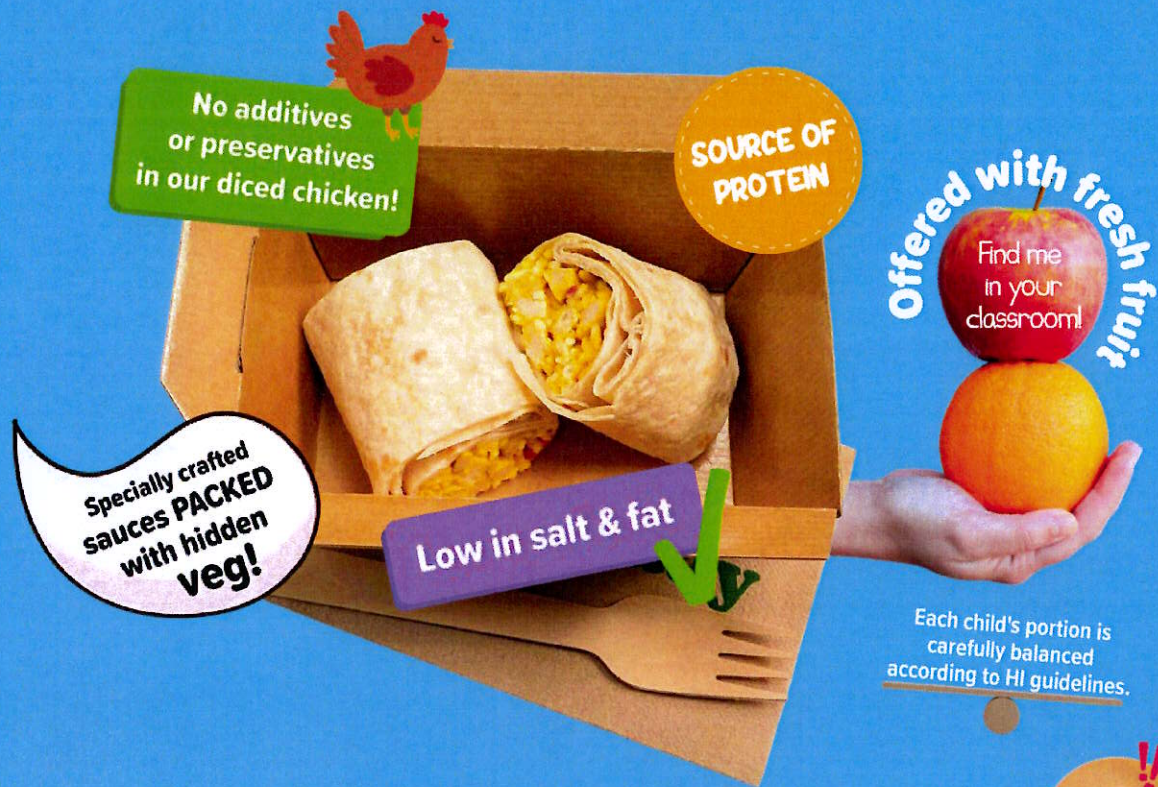
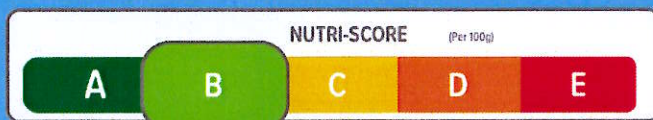


# BOMBAY CHICKEN WRAP



Contains  
milk & wheat  
(GLUTEN)



**Our dietitian says...**

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, and cinnamon. We offer both rice and wrap options to give children variety in their carbohydrate options.

## INGREDIENTS

Wrap (34.9%)	[Wheat Flour (Calcium Carbonate, Iron, Niacin Thiamin), Wholemeal Wheat Flour, Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose), Emulsifier (Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine)]
Rice (26.8%)	Rice
Chicken (19.2%)	[Chicken Breast (96%), Salt]
Curry Sauce (19.2%)	[Water, Bell Peppers, Pineapple Pieces (Pineapple, Water, Sugar), Onion, Sugar, Spin 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 Chilies, Acidity Regulators (Lactic Acid, Calcium Lactate), Colour (Curcumin), Preservative (Potassium Sorbate), Thickener (Guar Gum), Ground Bay, Pepper, Natural Flavouring]



## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

### PER PORTION

	186g
Energy (kJ)	1426
Energy (kcal)	338
Fat (g)	7.4
Of which saturates (g)	2.7
Carbohydrates (g)	52
Of which sugars (g)	4.5
Fibre (g)	2.8
Protein (g)	14
Salt (g)	2.1



# BURGER BITES, POTATO & VEG

SOURCE OF PROTEIN

BAKED  
NOT FRIED

No colours or  
or Phosphates

Offered with fresh fruit  
Find me  
in your  
classroom!

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

NO  
ALLERGENS

NUTRI-SCORE (Per 100g)

A

B

C

D

E

Our dietitian  
says...

