V10/06/2025

FUEL FOR SCHOOL:
OUR NUTRITION GUIDE



WWW.THELUNCHBAG.IE

Ingredient lists are just the tip of the iceberg! Our nutrition guide uncovers the full story behind every dish.

We believe in being transparent and honest, so we don't just stop at ingredient lists. There's a lot more to food, and we're here to give you the full picture, whether it's nutritional insights, Nutri-Scores, or the variety of plant-based foods in your hot school meals. We want to help you to understand the true impact of what your children are eating.



VARIETY

The more plant-based foods in your dish, the more diverse the bacteria in your gut!

NUTRI-SCORE

Nutri-Score is a logo fixed to the front of packaging which provides information on the nutritional quality of the products in a simplified form and in addition to the mandatory nutritional declaration.

NUTRITIONAL INFORMATION

Nutritional information is listed per 100g and per portion for easy comparison and accurate serving insights.

HEALTHY IRELAND GUIDELINES

Compare the nutritional makeup of our meals against the standards set by Healthy Ireland.

HOT SCHOOL MEALS: THE GUIDELINES

Healthy Ireland have set a standard for Hot School Meals that recommends using the food pyramid as a guide. Each meal should contain:

- 2 servings of vegetables, salad or fruit
- 1 serving of meat, poultry, fish, eggs, beans and nuts
- 1 serving of wholemeal cereals and breads, potatoes, pasta and rice

At The Lunch Bag, we go beyond just meeting requirements, we do our best to make healthy eating easy for kids!

Hitting the 160g vegetable target can be tricky, so we take a game-changing approach! Our hot meals include veggies both visibly and blended smoothly into sauces, making them appealing for all children. But we don't stop there!

To help kids reach their fruit and veg goals, we've introduced The Lunch Bag Classroom Fruit Bowls, giving children unlimited access to fresh fruit every school day. A simple, kid-friendly way to make healthy eating effortless, enjoyable and achievable!

THIS IS THE LUNCH BAG DIFFERENCE; SIMPLE, SMART, AND MADE FOR KIDS!



INGREDIENTS FOR SUCCESS: CRAFTING THE PERFECT MENU

There are lots of things we need to consider before building our menu. We always do our very best to take these factors into account to create the best options, while constantly improving along the way!

NUTRITION EDUCATION
Fatigue
NOVELTY
The Pedagogical Meal
FUSSY EATERS
Green procurement
Stock
ALLERGENS
Wobbly teeth
Labelling
CROSS CONTAMINATION
PKU
Educated eating
PACKAGING
VISUAL APPEARANCE
Cold supply chain
CULTURAL REQUIREMENTS
Kosher
Sustainability
Individual taste
Aesthetics
MEAL COMPOSITION
TEXTURE
ENVIRONMENTAL IMPACT
Fibre boost
Religious requirements
Stock rotation
FOOD WASTE
Portion size
CLASSROOMS SMELLS
ABILITY TO HEAT WELL
Pricing
TASTE
COLOUR
DIETARY PREFERENCES
Portion weights
Medical conditions
Temperature
Snacks options
CLASSROOM PROCESS
Time to eat
PRODUCTION PROCESSES
Cystic Fibrosis
Principal support
Diabetic Mellitus
School policies
SEASONAL PREFERENCES
Parent comms
Cutlery required
ORDERING PROCESS
Coeliac



We're Sharing...

OUR USPS

NUTRI-SCORES

ALLERGEN INFO

INGREDIENT LISTS

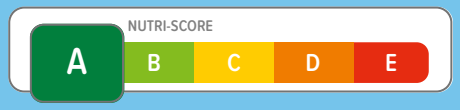
HEALTHY IRELAND COMPARISON

NUTRITIONAL INFORMATION



What is a Nutri-Score?

Santé publique France developed the Nutri-Score, a front of pack nutrition labelling system which can be affixed by producers on their products.



Nutri-Score is based on a five-color nutritional scale, ranging from dark green to dark orange, and uses letters from A to E to enhance accessibility and consumer understanding.

Nutri-Score is now widely used across Europe, helping consumers to understand nutritional information, making it easier for them to make informed choices.

Nutri-Score determine the result by entering the data into their calculation tool, analysing the product and assigning it a single overall score. The score is calculated per 100g or 100ml of a food product, considering both nutrients to limit (energy, saturated fat, sugars, salt) and nutrients to encourage (fiber, protein, fruits, vegetables, pulses, nuts, and certain healthy oils like rapeseed, walnut, and olive oil).

Want to read more? Click here!

BOLOGNESE BOWL



NUTRI-SCORE (Per 100g)

A B C D E

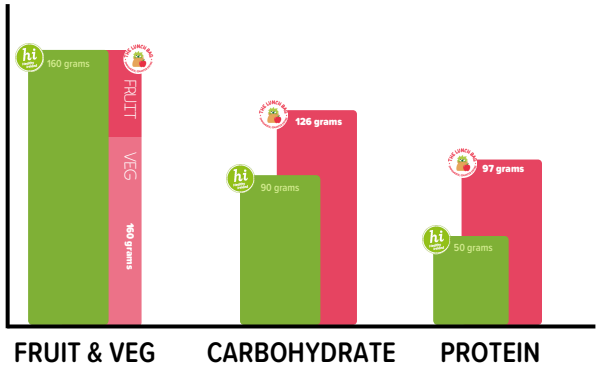
What's in it?
INGREDIENTS

CONTAINS DURUM WHEAT (GLUTEN)

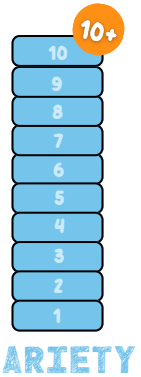
Pasta (38.2%)	[Water, Durum **WHEAT** Flour]
Tomato Sauce (32.4%)	[Tomatoes (79%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, White Wine Vinegar, Thyme, Sunflower Oil, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract]
Mince (24.2%)	[Beef]
Lentils (5.2%)	[Rehydrated Lentils, Water, Salt]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	672.4
Energy (Kcal)	160.7
Fat (g)	6.8
Of which saturates (g)	0.9
Carbohydrates (g)	15.2
Of which sugars (g)	1.7
Fibre (g)	1.5
Protein (g)	10.3
Salt (g)	0.2

PER PORTION (330g)	
Energy (kJ)	2218.4
Energy (Kcal)	530.2
Fat (g)	22.4
Of which saturates (g)	3.0
Carbohydrates (g)	50.3
Of which sugars (g)	5.7
Fibre (g)	5.0
Protein (g)	34.1
Salt (g)	0.6

Box contains 1 portion.

FALAFEL FEAST



NUTRI-SCORE (Per 100g)

A B C D E

What's in it?
INGREDIENTS

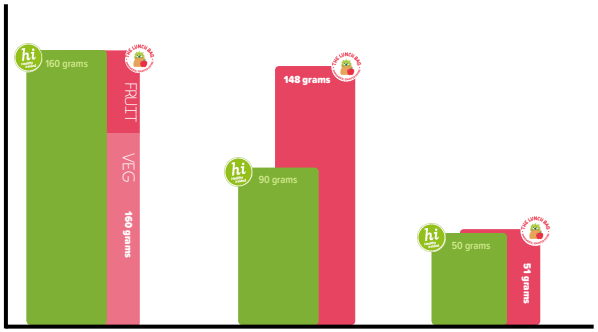
CONTAINS SOYA

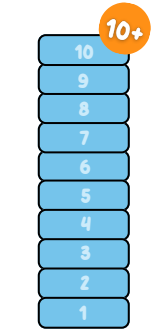
Rice (50.7%)	[Water, Long Grain Parboiled Rice]
Mixed Peppers (20.7%)	[Green Pepper, Red Pepper, Yellow Pepper]
Falafel (17.6%)	[Chickpeas, Broad Beans, Red Onion, Edamame (**SOYA**) Beans, Broccoli, Spinach, Chickpea Flour, Parsley, Spring Onion, Salt, Nigella Seeds, Cumin, Garlic Powder, Ground Coriander, Baking Powder (Stabiliser: diphosphates, Emulsifier: Sodium Carbonate, maize starch)
Sweet Chilli Sauce (11%)	[Sugar, Water Pickled Red Chilli, Vinegar, Garlic, Salt, Stabilizer: Xanthan Gum]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!





What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	612.1
Energy (Kcal)	146.3
Fat (g)	2.7
Of which saturates (g)	0.3
Carbohydrates (g)	26.0
Of which sugars (g)	5.9
Fibre (g)	1.9
Protein (g)	3.9
Salt (g)	0.2

PER PORTION (290g)	
Energy (kJ)	1775.3
Energy (Kcal)	424.3
Fat (g)	7.7
Of which saturates (g)	0.8
Carbohydrates (g)	75.3
Of which sugars (g)	17.2
Fibre (g)	5.6
Protein (g)	11.4
Salt (g)	0.6

Box contains 1 portion.

CARBONARA KING



NUTRI-SCORE (Per 100g)

A B C D E

What's in it?
INGREDIENTS

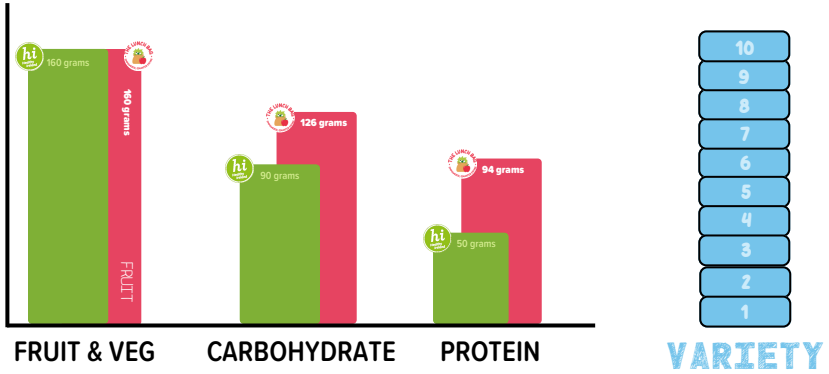
CONTAINS DURUM WHEAT (GLUTEN) & MILK

Pasta (44.2%)	[Water, Durum **WHEAT** Flour]
Diced Chicken (23.5%)	[Chicken Breast (95%), Water, Salt]
White Sauce (20%)	[Whole **MILK**, Cream (**MILK**), Salted Butter (**MILK**), Onion Purée (Onion, Salt), Maize Starch, Rapeseed Oil, Garlic Purée, Vegetable Bouillon (Yeast Extract, Salt, Maize Starch, Carrot Powder, Onion Powder, Parsley), Preservative: Potassium Sorbate.
Pizza Ham (9.5%)	[Pork, Water, Potato Starch, Salt (Preservative: Sodium Nitrite), Seasoning (Salt, Sugar, Stabiliser: Polyphosphate, Antioxidant: Sodium Erythorbate, Stabiliser: Xanthan Gum, Spice Extracts)]
MILK (2.8%)	MILK

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	685.8
Energy (Kcal)	163.9
Fat (g)	4.4
Of which saturates (g)	1.9
Carbohydrates (g)	16.0
Of which sugars (g)	1.2
Fibre (g)	1.0
Protein (g)	10.1
Salt (g)	0.5

PER PORTION (285g)	
Energy (kJ)	1953.9
Energy (Kcal)	467.0
Fat (g)	12.4
Of which saturates (g)	5.4
Carbohydrates (g)	45.7
Of which sugars (g)	3.5
Fibre (g)	2.8
Protein (g)	28.8
Salt (g)	1.5

Box contains 1 portion.

