

# OUR DAILY MENU

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



## MONDAY

Baked Potato, Beans & Cheese	Pasta & Meatballs
Burger Bites, Potato & Veg	Plain Pasta
Chicken & Broccoli Pasta Bake	Plain Rice
Chicken Curry & Rice	Sausage, Mash & Corn
Chicken Goujons & Potato Cubes	Shepherds Pie
Chicken Tenders, Potato Cubes & Veg	Vegan Sweet & Sour with Rice
Mac N'Cheese	Vegetarian Burrito
Margherita Sub	Wholemeal Pizza & Cubes

## TUESDAY

Burger Bites, Potato & Veg	Pasta & Meatballs
Chicken & Chorizo Pasta Bake	Plain Pasta
Chicken Curry & Rice	Plain Rice
Chicken Goujons & Potato Cubes	Sausage, Mash & Corn
Chicken Tenders, Potato Cubes & Veg	Shepherds Pie
Chili Con Carne & Potato Cubes	Vegan Sweet & Sour with Rice
Mac N'Cheese	Vegetarian Burrito
Margherita Sub	Wholemeal Pizza & Cubes

PACKED  
WITH HIDDEN  
VEG & LENTILS



## WEDNESDAY

Baked Potato, Beans & Cheese	Pasta & Meatballs
Burger Bites, Potato & Veg	Plain Pasta
Chicken & Broccoli Pasta Bake	Plain Rice
Chicken Curry & Rice	Sausage, Mash & Corn
Chicken Goujons & Potato Cubes	Shepherds Pie
Chicken Tenders, Potato Cubes & Veg	Vegan Sweet & Sour with Rice
Mac N'Cheese	Vegetarian Burrito
Margherita Sub	Wholemeal Pizza & Cubes

## THURSDAY

Burger Bites, Potato & Veg	Pasta & Meatballs
Chicken & Chorizo Pasta Bake	Plain Pasta
Chicken Curry & Rice	Plain Rice
Chicken Goujons & Potato Cubes	Sausage, Mash & Corn
Chicken Tenders, Potato Cubes & Veg	Shepherds Pie
Chili Con Carne & Potato Cubes	Vegan Sweet & Sour with Rice
Mac N'Cheese	Vegetarian Burrito
Margherita Sub	Wholemeal Pizza & Cubes



## FRIDAY

Baked Potato, Beans & Cheese	Pasta & Meatballs
Burger Bites, Potato & Veg	Plain Pasta
Chicken & Broccoli Pasta Bake	Plain Rice
Chicken Curry & Rice	Sausage, Mash & Corn
Chicken Goujons & Potato Cubes	Shepherds Pie
Chicken Tenders, Potato Cubes & Veg	Vegan Sweet & Sour with Rice
Mac N'Cheese	Vegetarian Burrito
Margherita Sub	Wholemeal Pizza & Cubes

# CHICKEN & BROCCOLI PASTA BAKE



**Our dietitian says...**

Our milk and white sauce are sources of dairy, adding calcium for strong, healthy bones. Our diced chicken is made from 100% chicken breast and is a great source of protein! Broccoli is added in for extra nutritional boost!

**Contains milk (DAIRY), wheat (gluten)**

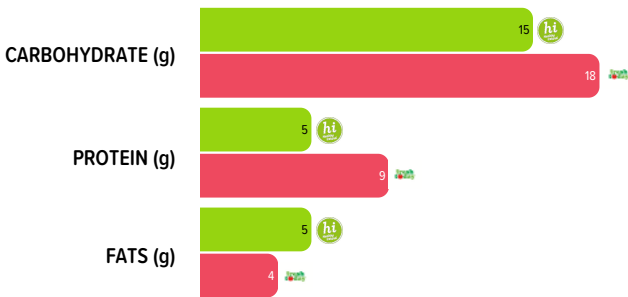
## INGREDIENTS

Pasta (52.2%)	[Water, Durum <b>Wheat</b> Flour],
Chicken (19.9%)	[Chicken Breast (98%), Salt]
White Sauce (19.9%)	[Milk ( <b>Milk</b> ), Cream ( <b>Milk</b> ), Onion, Butter ( <b>Milk</b> ), Flour ( <b>Wheat</b> ), 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],
Broccoli (8%)	[Broccoli]