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

## INGREDIENTS

- Potato (52.8%) [Potatoes, Water, Salt, Firming Agent (Calcium Chloride)]
- Meatballs (25.1%) [Pork And Beef, Water, Onion, Potato, Potato Flour, Salt, Potato Fiber, Spices Meat Content: 62%]
- Vegetables (22%) [Carrot (55%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%)]

hi  
Healthy  
Ireland

## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

### PER PORTION

(284g)

Energy (kJ)	1319
Energy (Kcal)	315
Fat (g)	14
Of which saturates (g)	6
Carbohydrates (g)	33
Of which sugars (g)	4.5
Fibre (g)	5.6
Protein (g)	10
Salt (g)	0.97



# CHICKEN CURRY & RICE

No additives  
or preservatives  
in our diced chicken!

**HIGH IN  
PROTEIN**

Offered with fresh fruit  
Find me  
in your  
classroom!

Low in salt & fat

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

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

## NUTRI-SCORE

(Per 100g)

A

**B**

C

D

E

Our dietitian  
says...

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

## INGREDIENTS

Contains  
MILK

Rice (54.8%)

Rice

Curry Sauce  
(31.6%)

[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]

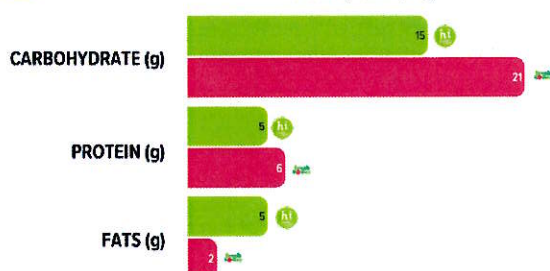
Chicken (13.6%)

[Chicken Inner Fillet (98%), Salt, Dextrose]

hi  
Healthy  
Ireland

## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

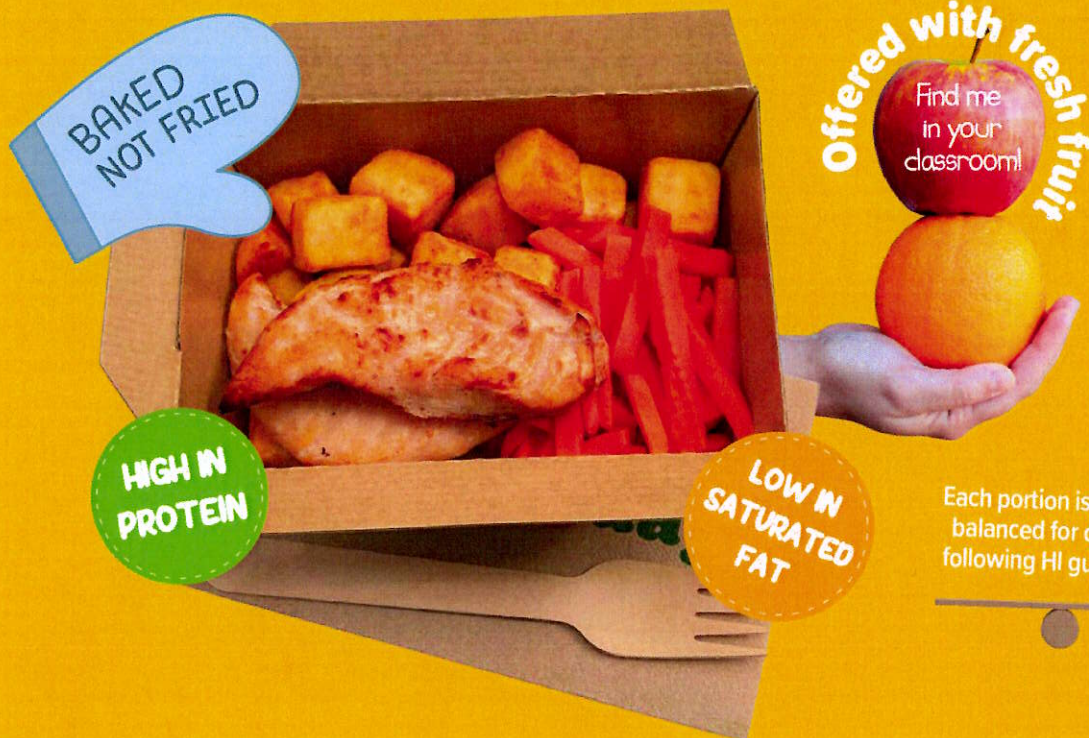
### PER PORTION

(351g)

Energy (kJ)	1886
Energy (Kcal)	446
Fat (g)	6.3
Of which saturates (g)	1.6
Carbohydrates (g)	75
Of which sugars (g)	10
Fibre (g)	1.7
Protein (g)	21
Salt (g)	3



# CHICKEN TENDERS, POTATO CUBES & VEG



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

**NO ALLERGENS**

**A**

**NUTRI-SCORE**

(Per 100g)

**B**

**C**

**D**

**E**

**Our dietitian says...**

Our potato cubes are baked, not fried, to reduce fat and saturated fat. We season them with garlic and onion powder to add flavour naturally – keeping the salt nice and low.