ROAST CHICKEN FILLET



NUTRI-SCORE (Per 100g)

A B C D E

What's in it?
INGREDIENTS

ALLERGEN FREE!

Baby Potatoes (46.1%)	[Potatoes, Water, Salt, Firming Agent: Calcium Chloride]
Carrots (31%)	[Carrot]
Chicken (22.9%)	[Chicken Inner Fillet (97%), Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers: Sodium Citrate, Sodium Bicarbonate]

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



VARIETY

What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	305.0
Energy (Kcal)	72.9
Fat (g)	0.4
Of which saturates (g)	0.1
Carbohydrates (g)	11.5
Of which sugars (g)	2.2
Fibre (g)	1.5
Protein (g)	6.2
Salt (g)	0.2

PER PORTION (310g)	
Energy (kJ)	946.0
Energy (Kcal)	226.1
Fat (g)	1.1
Of which saturates (g)	0.2
Carbohydrates (g)	35.7
Of which sugars (g)	6.7
Fibre (g)	4.5
Protein (g)	19.2
Salt (g)	0.6

Box contains 1 portion.

CHICKEN GOUJONS

Due to the protein, fibre, salt and saturated fat content in this meal, it scores an 'A' as per the Nutri-score guidelines. However, because the goujons come in a batter, according to HI guidelines, they are classified as a processed meat and is only allowed once a week!



NUTRI-SCORE (Per 100g)

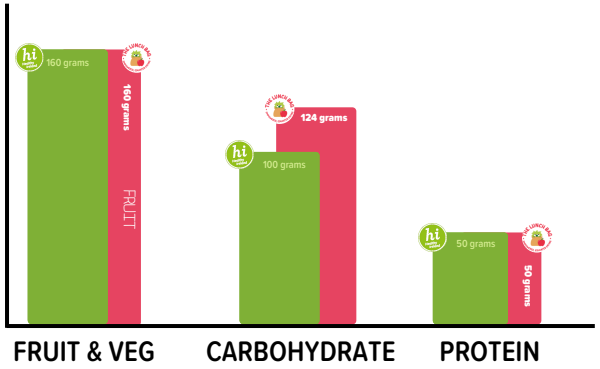
A | B | C | D | E

What's in it?
INGREDIENTS

CONTAINS WHEAT (GLUTEN)

Potato Wedges (59.9%)	Potatoes (86%), Coating (**Wheat** Flour, Salt, Modified Potato Starch, Starch, Spices (Black Pepper, Chilli Pepper, Cayenne Pepper), Garlic Powder, Onion Powder, Raising Agents: Polyphosphates, Sodium Carbonate, Yeast Extract, Spice Extracts (Black Pepper), Dextrose), Vegetable Oils (Rapeseed & Sunflower)]
Chicken Goujons (40.1%)	[Chicken (60%), (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Salt, **Wheat** Gluten, Dextrose, Garlic Powder, Pea Fibre, Yeast, Stabilisers: Triphosphate , Diphosphates, Pea Starch, Sunflower Oil, Black Pepper, Paprika, Paprika Extract]

HEALTHY IRELAND COMPARISON





What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	775.3
Energy (Kcal)	185.3
Fat (g)	8.1
Of which saturates (g)	0.9
Carbohydrates (g)	19.2
Of which sugars (g)	1.0
Fibre (g)	2.0
Protein (g)	8.3
Salt (g)	0.8

PER PORTION (207g)	
Energy (kJ)	1604.6
Energy (Kcal)	383.5
Fat (g)	16.7
Of which saturates (g)	1.9
Carbohydrates (g)	39.7
Of which sugars (g)	2.1
Fibre (g)	4.1
Protein (g)	17.2
Salt (g)	1.8

Box contains 1 portion.

POPPIN PASTA



NUTRI-SCORE (Per 100g)

A B C D E

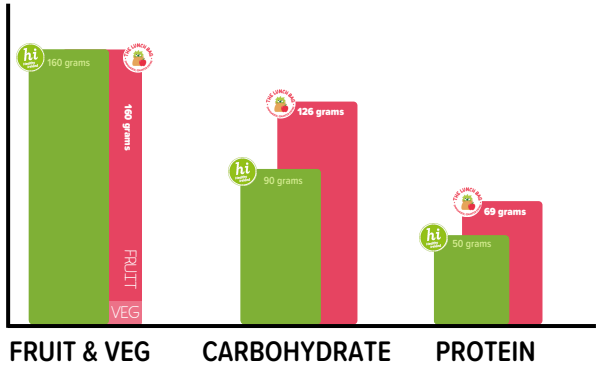
What's in it?
INGREDIENTS

CONTAINS DURUM WHEAT (GLUTEN) & MILK

Pasta (44.8%)	[Water, Durum **WHEAT** Flour]
Diced Chicken (24.6%)	[Chicken Breast (95%), Water, Salt]
White Sauce (24.6%)	[Whole **MILK**, Cream (**MILK**), Salted Butter (**MILK**), Onion Purée (Onion, Salt), Maize Starch, Rapeseed Oil, Garlic Purée, Vegetable Bouillon (Yeast Extract, Salt, Maize Starch, Carrot Powder, Onion Powder, Parsley), Preservative: Potassium Sorbate.
MILK (3.2%)	[Milk]
Sweetcorn (2.8%)	[Sweetcorn, Water, Sugar, Salt]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



VARIETY

What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	589.1
Energy (Kcal)	140.8
Fat (g)	4.6
Of which saturates (g)	2.0
Carbohydrates (g)	16.8
Of which sugars (g)	1.5
Fibre (g)	1.1
Protein (g)	9.1
Salt (g)	0.4

PER PORTION (281g)	
Energy (kJ)	1655.2
Energy (Kcal)	395.6
Fat (g)	12.8
Of which saturates (g)	5.8
Carbohydrates (g)	47.1
Of which sugars (g)	4.1
Fibre (g)	3.0
Protein (g)	25.5
Salt (g)	1.1

Box contains 1 portion.

TIKKA BOX



NUTRI-SCORE (Per 100g)

A B C D E

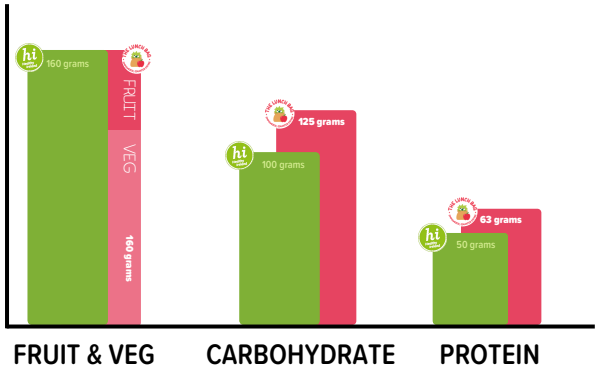
What's in it?
INGREDIENTS

CONTAINS MILK

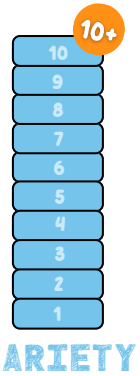
Potato Cubes (39.8%)	[Potato (92%), Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell Pepper, Black Pepper), Potato Dextrin, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Natural Flavouring Preparation Of Paprika, Thickener (Xanthan Gum)]
Diced Chicken (20.1%)	[Chicken Breast (95%), Water, Salt]
Mixed Peppers (20.1%)	[Green Pepper, Red Pepper, Yellow Pepper]
Tomato Sauce (15.9%)	[Tomatoes (79%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, White Wine Vinegar, Thyme, Sunflower Oil, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract.]
Yoghurt (3.2%)	[Whole **MILK**, Skim **MILK** Powder, Stabiliser: Modified Maize Starch, Lactic Cultures, Preservative: Potassium Sorbate]
Tikka Spice (0.96%)	[Spices (Cumin, Coriander, Ginger, Turmeric, Cardamom, Black Pepper, Cinnamon, Cloves, Cayenne Pepper), Salt, Paprika, Tomato, Sugar, Onion, Coriander Leaf, Anti Caking Agent: Silicon Dioxide, Natural Flavouring]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	367.8
Energy (Kcal)	87.9
Fat (g)	2.1
Of which saturates (g)	0.4
Carbohydrates (g)	11.3
Of which sugars (g)	1.7
Fibre (g)	0.9
Protein (g)	5.7
Salt (g)	0.5

PER PORTION (314g)	
Energy (kJ)	1154.4
Energy (Kcal)	275.9
Fat (g)	6.5
Of which saturates (g)	1.4
Carbohydrates (g)	35.4
Of which sugars (g)	5.4
Fibre (g)	2.7
Protein (g)	18.0
Salt (g)	1.5

Box contains 1 portion.

ROAST CHICKEN



NUTRI-SCORE (Per 100g)

A B C D E

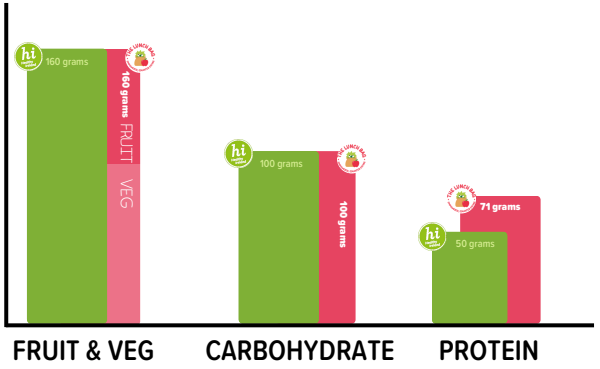
What's in it?
INGREDIENTS

CONTAINS MILK

Mash Potatoes (31.7%)	[Potatoes (73%), Whey Permeate (**MILK**), Cream (**MILK**), Skimmed **MILK**, Salt, Spice, Pepper Extract]
Carrots (30.5%)	[Carrot]
Chicken (22.5%)	[Chicken Inner Fillet (97%), Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers: Sodium Citrate, Sodium Bicarbonate]
Gravy (15.2%)	[Water, Modified Maize Starch, Maltodextrin, Salt, Beef Glace (1.5%) Beef Stock (Beef Bone Stock, Beef Meat, Water, Beef Extract, Beef Fat), Sugar, Maize Starch, Sea Salt, Concentrated Vegetable Juices (Onion, Tomato)], Tomato Powder, Palm Fat Powder, Dried Glucose Syrup, Yeast Extracts (Yeast Extract, Salt), Sugar, Onion Powder, Colour: (Sulphite Ammonia Caramel), Beef Stock Powder [Yeast Extract (Yeast Extract, Salt), Rice Flour, Sugar, Dried Glucose Syrup, Salt, Natural Flavouring, Onion Powder, Dehydrated Cooked Beef, Ground Black Pepper, Ground Bay], Thickener: Xanthan Gum, Preservative: Potassium Sorbate.]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



VARIETY

What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	313.4
Energy (Kcal)	74.9
Fat (g)	1.6
Of which saturates (g)	1.0
Carbohydrates (g)	9.0
Of which sugars (g)	2.5
Fibre (g)	1.4
Protein (g)	5.8
Salt (g)	0.6

PER PORTION (315g)	
Energy (kJ)	987.4
Energy (Kcal)	236.0
Fat (g)	5.0
Of which saturates (g)	3.2
Carbohydrates (g)	28.3
Of which sugars (g)	8.0
Fibre (g)	4.4
Protein (g)	18.3
Salt (g)	1.8

Box contains 1 portion.

