

Monday		Product	Ingredient	Portion Weight	Carbs Sugar (g)	Carbs (g)	Energy (Kcal)	Fat(g)	Fibre(g)	Protein(g)	Salt(g)	Allergen
Allergen Free	Roast Chicken	Mixed Veg, Roast Chicken, Baby Potatoes	225	5.36	25.35	175.05	1.63	3.76	14.42	0.43		
Coeliac Friendly	Roast Beef	Fresh Gravy, Mash, Mixed Veg, Roast Beef	430	8.05	42.09	349.9	10.91	6.96	17.77	2.37	Milk	
Protein Rich	Carbonara	Diced Chicken, Ham, Penne, White Sauce	305	3.46	51.16	572.2	13.37	3.69	30.49	2.02	Gluten (Durum), Gluten (Wheat), Halal, Milk	
Halal Friendly	Chicken Curry	Rice, Curry Sauce, Diced Chicken, Mixed Peppers	270	8.58	43.52	297.5	6.86	1.57	14.36	2.15	Milk	
Easy to Hold	Mexican Wrap	Wrap, Diced Chicken, Mixed Peppers, Shredded Mexican Mix, Fajita Spice Mix	140	1.78	31.73	267.2	7.72	4.17	18.20	2.23	Gluten (Wheat), Milk	
Allergen Free	Tomato Ragu	Rice, Mixed Veg, Tomato Sauce	270	9.69	45.71	269.25	7.93	6.63	4.60	0.38		
Allergen Free	Chicken Paella	Rice, Diced Chicken, Mixed Peppers, Fajita Spice Mix	175	1.03	33.32	212.9	2.48	1.27	13.96	1.26		
Halal Friendly	Curry Wrap	Wrap, Curry Sauce, Diced Chicken, Mixed Peppers, 1/2 Rice	295	9.26	63.37	420.9	10.49	4.47	18.08	2.97	Gluten (Wheat), Milk	

Tuesday		Product	Ingredient	Portion Weight	Carbs Sugar(g)	Carbs(g)	Energy (Kcal)	Fat(g)	Fibre(g)	Protein(g)	Salt(g)	Allergen
Coeliac Friendly	Roast Ham	Mixed Veg, Ham, Baby Potatoes	240	5.47	26.99	333	3.77	4.32	13.19	1.16	Halal	
Excellent source of vitamins and minerals	Roast Turkey	Fresh Gravy, Mash, Mixed Veg, Turkey	415	8.17	41.77	331.95	10.26	6.75	14.59	1.75	Milk	
Halal Friendly	Chicken Broccoli Bake	Diced Chicken, Penne, White Sauce, Broccoli Florets, Milk	285	4.17	49.80	378.83	11.04	3.8	22.73	0.96	Gluten (Durum), Gluten (Wheat), Milk	
Allergen Free	Chicken Paella	Rice, Diced Chicken, Mixed Peppers, Fajita Spice Mix, Tomato Sauce	175	1.03	33.32	212.9	2.48	1.27	13.96	1.26		
Very Tasty	Healthy Spice Bag	Tomato Sauce, Diced Chicken, Mixed Peppers, Potato Wedges	138	1.50	13.33	151.78	5.02	1.99	12.26	0.88	Gluten (Wheat), Milk	
Halal Friendly	Curry Wrap	Wrap, Curry Sauce, Diced Chicken, Mixed Peppers, 1/2 Rice	295	9.26	63.37	420.9	10.49	4.47	18.08	2.97	Gluten (Wheat), Milk	
Low Salt	Vegan Bites	Tomato Sauce, Vegan Southern Fried Bites, Penne	271	6.25	61.38	435.31	15.81	8.72	14.05	1.01	Gluten (Durum), Gluten (Wheat), Soya	
Full of goodness	Bean Chilli	Sweet Chilli, Rice, Tomato Sauce, Red Kidney Beans, Mixed Peppers, Pinto Beans, Fajita Spice Mix	321	24.51	71.95	387.76	7.8	9.26	7.7	1.94		

Wednesday		Product	Ingredient	Portion Weight	Carbs Sugar(g)	Carbs(g)	Energy (Kcal)	Fat(g)	Fibre(g)	Protein(g)	Salt(g)	Allergen
Allergen Free	Roast Chicken	Mixed Veg, Roast Chicken, Baby Potatoes	225	5.36	25.35	175.05	1.63	3.76	14.42	0.43		
Added Fibre	Baked Potato	Baked Beans, Shredded Mexican Mix, Jacket Potato	135	4.33	13.97	128.9	3.88	5.17	6.89	0.75	Milk	
Allergen Free	Chicken Paella	Rice, Diced Chicken, Mixed Peppers, Fajita Spice Mix, Tomato Sauce	175	1.03	33.32	212.9	2.48	1.27	13.96	1.26		
Halal Friendly	Chicken Curry	Rice, Curry Sauce, Diced Chicken, Mixed Peppers	270	8.58	43.52	297.5	6.86	1.57	14.36	2.15	Milk	
Protein Rich	Shepherds Pie	Fresh Gravy, Mash, Mince, Lentils, Mixed Veg	355	3.24	34.59	434.95	22.31	4.25	22.16	1.7	Milk	
Allergen Free	Veg Cacciatore	Mixed Veg, Tomato Sauce, Sweet Potato	230	14.07	22.57	162.25	6.81	6.63	2.72	0.44		
Halal Friendly	Curry Wrap	Wrap, Curry Sauce, Diced Chicken, Mixed Peppers, 1/2 Rice	295	9.26	63.37	420.9	10.49	4.47	18.08	2.97	Gluten (Wheat), Milk	
Easy to Hold	Mexican Wrap	Wrap, Diced Chicken, Mixed Peppers, Shredded Mexican Mix, Fajita Spice Mix	140	1.78	31.73	267.2	7.72	4.17	18.2	2.23	Gluten (Wheat), Milk	