## INGREDIENTS

**Potato (56.4%)**

[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)]

**Chicken Tender (24.2%)**

[Chicken Tender (24.2%) [Chicken inner Fillets (96%), Water, Starch, Dextrose, Salt, Xylose, Acidity Regulators: Sodium Citrates, Sodium Carbonates]

**Carrot (19.3%)**

Carrot

**hi**  
Healthy Ireland

## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

### PER PORTION

(295g)

Energy (kJ)	1348
Energy (Kcal)	319
Fat (g)	5.7
Of which saturates (g)	0.9
Carbohydrates (g)	45
Of which sugars (g)	5.4
Fibre (g)	2.1
Protein (g)	21
Salt (g)	1.6



# CHICKEN & CHEESE SUB

**HIGH IN PROTEIN!**

Dairy & calcium boost

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)

Add a piece of our fresh fruit to make me a B!

A

B

C

D

E

Our dietitian says...

We use a wholegrain ciabatta (which is the equivalent of 2 slices of wholegrain bread) to add more fibre. Our hidden vegetable tomato sauce contains tomatoes, onions, spring onions, peppers, garlic and thyme.

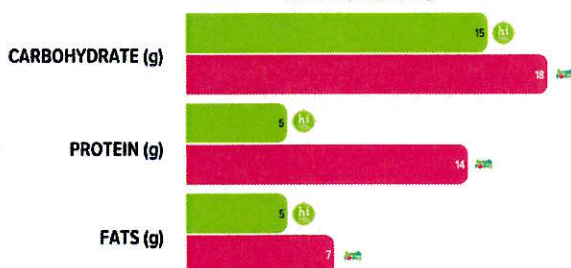
## INGREDIENTS

- Roll (30.6%)** [Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Yeast, Salt, **Wheat Gluten**, Wheat Bran, Emulsifiers (Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids), Palm Fat, Flavouring, Colour (Beta Carotene), Antioxidant (Ascorbic Acid), Starter Culture]
- Sauce (25.5%)** [Tomatoes (8%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, white Wine Vinegar, Thyme, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract]
- Chicken Tender (22.7%)** [Chicken Tender (22.7%) [Chicken Inner Fillets (96%), Water, Starch, Dextrose, Salt, Xylose, Acidity Regulators Sodium Citrates, Sodium Carbonates]
- Cheese Pizza (21.2%)** [Mozzarella 50%, Red Mild Cheddar 24%, White Mild Cheddar 24%, Potato Starch 2%, Lactose (Milk)]

hi  
Healthy Ireland

## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

### PER PORTION

(193g)

Energy (kJ)	1288
Energy (Kcal)	307
Fat (g)	11
Of which saturates (g)	6.1
Carbohydrates (g)	29
Of which sugars (g)	5
Fibre (g)	2.1
Protein (g)	21
Salt (g)	1.7



# KATSU CURRY & RICE

SOURCE OF PROTEIN



Offered with fresh fruit  
Find me in your classroom!

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

## NUTRI-SCORE

(Per 100g)

A

B

C

D

E

Our dietitian says...

One of our most popular meals with students! The meal has been reformulated to meet the upgraded nutritional requirements of the scheme, without losing any of its flavour or taste!

## INGREDIENTS

Rice (56.6%) Rice

Sauce (29.4%) [Water, Coconut, Rapeseed Oil, Sugar, Mango Purée, Agave Syrup, Soy Sauce (Water, Soybeans, Salt, Spirit Vinegar), Modified Starch, Ginger Purée, Garlic Purée, Spices, Salt, Acid, Lactic Acid, Citric Acid, Yeast Extract, Colour: Plain Carmel, Stabiliser: Guar Gum; Flavouring (Celery)].

WX Vegan Bites (14%) [Water, Rapeseed Oil, Rice Flour, Textured Vegetable Protein (Soya Protein Isolate, Maize Starch, Xanthan Gum, Carrageenan, Guar Gum), Pea Starch, Chickpea Flour, Shea Fat, Sunflower Oil, Seasoning (Yeast Extract Powder, Sugar, Salt, Natural Flavouring), Powdered Cellulose, Calcium Carbonate, Black Pepper, Thickener: Methyl Cellulose; Maize/Potato Starch, Maize Flour, Dextrose, Chilli Powder, Spice Mix (Sugar, Spices (Chili, Paprika, Black Pepper, Star Anise, Fennel Seed, Clove, Cassia), Maize Starch, Garlic Powder, Onion Powder, Salt, Yeast Extract Powder, Herbs (Parsley, Oregano), Natural Flavouring, Anti Caking Agent: Silicon Dioxide), Paprika, Raising Agents: Sodium Acid Pyrophosphate, Sodium Hydrogen Carbonate; Garlic Powder, Cayenne Pepper, Iron, Vitamin B12]

Contains celery and soya!

hi  
Healthy Ireland

## FSAI COMPARISON

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

CARBOHYDRATE (g)

PROTEIN (g)

FATS (g)



## NUTRITIONAL INFORMATION

### PER PORTION

(340g)

Energy (kJ)	2414
Energy (Kcal)	575
Fat (g)	21
Of which saturates (g)	6.5
Carbohydrates (g)	84
Of which sugars (g)	10
Fibre (g)	3.1
Protein (g)	11
Salt (g)	2.3



# MAC N' CHEESE



## NUTRI-SCORE

(Per 100g)

Add a piece of our fresh fruit to make me a B!