BEAN SPUD



NUTRI-SCORE (Per 100g)

A B C D E

What's in it?
INGREDIENTS

CONTAINS MILK

Baked Beans (46.3%)	[Haricot Beans (49%), Water, Tomatoes (20%), Sugar, Modified Maize Starch, Glucose Fructose Syrup, Salt, Onion Powder, Paprika, Flavouring]
Baked Potato (45.7%)	[Potato]
Shredded Cheese Mix (8%)	[Mexican Mix (Red Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet, Colour (Annatto Norbixin) White Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet) Dubliner (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, **MILK** Protein, Modified Potato Starch, Salt, Emulsifying Salts, Colour (Annatto Norbixin))(Potato Starch))]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



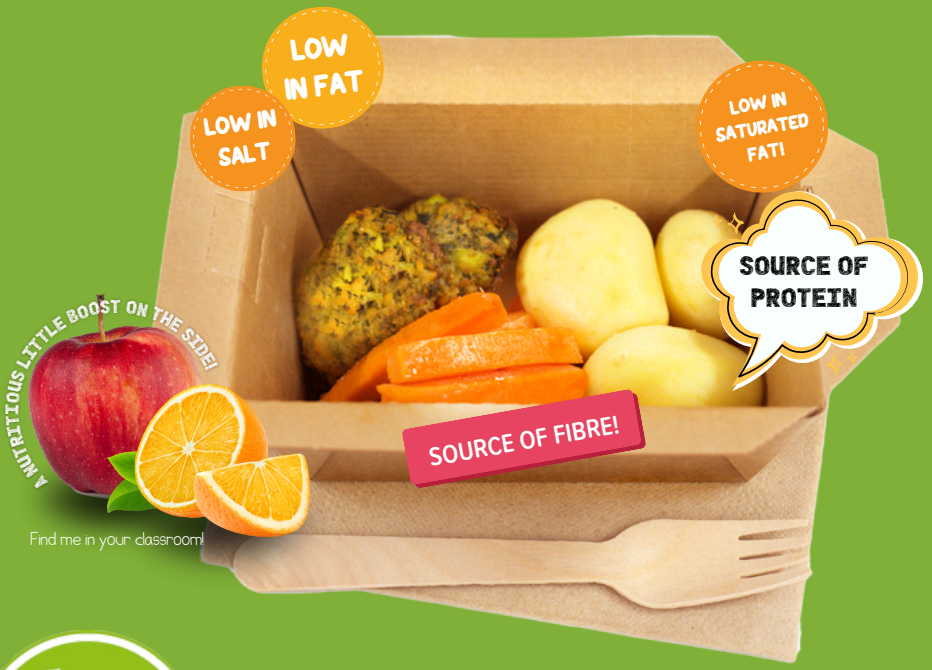
What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	407.1
Energy (Kcal)	97.3
Fat (g)	2.8
Of which saturates (g)	1.5
Carbohydrates (g)	11.5
Of which sugars (g)	2.7
Fibre (g)	3.4
Protein (g)	4.8
Salt (g)	0.4

PER PORTION (300g)	
Energy (kJ)	1221.3
Energy (Kcal)	291.9
Fat (g)	8.4
Of which saturates (g)	4.4
Carbohydrates (g)	34.6
Of which sugars (g)	8.2
Fibre (g)	10.1
Protein (g)	14.3
Salt (g)	1.3

Box contains 1 portion.

FALAFEL ROAST



NUTRI-SCORE (Per 100g)

A B C D E

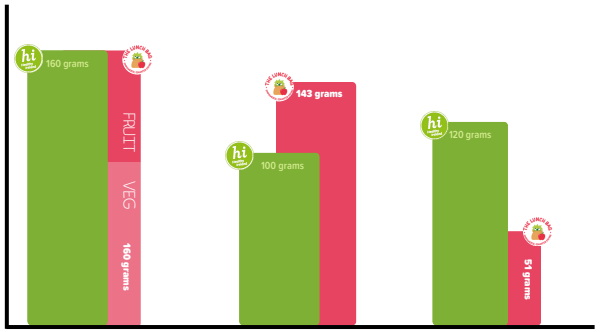
What's in it?
INGREDIENTS

CONTAINS SOYA

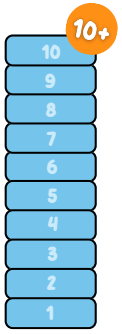
Baby Potatoes (49.3%) [Potatoes, Water, Salt, Firming Agent: Calcium Chloride]
Carrots (33.1%) [Carrot]
Falafel (17.6%) [Chickpeas, Broad Beans, Red Onion, Edamame (**SOYA**) Beans, Broccoli, Spinach, Chickpea Flour, Parsley, Spring Onion, Salt, Nigella Seeds, Cumin, Garlic Powder, Ground Coriander, Baking Powder, Stabiliser: Diphosphates, Emulsifier: Sodium Carbonates, Maize Starch]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	401.2
Energy (Kcal)	95.9
Fat (g)	2.0
Of which saturates (g)	0.1
Carbohydrates (g)	15.7
Of which sugars (g)	2.3
Fibre (g)	3.2
Protein (g)	3.5
Salt (g)	0.1

PER PORTION (290g)	
Energy (kJ)	1164.0
Energy (Kcal)	278.2
Fat (g)	5.9
Of which saturates (g)	0.3
Carbohydrates (g)	45.4
Of which sugars (g)	6.8
Fibre (g)	9.1
Protein (g)	10.1
Salt (g)	0.4

Box contains 1 portion.

TRIPLE BITE



NUTRI-SCORE (Per 100g)

A B C D E

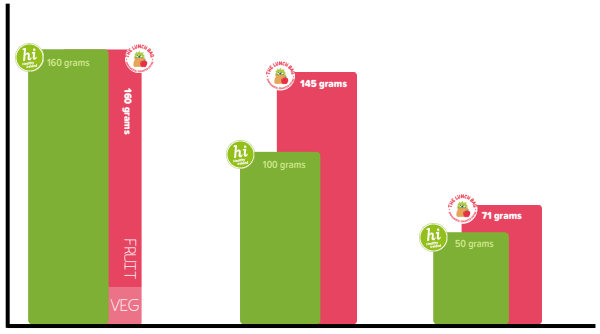
What's in it?
INGREDIENTS

ALLERGEN FREE!

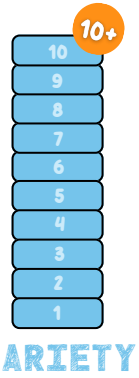
Potato Cubes (61.7%)	[Potato (92%), Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell Pepper, Black Pepper), Potato Dextrin, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Natural Flavouring Preparation Of Paprika, Thickener: Xanthan Gum]
Chicken (30.2%)	[Chicken Inner Fillet (97%), Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers: Sodium citrate, Sodium Bicarbonate]
Vegetable Bite (8.1%)	[Water, Carrots, Courgette, Onions, Potato, Spinach, Red Peppers, Green Peppers, Pea Starch, Rapeseed Oil, Sunflower Oil, Curly Kale, Sweet Corn, Thickener: Methyl Cellulose; Broccoli, Spring Onion, Salt, Garlic Powder, Seasoning (Yeast Extract Powder, Sugar, Salt, Natural Flavouring), Turmeric, Gluten Free Coating (Rice Flour, Chickpea Flour, Maize/potato Starch, Maize Flour, Dextrose, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Xanthan Gum)]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	546.0
Energy (Kcal)	130.5
Fat (g)	3.3
Of which saturates (g)	0.4
Carbohydrates (g)	15.7
Of which sugars (g)	1.0
Fibre (g)	0.2
Protein (g)	8.6
Salt (g)	0.5

PER PORTION (235g)	
Energy (kJ)	1283.2
Energy (Kcal)	306.7
Fat (g)	7.7
Of which saturates (g)	0.9
Carbohydrates (g)	36.8
Of which sugars (g)	2.3
Fibre (g)	0.5
Protein (g)	20.3
Salt (g)	1.2

Box contains 1 portion.

SWEET & SOUR CHICKEN



NUTRI-SCORE (Per 100g)

A B C D E

What's in it?
INGREDIENTS

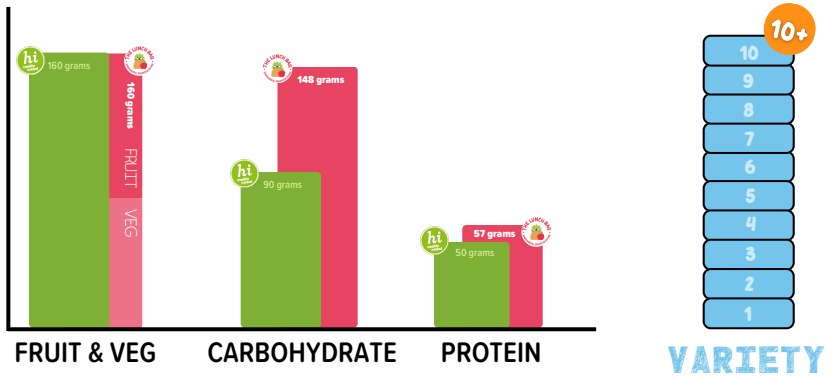
ALLERGEN FREE!