## FSAI COMPARISON

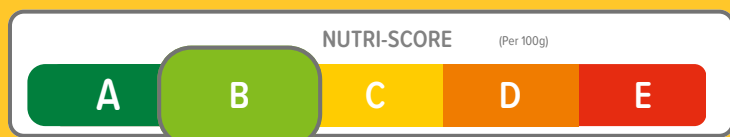
Approx. recommended macronutrient intake per 100g meal for children vs . Freshtoday meals (100g)



NUTRITIONAL INFORMATION	
PER PORTION	(279g)
Energy (kJ)	1669
Energy (Kcal)	396
Fat (g)	9.8
Of which saturates (g)	5.1
Carbohydrates (g)	51
Of which sugars (g)	3.4
Fibre (g)	3.6
Protein (g)	24
Salt (g)	0.73



# CHICKEN & CHORIZO PASTA BAKE



We are bringing back a favourite! This chicken and chorizo pasta bake is **PACKED** with protein! And also, full of flavour!

Our dietitian says...

## INGREDIENTS

Pasta (42.1%)

[Water, Durum **Wheat** Flour].

White Sauce (36.2%)

[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]

Chicken (18.1%)

[Chicken Breast (98%), Salt]

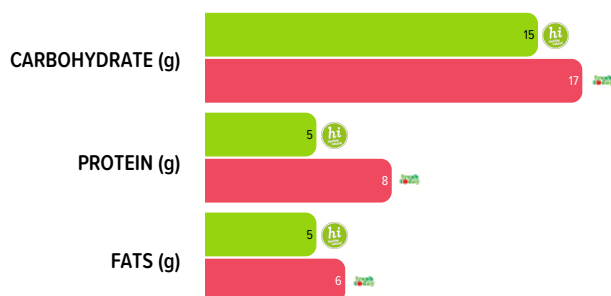
Chorizo (3.6%)

[Pork Meat And Fat, Salt, Smoked Paprika(2%), Dextrose, Garlic, Antioxidant (Sodium Ascorbate), preservatives (Sodium Nitrite, Potassium Nitrate), nutmeg, Oregano]

Contains milk (**DAIRY**), wheat (gluten)

## FSAI COMPARISON

Approx. recommended macronutrient intake per 100g meal for children vs . Freshtoday meals (100g)



## NUTRITIONAL INFORMATION

### PER PORTION

(345g)

Energy (kJ)	2296
Energy (Kcal)	547
Fat (g)	22
Of which saturates (g)	11
Carbohydrates (g)	57
Of which sugars (g)	5.8
Fibre (g)	3
Protein (g)	29
Salt (g)	1.7

# CHILLI CON CARNE & POTATO CUBES



**Our dietitian says...**

Our yummy tomato sauce is **PACKED** with tomatoes and onions! Every spoonful is bursting with goodness while keeping the veggies cleverly hidden! Our potatoes are baked to reduce fat and saturated fat!