A

B

C

D

E

**Our dietitian says...**

Increase the Nutri-Score of this meal to a B by encouraging your child to eat a piece of fruit with the meal. This is a really popular meal with students who are otherwise fussy eaters, thus having an important part to play on the overall menu options.

## INGREDIENTS

**Pasta (49.5%)** [Durum Wheat Flour And Water]

**Cheese Sauce (32.7%)** [Cheese (Milk), Water, Butter (Milk), Milk Protein, Stabilisers (E452, E339), Starch, (E1450), Natural Colour (E160ac), Potassium Sorbate (E202), Lactic Acid (E270)]

**White Sauce (12.2%)** [Milk (Milk), Cream (Milk), Water, Onion, Butter (Cream (Milk), Salt), Wheat Flour (Calcium Carbonate, Niacin, Iron, Thiamine), Modified Maize Starch, 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), Garlic Cloves, Garlic Powder, Parsley]

**Cheese Pizza (4.3%)** [Mozzarella 50%, Red Mild Cheddar 24%, White Mild Cheddar 24%, Potato Starch 2%, Lactose (Milk)]

**Sauce (1.4%)** [Water, Red Cayenne Peppers (Red Cayenne Peppers, Salt, Acetic Acid), Red Jalapeño Peppers, Red Jalapeño Peppers, Salt, Acetic Acid), Spirit Vinegar, Salt, Spice, Colour, Paprika Extract, Stabiliser, Xanthan Gum]

Contains wheat (GLUTEN) & milk

**hi**  
Healthy Ireland

## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

### PER PORTION

(294g)

Energy (kJ)	2250
Energy (Kcal)	537
Fat (g)	26
Of which saturates (g)	15
Carbohydrates (g)	55
Of which sugars (g)	2.8
Fibre (g)	2.8
Protein (g)	21
Salt (g)	1.5



# MARGHERITA SUB



## NUTRI-SCORE

(Per 100g)

Add a piece of our fresh fruit to make me a BI

A

B

C

D

E

Contains wheat  
(GLUTEN) & milk

## INGREDIENTS

### Roll (39.6%)

[Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Yeast, Salt, **Wheat Gluten**, Wheat Bran, Emulsifiers (Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids), Palm Fat, Flavouring, Colour (Beta Carotene), Antioxidant (Ascorbic Acid), Starter Culture]

### Sauce (33%)

[Tomatoes (87%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, white Wine Vinegar, Thyme, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract]

### Cheese Pizza (27.5%)

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

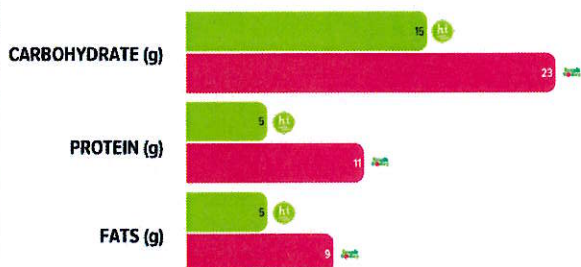
Our dietitian says...

We add 33g 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, spring onions, peppers, garlic and thyme.

hi  
Healthy  
Ireland

## FSAI COMPARISON

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



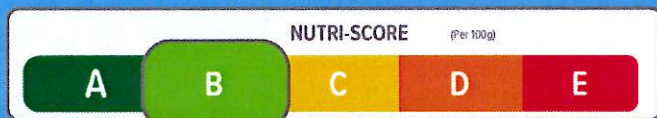
## NUTRITIONAL INFORMATION

### PER PORTION

	(121g)
Energy (kJ)	1129
Energy (Kcal)	269
Fat (g)	11
Of which saturates (g)	6
Carbohydrates (g)	28
Of which sugars (g)	4.7
Fibre (g)	2.1
Protein (g)	13
Salt (g)	1.2