Rice (52.9%)	[Water, Long Grain Parboiled Rice]
Sweet & Sour Sauce (26.8%)	[Pineapple Juice, Tomato Puree, White Wine Vinegar, Water, Chicory Root Syrup, Brown Sugar, Carrots, Red Peppers, Corn Flour, Balsamic Vinegar, Onions, Sunflower Oil, Sea Salt, Mixed Spices, Rowan Berry Extract]
Diced Chicken (20.4%)	[Chicken Breast (95%), Water, Salt]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	502.1
Energy (Kcal)	120.0
Fat (g)	1.2
Of which saturates (g)	0.3
Carbohydrates (g)	20.4
Of which sugars (g)	3.2
Fibre (g)	1.6
Protein (g)	5.9
Salt (g)	0.4

PER PORTION (280g)	
Energy (kJ)	1405.4
Energy (Kcal)	335.9
Fat (g)	3.3
Of which saturates (g)	0.9
Carbohydrates (g)	57.1
Of which sugars (g)	9.0
Fibre (g)	4.6
Protein (g)	16.4
Salt (g)	1.0

Box contains 1 portion.

TACO TATER



NUTRI-SCORE (Per 100g)

A B C D E

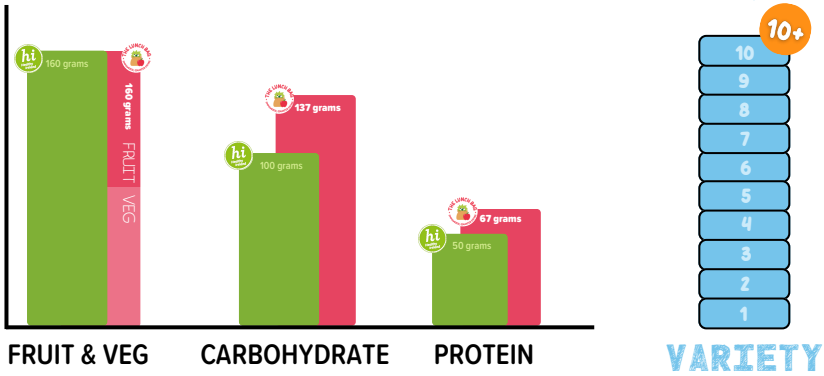
What's in it?
INGREDIENTS

CONTAINS MILK

Baked Potato (43.9%)	[Potato]
Tomato Sauce (21.5%)	[Tomatoes (79%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, White Wine Vinegar, Thyme, Sunflower Oil, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract.]
Mince (21.5%)	[Beef]
Shredded Cheese Mix (7.7%)	[Mexican Mix (Red Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet, Colour: Annatto Norbixin)) White Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet) Dubliner (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, **MILK** Protein, Modified Potato Starch, Salt, Emulsifying Salts, Colour: Annatto Norbixin)), Potato Starch 1%]
Lentils (4.5%)	[Rehydrated Lentils, Water, Salt]
Spice Mix (0.96%)	[Spices And Herbs (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]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!

What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	615.0
Energy (Kcal)	147.0
Fat (g)	7.4
Of which saturates (g)	2.0
Carbohydrates (g)	9.8
Of which sugars (g)	1.8
Fibre (g)	1.7
Protein (g)	9.6
Salt (g)	0.4

PER PORTION (312g)	
Energy (kJ)	1918.4
Energy (Kcal)	458.5
Fat (g)	23.2
Of which saturates (g)	6.1
Carbohydrates (g)	30.7
Of which sugars (g)	5.6
Fibre (g)	5.3
Protein (g)	29.8
Salt (g)	1.4

Box contains 1 portion.

COTTAGE BAKE



NUTRI-SCORE (Per 100g)

A | B | C | D | E

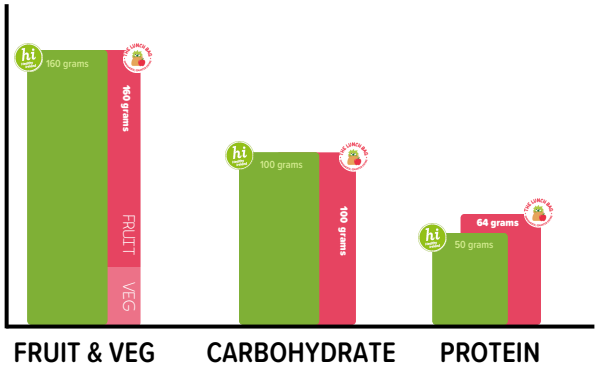
What's in it?
INGREDIENTS

CONTAINS MILK

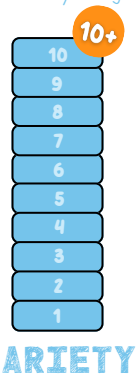
Mash Potatoes (38.2%)	[Potatoes (73%), Whey Permeate (**MILK**), Cream (**MILK**), Skimmed **MILK**, Salt, Spice, Pepper Extract]
Gravy (24.4%)	[Water, Modified Maize Starch, Maltodextrin, Salt, Beef Glace (1.5%) Beef Stock (Beef Bone Stock, Beef Meat, Water, Beef Extract, Beef Fat), Sugar, Maize Starch, Sea Salt, Concentrated Vegetable Juices (Onion, Tomato)], Tomato Powder, Palm Fat Powder, Dried Glucose Syrup, Yeast Extracts (Yeast Extract, Salt), Sugar, Onion Powder, Colour: (Sulphite Ammonia Caramel), Beef Stock Powder [Yeast Extract (Yeast Extract, Salt), Rice Flour, Sugar, Dried Glucose Syrup, Salt, Natural Flavouring, Onion Powder, Dehydrated Cooked Beef, Ground Black Pepper, Ground Bay], Thickener: Xanthan Gum, Preservative: Potassium Sorbate.]
Mince (24.4%)	[Beef]
Mixed Veg (8%)	[Carrot, Peas, Green Beans, Sweetcorn, Broad Beans]
Lentils (5%)	[Rehydrated Lentils, Water, Salt]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	565.7
Energy (Kcal)	135.2
Fat (g)	7.3
Of which saturates (g)	1.9
Carbohydrates (g)	8.3
Of which sugars (g)	1.4
Fibre (g)	1.1
Protein (g)	8.6
Salt (g)	0.7

PER PORTION (262g)	
Energy (kJ)	1482.8
Energy (Kcal)	354.4
Fat (g)	19.2
Of which saturates (g)	5.0
Carbohydrates (g)	21.8
Of which sugars (g)	3.6
Fibre (g)	2.9
Protein (g)	22.4
Salt (g)	1.7

Box contains 1 portion.

FISH BITES

Due to the protein, fibre, salt and saturated fat content in this meal, it scores an 'A' as per the Nutri-score guidelines. However, because the fish bites come in a batter, according to HI guidelines, they are classified as a processed meat and is only allowed once a week!



NUTRI-SCORE (Per 100g)

A | B | C | D | E

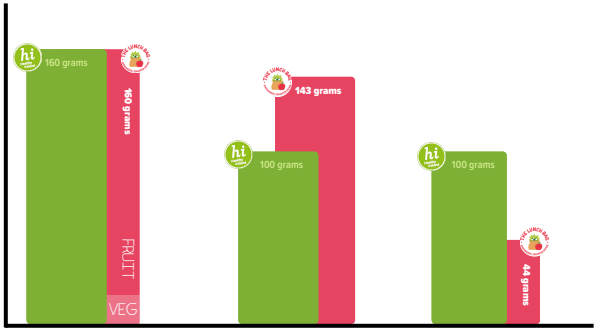
What's in it?
INGREDIENTS

CONTAINS EGGS, MILK, FISH, WHEAT (GLUTEN)

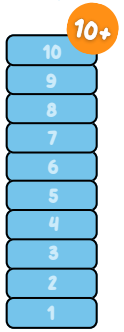
Baby Potatoes (65%)	[Potatoes, Water, Salt, Firming Agent: Calcium Chloride]
FISH Bites (26.4%)	[Alaska Pollack Fillet (**FISH**) (75%), **WHEAT** Flour, Corn Flour, Vegetable Oil (Sunflower And/or Rapeseed, In Varying Proportions), Modified Starch (Corn, **WHEAT**), Corn Starch, Salt, **MILK** Protein, **EGG** Yolk Powder (Free Range **EGG**), Dextrose, Maltodextrin, Spices (Paprika Powder, White Pepper, Turmeric, Onion Powder, Garlic Powder), Yeast Extract, Natural Flavor (Contains **WHEAT**), Color: Paprika Extract, Raising Agent: Diphosphates]
Vegetable Bite (8.6%)	[Water, Carrots, Courgette, Onions, Potato, Spinach, Red Peppers, Green Peppers, Pea Starch, Rapeseed Oil, Sunflower Oil, Curly Kale, Sweet Corn, Thickener: Methyl Cellulose; Broccoli, Spring Onion, Salt, Garlic Powder, Seasoning (Yeast Extract Powder, Sugar, Salt, Natural Flavouring), Turmeric, Gluten Free Coating (Rice Flour, Chickpea Flour, Maize/potato Starch, Maize Flour, Dextrose, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Xanthan Gum)]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G		PER PORTION (220g)	
Energy (kJ)	502.5	Energy (kJ)	1105.8
Energy (Kcal)	120.1	Energy (Kcal)	264.3
Fat (g)	3.9	Fat (g)	8.6
Of which saturates (g)	0.4	Of which saturates (g)	0.9
Carbohydrates (g)	16.6	Carbohydrates (g)	36.6
Of which sugars (g)	0.8	Of which sugars (g)	1.7
Fibre (g)	1.3	Fibre (g)	2.8
Protein (g)	4.7	Protein (g)	10.3
Salt (g)	0.3	Salt (g)	0.7

Box contains 1 portion.

CHICKEN CASSEROLE



NUTRI-SCORE (Per 100g)

A B C D E

What's in it?
INGREDIENTS

CONTAINS CELERY, WHEAT (GLUTEN), MILK & SOYA

Baby Potatoes (45.7%)	[Potatoes, Water, Salt, Firming Agent (Calcium Chloride)]
Diced Chicken (28.8%)	[Chicken Breast Meat (99%), Salt]
Chicken Casserole Sauce (25.6%)	[Water, Vegetables (28%) (Carrots, Peas, Onion), Whole **MILK**, Cream (**MILK**), Rapeseed Oil, Maize Starch, Chicken Stock (Water, Chicken Carcass), Garlic Purée, Lemon Juice From Concentrate, Salt, Yeast Extracts (Yeast Extract, Salt), **SOY** Sauce (Water, **SOYA** Beans, **WHEAT**, Salt), Black Pepper, Onion Powder, Mushroom Extract Powder, Herbs, **CELERY** Seed Powder]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	366.5
Energy (Kcal)	87.6
Fat (g)	2.2
Of which saturates (g)	0.7
Carbohydrates (g)	9.5
Of which sugars (g)	0.8
Fibre (g)	1.0
Protein (g)	7.8
Salt (g)	0.4

PER PORTION (313g)	
Energy (kJ)	1147.0
Energy (Kcal)	274.2
Fat (g)	6.9
Of which saturates (g)	2.2
Carbohydrates (g)	29.7
Of which sugars (g)	2.6
Fibre (g)	3.2
Protein (g)	24.4
Salt (g)	1.3

Box contains 1 portion.

