli powder, ginger, salt.)

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

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 KCal	76 KCal
KJ	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 KCal	146KCal
KJ	611Kj
Fat	8.21g
of which saturated	2.27g
Carbohydrates	15.29g
of which sugar	0.83
Fibre	1.17g
Protein	3.67g
Salt	0.8g

Nutritional Information

	Per 100g
Energy KCal	138 KCal
KJ	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 KCal	241 KCal
KJ	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 KCal	120KCal
KJ	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



**JANUARY
2023
MENU**