# PASTA & MEATBALLS



**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!

## INGREDIENTS

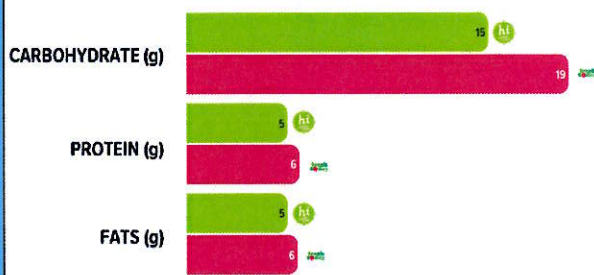
- Pasta (45.9%)** [Durum Wheat Flour And Water]
- Tomato Sauce (31.6%)** [Tomatoes, Onion, Tomato Paste, White Wine Vinegar, Extra Virgin Olive Oil, Sugar, Red Peppers, Herbs, Spices, Sea Salt, Flavouring, Yeast Extract]
- Meatballs (22.5%)** [Pork And Beef, Water, Onion, Potato, Potato Flour, Salt, Potato Fiber, Spices Meat Content: 62%]

**Contains durum wheat (gluten)**



## FSAI COMPARISON

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



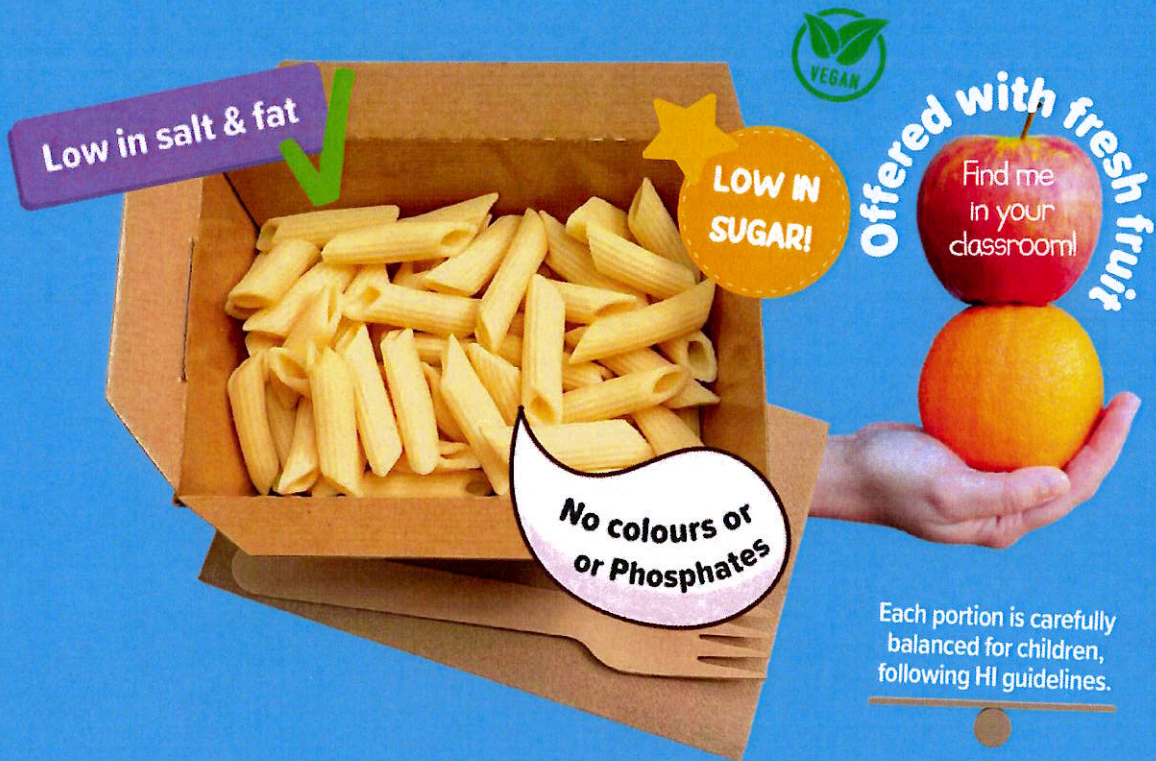
## NUTRITIONAL INFORMATION

### PER PORTION

	(317g)
Energy (kJ)	1991
Energy (Kcal)	474
Fat (g)	18
Of which saturates (g)	6.2
Carbohydrates (g)	59
Of which sugars (g)	7.8
Fibre (g)	4.8
Protein (g)	18
Salt (g)	0.89



# PLAIN PASTA



A

NUTRI-SCORE (Per 100g)

B

C

D

E

Our dietitian says...

Freshtoday supply numerous schools that have autism units and students with sensory needs. Plain pasta is a very important menu option for these students as it alleviates any sensory issues they may have. This meal can be removed from the menu options by schools if required.