BBQ BAKED POTATO



NUTRI-SCORE (Per 100g)

A B C D E

What's in it?
INGREDIENTS

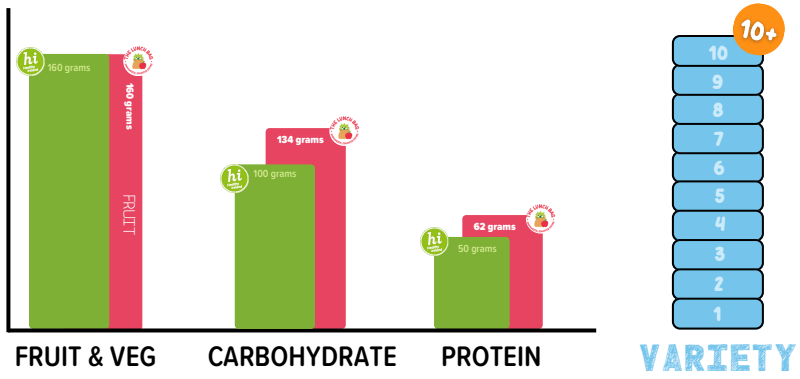
CONTAINS WHEAT (GLUTEN), SOYA & MILK

Potato (53%)	[Potato]
Diced Chicken (24.7%)	[Chicken Breast Meat (99%), Salt]
BBQ Sauce (12.4%)	Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Sugar, Water, Spirit Vinegar, Light **SOY** Sauce (Water, Salt, **SOY** beans, Sugar, **WHEAT** Flour, Monosodium Glutamate, Disodium Guanylate), Tomato Paste, Modified Maize Starch, Salt, Black Pepper, Garlic Powder, Smoke Flavouring, Paprika Powder, Onion Powder, Cayenne Pepper, Oregano, Mixed Herbs ((Marjoram, Parsley, Basil, Sage, Oregano, Thyme), Potassium Sorbate
Shredded Cheese Mix (9.9%)	[Mexican Mix 99% (Red Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet, Colour (Annatto Norbixin), White Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Dubliner (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, **MILK** Protein, Modified Potato Starch, Salt, Emulsifying Salts, Colour (Annatto Norbixin)), Potato Starch 1%]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



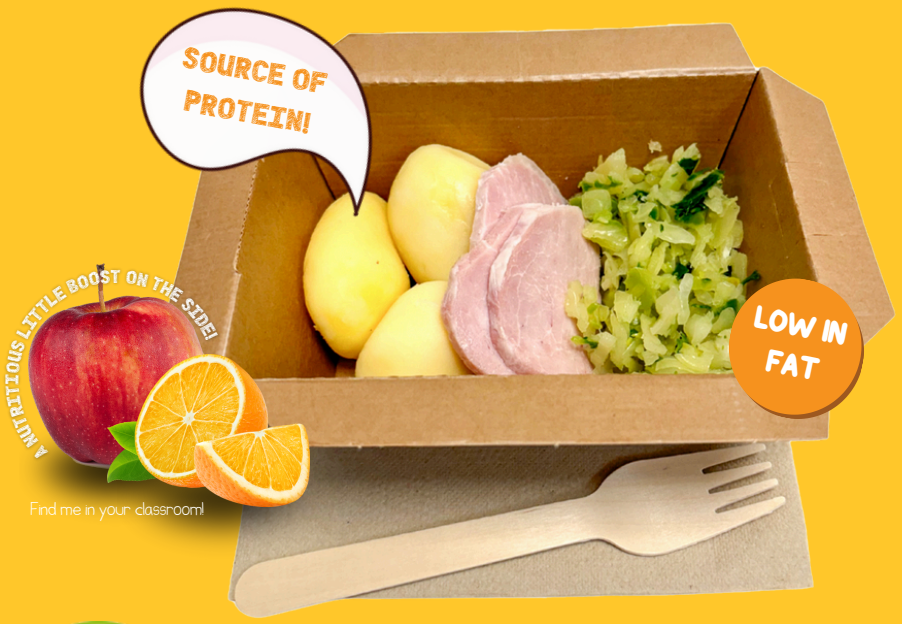
What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	482.3
Energy (Kcal)	115.3
Fat (g)	3.1
Of which saturates (g)	1.8
Carbohydrates (g)	12.7
Of which sugars (g)	4.1
Fibre (g)	1.5
Protein (g)	8.6
Salt (g)	0.7

PER PORTION (252.8g)	
Energy (kJ)	1219.2
Energy (Kcal)	291.4
Fat (g)	7.8
Of which saturates (g)	4.6
Carbohydrates (g)	32.2
Of which sugars (g)	10.4
Fibre (g)	3.7
Protein (g)	21.8
Salt (g)	1.8

Box contains 1 portion.

ROAST GAMMON



NUTRI-SCORE (Per 100g)

A B C D E

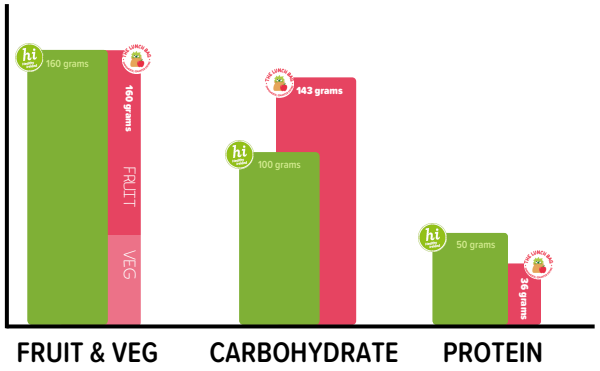
What's in it?
INGREDIENTS

ALLERGEN FREE!

Baby Potatoes (63.3%)	[Potatoes, Water, Salt, Firming Agent: Calcium Chloride]
Cabbage (20.8%)	[Cabbage]
Bacon (15.9%)	[Pork (92%), Water, Salt, Antioxidant: Sodium Ascorbate, Preservatives: Sodium Nitrite, Sodium Nitrate]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



VARIETY

What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	471.5
Energy (Kcal)	112.7
Fat (g)	1.1
Of which saturates (g)	0.5
Carbohydrates (g)	12.0
Of which sugars (g)	0.8
Fibre (g)	1.0
Protein (g)	4.2
Salt (g)	0.4

PER PORTION (226g)	
Energy (kJ)	1066.1
Energy (Kcal)	254.8
Fat (g)	2.4
Of which saturates (g)	1.2
Carbohydrates (g)	27.2
Of which sugars (g)	1.9
Fibre (g)	2.2
Protein (g)	9.4
Salt (g)	0.9

Box contains 1 portion.

CHICKEN BROCCOLI PASTA



NUTRI-SCORE (Per 100g)

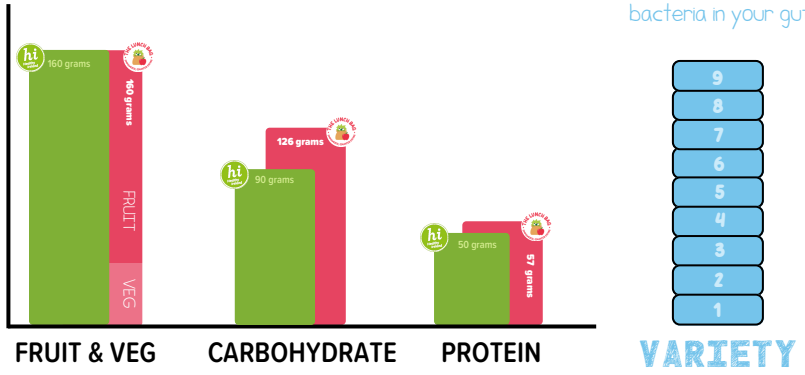
A B C D E

What's in it?
INGREDIENTS

CONTAINS DURUM WHEAT (GLUTEN) & MILK

Pasta (45.3%)	[Water (61%), Durum **WHEAT** Flour (39%)]
Diced Chicken (20.7%)	[Chicken Breast Meat (99%), Salt]
White Sauce (20.7%)	[Irish Whole **MILK**, Irish Cream (**MILK**), Irish Salted Butter (**MILK**), Onion Purée (Onion, Salt), Maize Starch, Rapeseed Oil, Garlic Purée, Vegetable Bouillon (Yeast Extract, Salt, Maize Starch, Carrot Powder, Onion Powder, Parsley), Preservative: Potassium Sorbate]
Broccoli (10.4%)	[Broccoli Florets]
MILK (2.9%)	MILK

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!

What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	551.7
Energy (Kcal)	131.9
Fat (g)	4.0
Of which saturates (g)	1.8
Carbohydrates (g)	16.2
Of which sugars (g)	1.4
Fibre (g)	1.3
Protein (g)	8.5
Salt (g)	0.3

PER PORTION (278.2g)	
Energy (kJ)	1534.9
Energy (Kcal)	366.8
Fat (g)	11.1
Of which saturates (g)	4.9
Carbohydrates (g)	45.2
Of which sugars (g)	3.9
Fibre (g)	3.5
Protein (g)	23.7
Salt (g)	0.9

Box contains 1 portion.

GARDEN RAGU



NUTRI-SCORE (Per 100g)

A B C D E

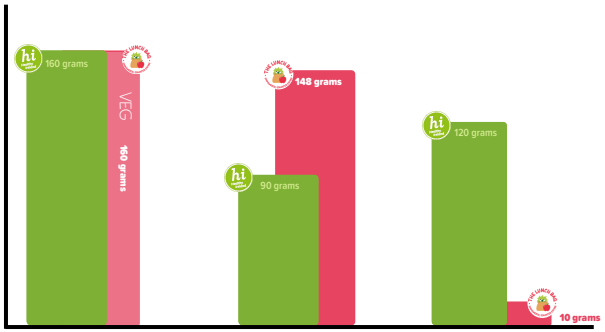
What's in it?
INGREDIENTS

ALLERGEN FREE

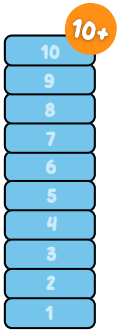
Rice (48.1%)	[Water, Long Grain Parboiled Rice]
Mixed Veg (26%)	[Carrot, Peas, Green Beans, Sweetcorn, Broad Beans]
Tomato Sauce (26%)	[Tomatoes (79%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, White Wine Vinegar, Thyme, Sunflower Oil, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract.]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G		PER PORTION (308g)	
Energy (kJ)	413.0	Energy (kJ)	1272.4
Energy (Kcal)	98.7	Energy (Kcal)	304.1
Fat (g)	1.3	Fat (g)	4.0
Of which saturates (g)	0.3	Of which saturates (g)	0.9
Carbohydrates (g)	19.2	Carbohydrates (g)	59.2
Of which sugars (g)	2.6	Of which sugars (g)	8.2
Fibre (g)	1.2	Fibre (g)	3.8
Protein (g)	2.1	Protein (g)	6.5
Salt (g)	0.1	Salt (g)	0.3

Box contains 1 portion.