At the Lunch Bag, we are nutrition focused!

Tomato sauced produced specifically by Ballymaloe with pulsed vegetable to meet HI guidelines!

Additional Fruit provided in classrooms to ensure all meals meet fruit/veg requirements

All Chicken/Turkey Halal Friendly & Irish sourced

All Beef Irish sourced

All allergens catered for

Mince contains added lentil to boost fibre

Thursday	Product	Ingredient	Portion Weight	Carbs Sugar(g)	Carbs(g)	Energy (Kcal)	Fat(g)	Fibre(g)	Protein(g)	Salt(g)	Allergen
Gluten & Dairy Free	Roast Ham	Mixed Veg, Ham, Baby Potatoes	240	5.47	26.99	333	3.77	4.32	13.19	1.16	Halal
Very Tasty	Healthy Spice Bag	Tomato Sauce, Diced Chicken, Mixed Peppers, Potato Wedges	138	1.5	13.32	150.78	5.02	5.02	12.26	0.88	Gluten (Wheat), Milk
Allergen Free	Tomato Ragu	Rice, Mixed Veg, Tomato Sauce	270	9.69	45.71	269.25	7.93	6.63	4.6	0.38	
Coeliac Friendly	Taco Potato	Mince, Shredded Mexican Mix, Jacket Potato, Lentils, Tomato Sauce	130	0.67	8.58	273.1	16.46	1.72	21.86	0.39	Milk
Halal Friendly	Chicken Curry	Rice, Curry Sauce, Diced Chicken, Mixed Peppers	270	8.58	43.52	297.5	6.86	1.57	14.36	2.15	Milk
Allergen Free	Chicken Paella	Rice, Diced Chicken, Mixed Peppers, Fajita Spice Mix, Tomato Sauce	175	1.03	33.32	212.9	2.48	1.27	13.96	1.26	
Easy to Hold	Mexican Wrap	Wrap, Diced Chicken, Mixed Peppers, Shredded Mexican Mix, Fajita Spice Mix	140	1.78	31.73	267.2	7.72	4.17	18.2	2.23	Gluten (Wheat), Milk
Dairy Free	Meatball Pasta	Meatballs, Tomato Sauce, Penne	280	6.22	54.66	428.65	19.46	6.73	14.29	1.35	Gluten (Durum), Halal
Friday	Product	Ingredient	Portion Weight	Carbs Sugar(g)	Carbs(g)	Energy (Kcal)	Fat(g)	Fibre(g)	Protein(g)	Salt(g)	Allergen
Dairy Friendly	Veg Fried Rice	Rice, Mixed Peppers, Soy Sauce, Sesame Oil, Diced Onions, Chinese Five Spice, Garden Peas	200	2.08	37.9	387.65	22.34	3.54	6.8	3.35	Gluten (Wheat), Sesame Seeds, Soya
Once a week treat	Veg Pizza	Potato Wedges, Veg Pizza	290	9.7	78	635	23.09	2.07	22.25	3.111	Gluten (Wheat), Milk
Hidden Veg	Bolognese Pasta	Tomato Sauce, Mince, Penne, Lentils	300	5.74	52	498.25	21.92	7.53	27.75	0.62	Gluten (Durum)
Allergen Free	Roast Chicken	Mixed Veg, Roast Chicken, Baby Potatoes	225	5.36	25.35	175.05	1.63	3.76	14.42	0.43	
Coeliac Friendly	Meatballs	Fresh Gravy, Mash, Meatballs, Mixed Veg	440	8.48	46.09	424.6	20.51	6.71	11.46	2.58	Halal, Milk
Halal Friendly	Chicken Curry	Rice, Curry Sauce, Diced Chicken, Mixed Peppers	270	8.58	43.52	297.5	6.86	1.57	14.36	2.15	Milk
Once a week treat	Chicken Goujons	Chicken Goujons, Potato Wedges	130	1.3	25.20	230.20	9.89	2.67	9.05	1.083	Gluten (Wheat)
Easy to Hold	Pizza Sub	Ciabatta, Pepperoni, Shredded Mexican Mix, Pizza Sauce	105	1.425	36.38	259.65	8.13	0.795	11.9	1.312	Gluten (Wheat), Halal, Milk