## INGREDIENTS

Pasta (98.3%) [Durum Wheat Flour And Water]

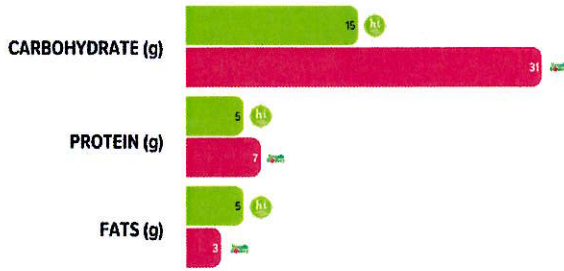
Oil (1.7%) [Blend Of Refined Sunflower Oil (49%) And Extra Virgin Olive Oil (51%)]

Contains durum wheat (GLUTEN) & milk



## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

### PER PORTION

(148g)

Energy (kJ)	1137
Energy (Kcal)	269
Fat (g)	4.5
Of which saturates (g)	0.7
Carbohydrates (g)	46
Of which sugars (g)	0.9
Fibre (g)	2.8
Protein (g)	9.6
Salt (g)	0.06



# PLAIN RICE

Low in salt & fat



LOW IN SUGAR!

Offered with fresh fruit  
Find me in your classroom!

No colours or Phosphates

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

## NUTRI-SCORE

(Per 100g)

A

B

C

D

E

Our dietitian says...

Freshtoday supply numerous schools that have autism units and students with sensory needs. Plain pasta is a very important menu option for these students as it alleviates any sensory issues they may have. This meal can be removed from the menu options by schools if required.

## INGREDIENTS

Rice (100%) Rice

NO ALLERGENS

hi  
Healthy Ireland

## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

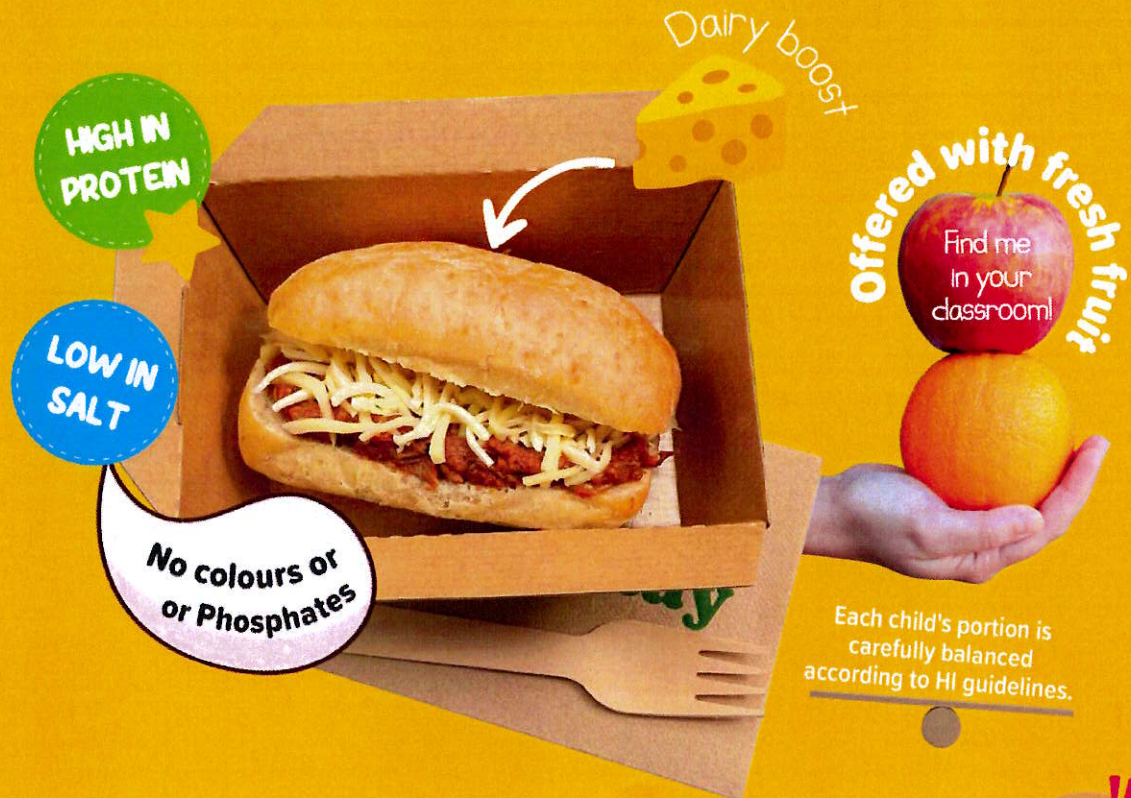
### PER PORTION

(192g)

Energy (kJ)	1144
Energy (Kcal)	270
Fat (g)	0.8
Of which saturates (g)	0.2
Carbohydrates (g)	60
Of which sugars (g)	0
Fibre (g)	1
Protein (g)	5.4
Salt (g)	0.05



# PULLED PORK & CHEESE SUB



NUTRI-SCORE (Per 100g) Add a piece of our fresh fruit to make me a B!



**Our dietitian says...**

A new menu addition...slow cooked pulled pork, served on a wholemeal roll with cheese. Perfect for students looking for those extra calories or fussy eaters that struggle with the really healthy meal options.