CHICKEN PAELLA



NUTRI-SCORE (Per 100g)

A B C D E

What's in it?
INGREDIENTS

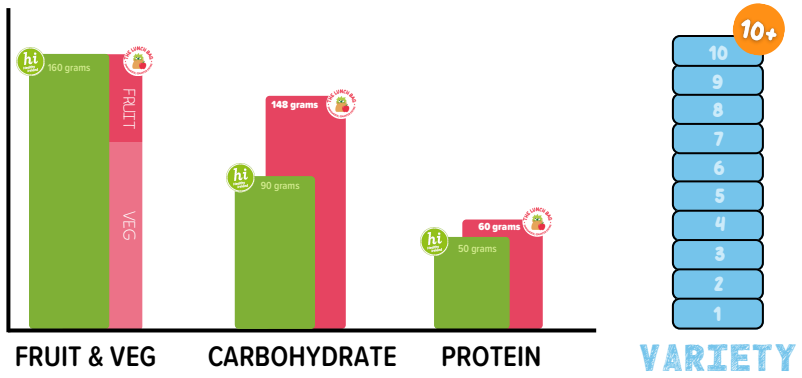
ALLERGEN FREE!

Rice (45%)	[Water 66%, Long Grain Parboiled Rice 34%]
Tomato Sauce (30.4%)	[Tomatoes (79%), Onions (17%), Tomato Puree (13%), Spring Onions (4%), Sunflower Oil, Sugar, Red Peppers (1%), White Wine Vinegar, Thyme (1%), Sunflower Oil, Sea Salt, Pepper, Chillies]
Diced Chicken (18.2%)	[Chicken Breast Meat (99%), Salt]
Mixed Peppers (5.5%)	[Green Pepper, Red Pepper, Yellow Pepper]
Spice Mix (0.91%)	[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]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	432.9
Energy (Kcal)	103.5
Fat (g)	1.5
Of which saturates (g)	0.4
Carbohydrates (g)	16.8
Of which sugars (g)	1.6
Fibre (g)	0.9
Protein (g)	5.5
Salt (g)	0.4

PER PORTION (329g)	
Energy (kJ)	1424.3
Energy (Kcal)	340.4
Fat (g)	5.0
Of which saturates (g)	1.4
Carbohydrates (g)	55.3
Of which sugars (g)	5.4
Fibre (g)	2.8
Protein (g)	18.0
Salt (g)	1.3

Box contains 1 portion.

BREADED BITE



make me an A by adding an apple!

NUTRI-SCORE (Per 100g)

A | B | C | D | E

What's in it?
INGREDIENTS

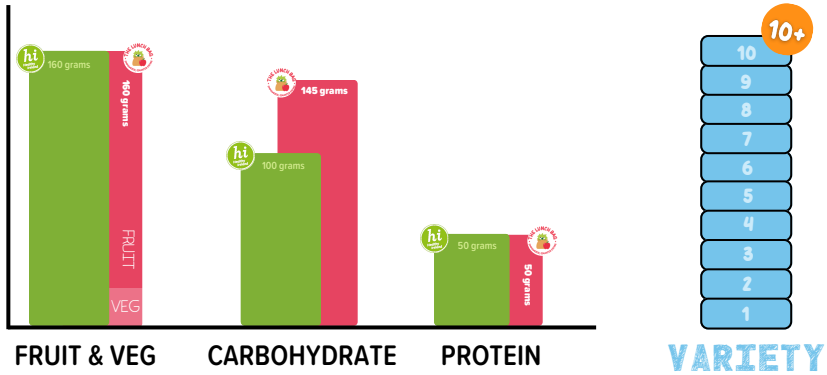
CONTAINS WHEAT (GLUTEN)

Potato Cubes (58.7%)	[Potato (92%), Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, 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 Goujons (33.6%)	[Chicken (60%), (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Salt, **GLUTEN WHEAT**, Dextrose, Garlic Powder, Pea Fibre, Yeast, Stabilisers: Triphosphate, Diphosphates, Pea Starch, Sunflower Oil, Black Pepper, Paprika, Paprika Extract]
Vegetable Bite (7.7%)	[Water, Carrots, Courgette, Onions, Potato, Spinach, Red Peppers, Green Peppers, Pea Starch, Rapeseed Oil, Sunflower Oil, Curly Kale, Sweet Corn, Thickener: Methyl Cellulose; Broccoli, Spring Onion, Salt, Garlic Powder, Seasoning (Yeast Extract Powder, Sugar, Salt, Natural Flavouring), Turmeric, Gluten Free Coating (Rice Flour, Chickpea Flour, Maize/potato Starch, Maize Flour, Dextrose, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Xanthan Gum)]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



VARIETY

What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	719.6
Energy (Kcal)	172.0
Fat (g)	6.5
Of which saturates (g)	0.7
Carbohydrates (g)	20.4
Of which sugars (g)	0.7
Fibre (g)	0.7
Protein (g)	7.4
Salt (g)	0.6

PER PORTION (247g)	
Energy (kJ)	1777.4
Energy (Kcal)	424.8
Fat (g)	16.0
Of which saturates (g)	1.7
Carbohydrates (g)	50.3
Of which sugars (g)	1.8
Fibre (g)	1.7
Protein (g)	18.2
Salt (g)	1.4

Box contains 1 portion.

CHICKEN CURRY WRAP



NUTRI-SCORE (Per 100g)

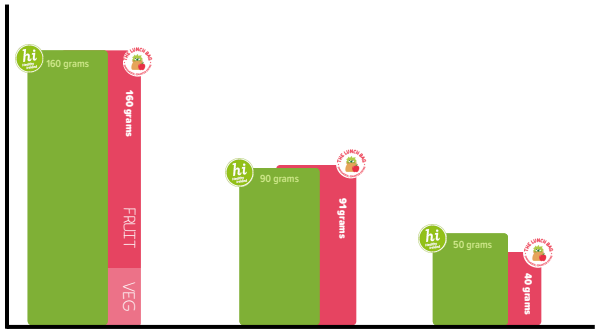
A | **B** | C | D | E

What's in it?
INGREDIENTS

CONTAINS WHEAT (GLUTEN) & MILK

White Wrap (29.7%)	[**WHEATFLOUR** (Calcium Carbonate, Iron, Niacin Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant: Glycerine, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Acidity Regulator: Malic Acid, Stabilisers: Guar Gum, Carboxymethylcellulose, Emulsifier: Mono And Diglycerides Of Fatty Acids, Salt, Preservatives: Calcium Propionate, Potassium Sorbate, Flour Treatment Agent (L Cysteine)]
Diced Chicken (21.6%)	[Chicken Breast (95%), Water, Salt]
Curry Sauce (19.5%)	[Water, Bell Peppers (11%), Pineapple Pieces (9%) (Pineapple, Water, Sugar), Onion (7%), Sugar, Spirit Vinegar, Cream (**MILK**), Carrot (3%), 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, Chilli, Fennel, Fenugreek), Whey Protein Concentrate (**MILK**), Lactose (**MILK**), Red Chillies (<1%), Acidity Regulators: Lactic Acid, Calcium Lactate, Colour: (Curcumin), Preservative: Potassium Sorbate, Thickener: Guar Gum, Ground Bay, Pepper (<1%), Natural Flavouring]
Rice (19.5%)	[Water, Long Grain Parboiled Rice]
Mixed Peppers (9.7%)	[Green Pepper, Red Pepper, Yellow Pepper]

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	675.7
Energy (Kcal)	156.7
Fat (g)	3.7
Of which saturates (g)	1.3
Carbohydrates (g)	24.6
Of which sugars (g)	2.4
Fibre (g)	2.0
Protein (g)	7.9
Salt (g)	1.0

PER PORTION (185g)	
Energy (kJ)	1250.6
Energy (Kcal)	289.9
Fat (g)	6.8
Of which saturates (g)	2.4
Carbohydrates (g)	45.6
Of which sugars (g)	4.5
Fibre (g)	3.6
Protein (g)	14.6
Salt (g)	1.9

Box contains 1 portion.

CHICKEN CURRY



NUTRI-SCORE (Per 100g)

A | **B** | C | D | E

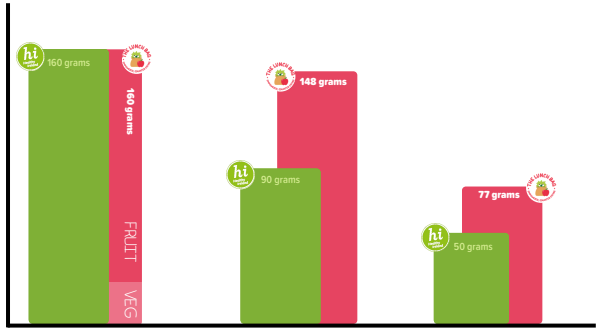
What's in it?
INGREDIENTS

CONTAINS MILK

Rice (50.3%)	[Water, Long Grain Parboiled Rice]
Diced Chicken (26.2%)	[Chicken Breast 95%, Water, Salt]
Curry Sauce (23.5%)	[Water, Bell Peppers (11%), Pineapple Pieces (9%) (Pineapple, Water, Sugar), Onion (7%), Sugar, Spirit Vinegar, Cream (**MILK**), Carrot (3%), 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, Chilli, Fennel, Fenugreek), Whey Protein Concentrate (**MILK**), Lactose (**MILK**), Red Chillies (<1%), Acidity Regulators: Lactic Acid, Calcium Lactate, Colour: (Curcumin), Preservative: Potassium Sorbate, Thickener: Guar Gum, Ground Bay, Pepper (<1%), Natural Flavouring]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	516.3
Energy (Kcal)	123.4
Fat (g)	2.1
Of which saturates (g)	0.6
Carbohydrates (g)	18.7
Of which sugars (g)	2.2
Fibre (g)	0.3
Protein (g)	7.2
Salt (g)	0.7

PER PORTION (294g)	
Energy (kJ)	1518.4
Energy (Kcal)	362.9
Fat (g)	6.3
Of which saturates (g)	1.9
Carbohydrates (g)	55.1
Of which sugars (g)	6.4
Fibre (g)	0.9
Protein (g)	21.2
Salt (g)	2.0

Box contains 1 portion.

BEAN MEDLEY



NUTRI-SCORE (Per 100g)

A B C D E

What's in it?
INGREDIENTS

ALLERGEN FREE!