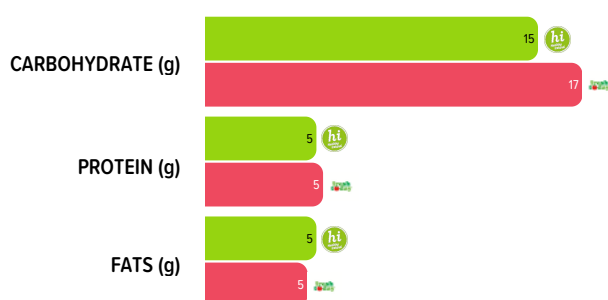
## INGREDIENTS

- Potato (53.3%)** [Potatoes 92%, Sunflower Oil 4%, Seasoning 4% (modified Potato Starch, Riceflour, Garlic Powder, Onion Powder, Salt, Spices (Bell Pepper, Black Pepper), potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), natural Flavouring Preparation Of Paprika, Thickener (Xanthan Gum))],
- Sauce (17.4%)** [Tomatoes (87%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, white Wine Vinegar, Thyme, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract],
- Beef (16%)** [Irish Beef 95%, Potato Starch, Salt],
- Kidney Beans (8.9%)** [Red Kidney Beans, Water, Firming Agent (Calcium Chloride)]
- Sweet Chilli Sauce (3.5%)** [Water, Sugar, Glucose Syrup, Thickener (Modified Starch), Spirit Vinegar, ChilliFlakes 1%, Salt, Colour (Paprika Extract), Flavouring, Spices, Peppers, Preservatives (Potassium Sorbate)],
- Spice Mix (0.92%)** [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)]

**NO ALLERGENS**

## FSAI COMPARISON

Approx. recommended macronutrient intake per 100g meal for children vs. Freshtoday meals (100g)



## NUTRITIONAL INFORMATION

### PER PORTION

(261g)

Energy (kJ)	1443
Energy (Kcal)	343
Fat (g)	12
Of which saturates (g)	3.2
Carbohydrates (g)	44
Of which sugars (g)	8.1
Fibre (g)	2.6
Protein (g)	14
Salt (g)	1.4



# VEGETARIAN BURRITO



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



## INGREDIENTS

- Rice (35.7%)** [Rice]
- Sauce (19.6%)** [Tomatoes (87%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, white Wine Vinegar, Thyme, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract]
- Kidney Beans (18.2%)** [Red Kidney Beans, Water, Firming Agent (Calcium Chloride)]
- Vegetables (17.8%)** [Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%)]
- Sweet Chilli Sauce (7.1%)** [Water, Sugar, Glucose Syrup, Thickener (Modified Starch), Spirit Vinegar, Chilli Flakes 1%, Salt, Colour (Paprika Extract), Flavouring, Spices, Peppers, Preservatives (Potassium Sorbate)],
- Wrap (0.78%)** [Wheat Flour (Calcium Carbonate, Iron, Niacin Thiamin), Water, Palm Oil, Humectant (Glycerine Raising Agents (Disodium Diphosphate, Sodium Bicarbonate) Acidity Reaulator (Malic Acid) Stabilisers (Carboxymethyl Cellulose Guar Gum Mulsitie Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)]
- Spice Mix (0.75%)** [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)]

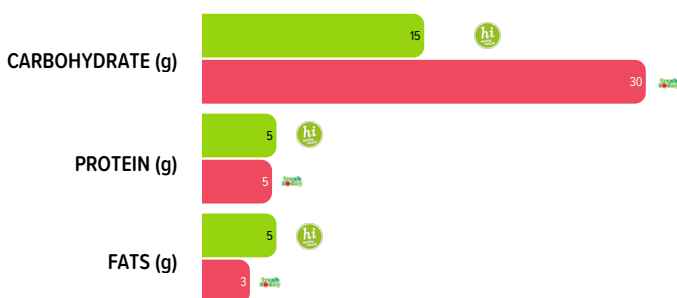
Contains wheat (GLUTEN)

Our dietitian says...

Vegetarian meal options are difficult to make tasty, but this meal definitely has no issues in that department! It provides a real treat for vegetarians as well as sporty students.

## FSAI COMPARISON

Approx. recommended macronutrient intake per 100g meal for children vs. Freshtoday meals (100g)



## NUTRITIONAL INFORMATION

### PER PORTION

	(191g)
Energy (kJ)	1405
Energy (Kcal)	333
Fat (g)	6.1
Of which saturates (g)	1.9
Carbohydrates (g)	58
Of which sugars (g)	8.1
Fibre (g)	3
Protein (g)	4.3
Salt (g)	1.6