## INGREDIENTS

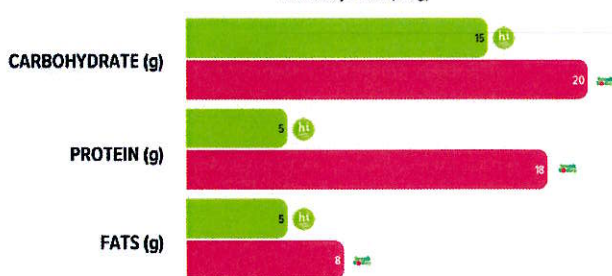
- Pork (52.3%)** [Pork, BBQ Sauce: (Water, Sugar, tomato paste, Spirit vinegar, Glucose Syrup, Rapeseed oil, Salt, Colour: Ammonia Carmel E150C, Stabiliser: Xanthum Gum E415, Smoke essence (Natural), Preservative: Potassium sorbate (E202))]
- Roll (31.4%)** [Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Yeast, Salt, **Wheat Gluten**, **Wheat Bran**, Emulsifiers (Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids), Palm Fat, Flavouring, Colour (Beta Carotene), Antioxidant (Ascorbic Acid), Starter Culture]
- Cheese Pizza (16.3%)** [Mozzarella (50%), Red Mild Cheddar (24%), White Mild Cheddar (24%), Potato Starch (2%), Lactose (Milk)]

Contains milk & wheat (GLUTEN)



## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

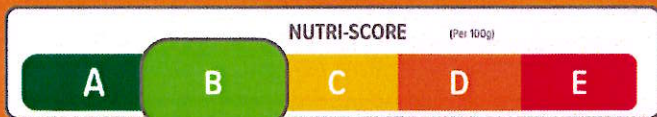
### PER PORTION

(153g)

Energy (kJ)	1433
Energy (Kcal)	341
Fat (g)	12
Of which saturates (g)	6
Carbohydrates (g)	30
Of which sugars (g)	7.5
Fibre (g)	1.5
Protein (g)	27
Salt (g)	2



# SAUSAGE, MASH & CORN



**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 Irish-made mash, which is lower in salt, fat, and saturated fat than standard mash - thanks to the innovation and care of our amazing producers!

## INGREDIENTS

Contains milk & wheat (GLUTEN)

- Corn (49.6%)** Corn
- Potato (34.7%)** [73% Potatoes, Whey (Milk) Permeate (Milk), 8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract]
- Sausage (15.6%)** [Pork (60%), Water, Rusk (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin) Seasoning (Potato Starch, Salt, Rusk (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Spices, Yeast Extract, Spice Extracts), Pork Fat Filled Into Alginate Casing]



## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

### PER PORTION

(288g)

Energy (kJ)	1402
Energy (Kcal)	335
Fat (g)	16
Of which saturates (g)	5.8
Carbohydrates (g)	33
Of which sugars (g)	8.2
Fibre (g)	6.2
Protein (g)	11
Salt (g)	1.1

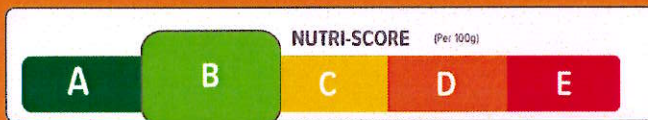


# SWEET & SOUR CHICKEN WRAP



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

Contains wheat (GLUTEN)



**Our dietitian says...**

Our customer blend of sweet & sour sauce produced by Spice O' Life with low sugar and low salt. The sauce, which is packed with vegetables, adds the perfect flavour to the roast chicken & wrap combo!

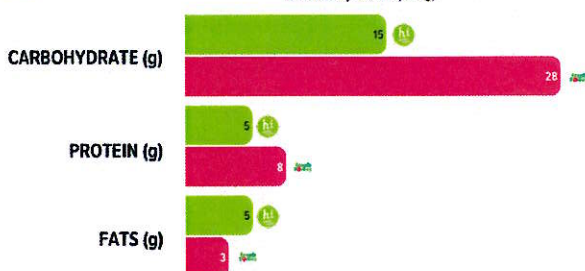
## INGREDIENTS

- White Wrap (34.9%)** [Wheat Flour (Calcium Carbonate, Iron, Niacin Thiamin), Wholemeal Wheat Flour, Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose), Emulsifier (Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine)]
- Rice (26.8%)** Rice
- Chicken (19.2%)** [Chicken Breast (98%), Salt]
- Sauce (19.2%)** [Vegetables (27%) (Peppers, Onion, Carrot), Water, Chicory Root Fibre, Rice Wine Vinegar, Tomato Paste, Pineapple (Pineapple, Water, Sugar, Acidity Regulator: (Citric Acid)), Sugar, Concentrated Pineapple Juice, Maize Starch, Vinegar, Demerara Sugar (Sugar, Cane Molasses), Salt, Dried Garlic, Yeast Extract, Preservative: (Potassium Sorbate), Paprika Extract, Natural Flavouring]



## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

### PER PORTION

	(186g)
Energy (kJ)	1395
Energy (Kcal)	331
Fat (g)	5.9
Of which saturates (g)	2.2
Carbohydrates (g)	53
Of which sugars (g)	5.4
Fibre (g)	5.1
Protein (g)	14
Salt (g)	1.6



# VEGAN SWEET & SOUR WITH RICE



**SOURCE OF PROTEIN**

Offered with fresh fruit  
Find me in your classroom!