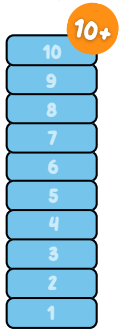
Rice (51.3%)	[Water, Long Grain Parboiled Rice]
Tomato Sauce (15.4%)	[Tomatoes (79%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, White Wine Vinegar, Thyme, Sunflower Oil, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract]
Pinto Beans (9.5%)	[Pinto Beans, Water, Salt]
Red Kidney Beans (9.2%)	[Red Kidney Beans, Water]
Mixed Peppers (7.7%)	[Green Pepper, Red Pepper, Yellow Pepper]
Sweet Chilli Sauce (6.2%)	[Sugar, Water Pickled Red Chilli, Vinegar, Garlic, Salt, Stabilizer: Xanthan Gum]
Spice Mix (0.73%)	[Spices And Herbs (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]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G		PER PORTION (273g)	
Energy (kJ)	487.4	Energy (kJ)	1330.9
Energy (Kcal)	116.5	Energy (Kcal)	318.1
Fat (g)	1.1	Fat (g)	2.9
Of which saturates (g)	0.2	Of which saturates (g)	0.6
Carbohydrates (g)	23.5	Carbohydrates (g)	64.1
Of which sugars (g)	3.8	Of which sugars (g)	10.4
Fibre (g)	1.6	Fibre (g)	4.4
Protein (g)	2.8	Protein (g)	7.7
Salt (g)	0.3	Salt (g)	0.9

Box contains 1 portion.

ROAST BEEF



make me an A by adding an orange!

NUTRI-SCORE (Per 100g)

A B C D E

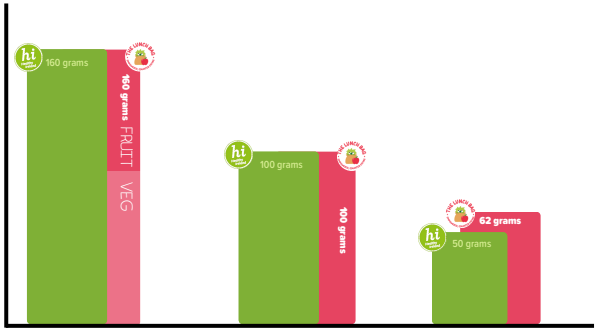
What's in it?
INGREDIENTS

CONTAINS MILK

Mash Potatoes (32.7%)	[Potatoes (73%), Whey Permeate (**MILK**), Cream (**MILK**), Skimmed **MILK**, Salt, Spice, Pepper Extract]
Carrots (31.4%)	[Carrot]
Roast Beef (20.3%)	[Beef (82%, Water, Salt, Glucose Syrup, Yeast Extract/flavour, Emulsifier: Triphosphates, Thickener: Guar gum, Yeast Extract.]
Gravy (15.7%)	[Water, Modified Maize Starch, Maltodextrin, Salt, Beef Glace (1.5%) Beef Stock (Beef Bone Stock, Beef Meat, Water, Beef Extract, Beef Fat), Sugar, Maize Starch, Sea Salt, Concentrated Vegetable Juices (Onion, Tomato)], Tomato Powder, Palm Fat Powder, Dried Glucose Syrup, Yeast Extracts (Yeast Extract, Salt), Sugar, Onion Powder, Colour: (Sulphite Ammonia Caramel), Beef Stock Powder [Yeast Extract (Yeast Extract, Salt), Rice Flour, Sugar, Dried Glucose Syrup, Salt, Natural Flavouring, Onion Powder, Dehydrated Cooked Beef, Ground Black Pepper, Ground Bay], Thickener: Xanthan Gum, Preservative: Potassium Sorbate.]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



VARIETY

What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	321.7
Energy (Kcal)	76.9
Fat (g)	2.1
Of which saturates (g)	1.4
Carbohydrates (g)	8.9
Of which sugars (g)	2.2
Fibre (g)	1.5
Protein (g)	5.2
Salt (g)	0.8

PER PORTION (306g)	
Energy (kJ)	984.1
Energy (Kcal)	235.2
Fat (g)	6.6
Of which saturates (g)	4.2
Carbohydrates (g)	27.2
Of which sugars (g)	6.8
Fibre (g)	4.7
Protein (g)	16.0
Salt (g)	2.4

Box contains 1 portion.

VEG LENTIL RAGU



NUTRI-SCORE (Per 100g)

A | B | C | D | E

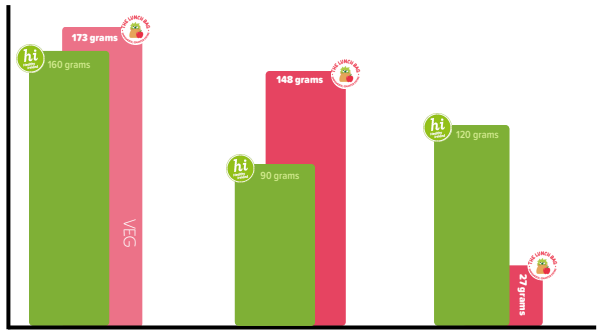
What's in it?
INGREDIENTS

CONTAINS SOYA

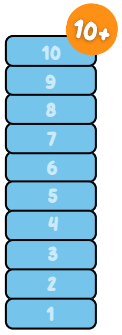
Lentil Ragu (43.7%)	[Italian Plum Tomatoes (33%) [Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid], Water, Vegetables (14%) (Carrot, Bell Pepper, Onion), Red Split Lentils (12%), Tomato Paste, Garlic Purée, Rapeseed Oil, **SOY** Sauce (Water, **SOYBEANS**, Salt, Spirit Vinegar), Salt, Maize Starch, Yeast Extracts, Black Pepper, Mushroom Extract , Basil, Oregano, Chilli Powder]
Rice (36.5%)	[Water, Long Grain Parboiled Rice]
Mixed Veg (26.8%)	[Carrot, Peas, Green Beans, Sweetcorn, Broad Beans]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G		PER PORTION (366g)	
Energy (kJ)	390	Energy (kJ)	1584
Energy (Kcal)	93	Energy (Kcal)	376
Fat (g)	1.9	Fat (g)	7.7
Of which saturates (g)	0.2	Of which saturates (g)	1
Carbohydrates (g)	16	Carbohydrates (g)	64
Of which sugars (g)	2.3	Of which sugars (g)	9.2
Fibre (g)	1.2	Fibre (g)	4.9
Protein (g)	2.4	Protein (g)	9.8
Salt (g)	0.36	Salt (g)	1.5

Box contains 1 portion.

CHINESE STYLE CHICKEN



NUTRI-SCORE (Per 100g)

A | B | C | D | E

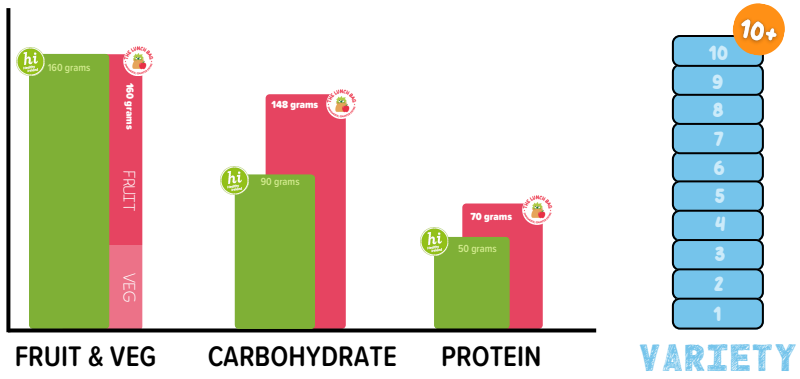
What's in it?
INGREDIENTS

CONTAINS WHEAT (GLUTEN) & SOYA

Rice (43.4%)	[Water 66%, Long Grain Parboiled Rice 34%]
Chinese Style Noodle Sauce (30.9%)	[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]
Diced Chicken (20.5%)	[Chicken Breast Meat (99%), Salt]
Mixed Peppers (5.3%)	[Green Pepper, Red Pepper, Yellow Pepper]

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	481.4
Energy (Kcal)	115.1
Fat (g)	1.0
Of which saturates (g)	0.3
Carbohydrates (g)	20.1
Of which sugars (g)	5.5
Fibre (g)	0.5
Protein (g)	6.1
Salt (g)	0.4

PER PORTION (341.3g)	
Energy (kJ)	1642.9
Energy (Kcal)	392.7
Fat (g)	3.6
Of which saturates (g)	1.0
Carbohydrates (g)	68.5
Of which sugars (g)	18.8
Fibre (g)	1.8
Protein (g)	20.8
Salt (g)	1.4

Box contains 1 portion.

CHICKPEA CURRY



NUTRI-SCORE (Per 100g)

A | B | C | D | E

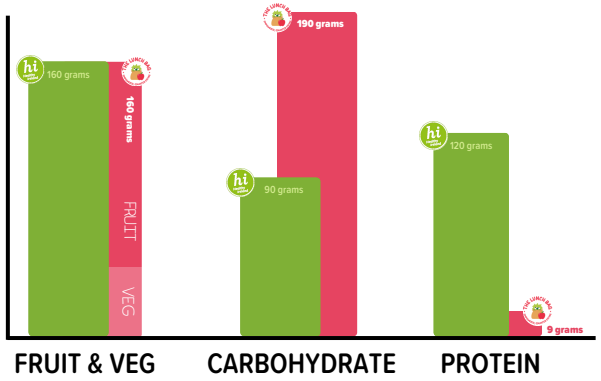
What's in it?
INGREDIENTS

CONTAINS MILK

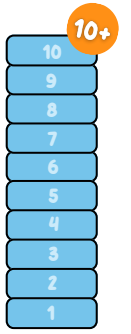
Rice (48.7%)	[Water, Long Grain Parboiled Rice]
Curry Sauce (28.9%)	[Water, Bell Peppers (11%), Pineapple Pieces (9%) (Pineapple, Water, Sugar), Onion (7%), Sugar, Spirit Vinegar, Cream (**MILK**), Carrot (3%), Sunflower Oil, Modified Maize Starch, Concentrated Pineapple Juice, Salt, Yeast Extract (Yeast Extract, Salt), Garlic Powder, Flavour Enhancer: Monosodium Glutamate, Spices (Coriander, Cumin, Turmeric, Ginger, Cinnamon, Chilli, Fennel, Fenugreek), Whey Protein Concentrate (**MILK**), Lactose (**MILK**), Red Chillies (<1%), Acidity Regulators: Lactic Acid, Calcium Lactate, Colour: (Curcumin), Preservative: Potassium Sorbate, Thickener: Guar Gum, Ground Bay, Pepper (<1%), Natural Flavouring]
Sweet Potato (19.4%)	[Sweet Potato]
Chickpeas (3%)	[Chick Peas, Water]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G		PER PORTION (304g)	
Energy (kJ)	481.6	Energy (kJ)	1464.4
Energy (Kcal)	115.1	Energy (Kcal)	350.0
Fat (g)	2.0	Fat (g)	6.1
Of which saturates (g)	0.5	Of which saturates (g)	1.6
Carbohydrates (g)	21.8	Carbohydrates (g)	66.3
Of which sugars (g)	4.1	Of which sugars (g)	12.5
Fibre (g)	0.3	Fibre (g)	0.9
Protein (g)	2.1	Protein (g)	6.5
Salt (g)	0.6	Salt (g)	1.9

Box contains 1 portion.