**Low in salt & fat**

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

**A**

**NUTRI-SCORE** (Per 100g)

**B**

**C**

**D**

**E**

**Our dietitian says...**

Produced with vegan chicken and our sweet and sour sauce packed with vegetables, this meal thoroughly deserves its A-Rated Nutri Score.

## INGREDIENTS

**Rice (55.1%)**

Rice

**Sauce (31.8%)**

(Vegetables (27%)) (Peppers, Onion, Carrot, Water, Chicory Root Fibre, Rice Wine Vinegar, Tomato Paste, Pineapple (Pineapple, Water, Sugar, Acidity Regulator (Citric Acid), Sugar, Concentrated Pineapple Juice, Maize Starch, Vinegar, Demerara Sugar (Sugar, Cane Molasses), Salt, Dried Garlic, Yeast Extract, Preservative (Potassium Sorbate), Paprika Extract, Natural Flavouring)

**Chicken (13%)**

(Water, Rapeseed Oil, Rice Flour, Textured Vegetable Protein (Soya Protein Isolate, Maize Starch, Xanthan Gum, Carrageenan, Guar Gum), Pea Starch, Chickpea Flour, Shea Fat, Sunflower Oil, Seasoning (Yeast Extract Powder, Sugar, Salt, Natural Flavouring), Powdered Cellulose, Calcium Carbonate, Black Pepper, Thickener: Methyl Cellulose, Maize/Potato Starch, Maize Flour, Dextrose, Chilli Powder, Spice Mix (Sugar, Spices (Chilli, Paprika, Black Pepper, Star Anise, Fennel Seed, Clove, Cassia), Maize Starch, Garlic Powder, Onion Powder, Salt, Yeast Extract Powder, Herbs (Parsley, Oregano), Natural Flavouring, Anti-Caking Agent: Silicon Dioxide), Paprika, Raising Agents: Sodium Acid Pyrophosphate, Sodium Hydrogen Carbonate, Garlic Powder, Cayenne Pepper, Iron, Vitamin B12)

**Contains Soya!**

**hi**  
Healthy Ireland

## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

### PER PORTION

	(349g)
Energy (kJ)	2096
Energy (Kcal)	497
Fat (g)	9.6
Of which saturates (g)	1.4
Carbohydrates (g)	36
Of which sugars (g)	14
Fibre (g)	10
Protein (g)	11
Salt (g)	1.6



# VEGETARIAN ORIENTAL NOODLES, SAUCE & VEG



Contains wheat (GLUTEN), egg, soya, & milk



Our dietitian says...

Vegetarian meal options are difficult to make tasty, but this meal definitely has no issues in that department! While slightly higher in salt and sugars, it should provide a real treat for vegetarians as well as sporty students.

## INGREDIENTS

**Noodles (54.5%)**

(Noodles (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin) Egg, Salt, Acidity Regulator: Citric Acid, Colour: Beta Carotene, Firming Agents: Potassium Carbonate, Sodium Carbonate), Sunflower Oil)

**Noodle Sauce (30.3%)**

(Water, Vegetables (24%) (Peppers, Onion), Sugar, Less Salt Soy Sauce (Water, Soya Beans, Wheat, Salt, Spirit Vinegar, Ethyl Alcohol, Sugar), Cider Vinegar, Tomato Paste, Concentrated Red Plum Juice, Ginger Purée, Garlic Purée, Maize Starch, Spices, Yeast Extract, Paprika Extract, Caramelised Sugar, Natural Flavouring, Black Pepper)

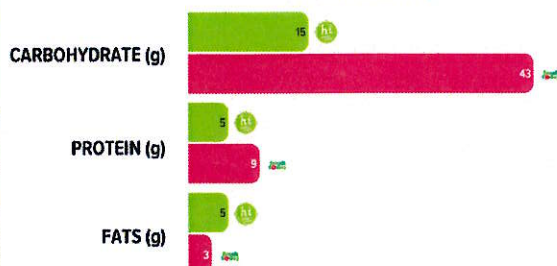
**WX Oriental Veg (15.2%)**

(Bean Sprouts, Bamboo Shoots, Black Fungus, Red Sliced Peppers, Carrots 'julienne', Cut Leeks, Sliced Onions, Mange Tout)



## FSAI COMPARISON

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



## NUTRITIONAL INFORMATION

### PER PORTION

(367g)

Energy (kJ)	3678
Energy (Kcal)	870
Fat (g)	10
Of which saturates (g)	2.5
Carbohydrates (g)	156
Of which sugars (g)	27
Fibre (g)	10
Protein (g)	33
Salt (g)	4.7