MEATBALL MUNCH



NUTRI-SCORE (Per 100g)

A | B | C | D | E

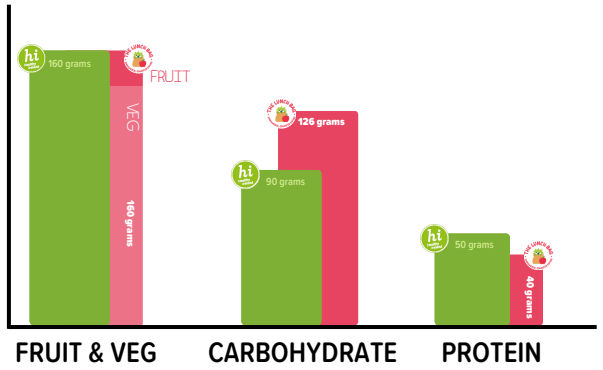
What's in it?
INGREDIENTS

CONTAINS DURUM WHEAT (GLUTEN)

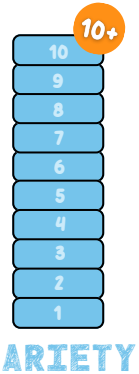
Tomato Sauce (45.4%)	[Tomatoes (79%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, White Wine Vinegar, Thyme, Sunflower Oil, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract.]
Pasta (41.4%)	[Water, **WHEAT DURUM** Flour]
Meatball (13.2%)	[Pork And Beef (62%), Water, Onion, Potato, Potato Flour, Salt, Potato Fiber, Spices]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	504.2
Energy (Kcal)	120.5
Fat (g)	4.0
Of which saturates (g)	1.3
Carbohydrates (g)	17.8
Of which sugars (g)	2.4
Fibre (g)	1.6
Protein (g)	4.4
Salt (g)	0.4

PER PORTION (304g)	
Energy (kJ)	1532.6
Energy (Kcal)	366.3
Fat (g)	12.1
Of which saturates (g)	4.1
Carbohydrates (g)	54.0
Of which sugars (g)	7.4
Fibre (g)	4.9
Protein (g)	13.3
Salt (g)	1.1

Box contains 1 portion.

VEG FRIED RICE



make me a B by adding an apple!

NUTRI-SCORE (Per 100g)

A B C D E

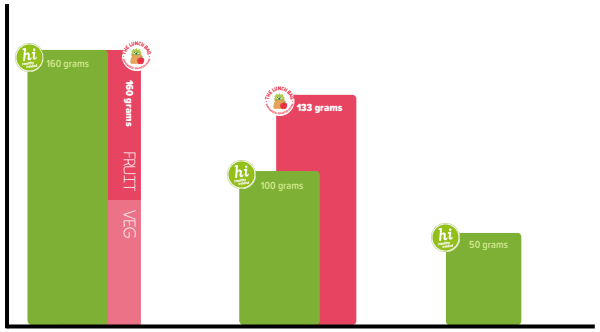
What's in it?
INGREDIENTS

CONTAINS SOYA, WHEAT (GLUTEN) & SESAME OIL

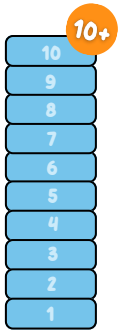
Rice (56.6%)	[Water, Long Grain Parboiled Rice]
Mixed Peppers (14%)	[Green Pepper, Red Pepper, Yellow Pepper]
Peas (14%)	[Peas]
SOY Sauce (5.5%)	[Water, Salt, **SOYBEANS**, **WHEAT** Flour]
SESAME Oil (5.5%)	[**SESAME** Oil, **SOYA** Bean Oil]
Onion (3%)	[Onion]
Chinese Five Spice (1.3%)	[Fennel, Cassia, Aniseed, Black Pepper, Clove]

hi Healthy Ireland

HEALTHY IRELAND COMPARISON



The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	658.1
Energy (Kcal)	157.3
Fat (g)	6.7
Of which saturates (g)	1.2
Carbohydrates (g)	20.4
Of which sugars (g)	1.0
Fibre (g)	1.4
Protein (g)	3.2
Salt (g)	0.9

PER PORTION (235g)	
Energy (kJ)	1547.2
Energy (Kcal)	369.8
Fat (g)	15.7
Of which saturates (g)	2.8
Carbohydrates (g)	48.1
Of which sugars (g)	2.2
Fibre (g)	3.3
Protein (g)	7.5
Salt (g)	2.2

Box contains 1 portion.

VEG PIZZA



make me a **B** by adding an apple / orange!

NUTRI-SCORE (Per 100g)

A | B | **C** | D | E

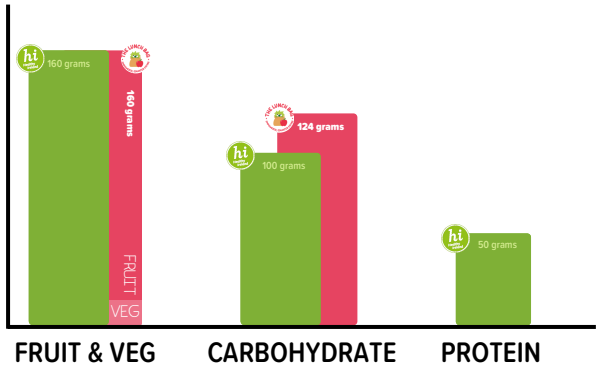
What's in it?
INGREDIENTS

CONTAINS WHEAT (GLUTEN) & MILK

Potato Wedges (61.4%)	[Potatoes (86%), Coating [**WHEAT** Flour, Salt, Modified Starch, Starch, Spices (Black Pepper, Chilli Pepper, Cayenne Pepper), Garlic Powder, Onion Powder, Raising Agents: Polyphosphates, Sodium Carbonate), Yeast Extract, Spice Extracts (Black Pepper), Dextrose]
Veg Pizza (38.6%)	[**WHEAT** flour, mozzarella **CHEESE** (**MILK**, salt, microbial rennet, lactic acid bacteria), tomato puree, tomato pulp, water, rice flour, extra virgin olive oil, salt, olive oil, yeast, sugar, corn starch, oregano.]

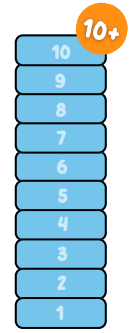
hi Healthy Ireland

HEALTHY IRELAND COMPARISON





The more plant-based foods in your dish, the more diverse the bacteria in your gut!



VARIETY

What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	803.7
Energy (Kcal)	192
Fat (g)	7.0
Of which saturates (g)	1.8
Carbohydrates (g)	25
Of which sugars (g)	1.2
Fibre (g)	1.4
Protein (g)	6.2
Salt (g)	1.1

PER PORTION (202g)	
Energy (kJ)	1623.5
Energy (Kcal)	388
Fat (g)	14.2
Of which saturates (g)	3.7
Carbohydrates (g)	50.5
Of which sugars (g)	2.4
Fibre (g)	2.9
Protein (g)	12.5
Salt (g)	2.3

Box contains 1 portion.

SAUSAGE BAGUETTE



make me a B by adding an apple & orange!

NUTRI-SCORE (Per 100g)

A	B	C	D	E

What's in it?
INGREDIENTS

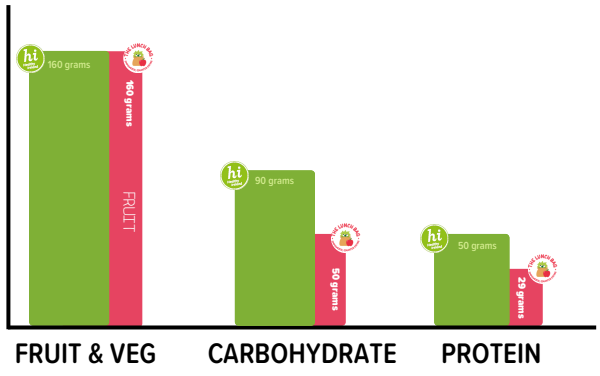
CONTAINS SULPHITES & WHEAT (GLUTEN)

Sausage (50%) [Pork (57%), Water, **WHEAT** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Pork Fat, Potato Starch, Stabilisers: Diphosphate, Triphosphate; Salt, Spices, Raising Agent: Ammonium Carbonate; Yeast Extract, Preservative: Sodium **METABISULPHITE**; Spice Extracts, Antioxidant: Sodium Ascorbate]

Baguette (50%) [**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]

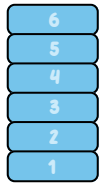
hi Healthy Ireland

HEALTHY IRELAND COMPARISON





The more plant-based foods in your dish, the more diverse the bacteria in your gut!



VARIETY

What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	1171.5
Energy (Kcal)	280.0
Fat (g)	14.3
Of which saturates (g)	4.8
Carbohydrates (g)	29.7
Of which sugars (g)	4.9
Fibre (g)	2.8
Protein (g)	8.8
Salt (g)	1.5

PER PORTION (100g)	
Energy (kJ)	1171.5
Energy (Kcal)	280.0
Fat (g)	14.3
Of which saturates (g)	4.8
Carbohydrates (g)	29.7
Of which sugars (g)	4.9
Fibre (g)	2.8
Protein (g)	8.8
Salt (g)	1.5

Box contains 1 portion.

CHICKEN MELT

make me a B by adding an apple!



NUTRI-SCORE (Per 100g)

A	B	C	D	E

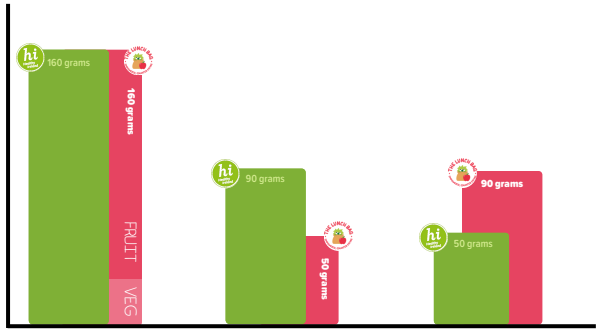
What's in it?
INGREDIENTS

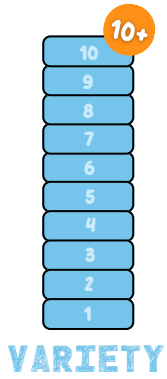
CONTAINS WHEAT (GLUTEN) & MILK

Shredded Cheese Mix (35.7%)	[Mexican Mix (Red Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet, Colour (Annatto Norbixin) White Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet) Dubliner (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, **MILK** Protein, Modified Potato Starch, Salt, Emulsifying Salts, Colour (Annatto Norbixin))(Potato Starch))]
Baguette (29.8%)	[**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]
Chicken (20.8%)	[Chicken Inner Fillet (97%), Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers: Sodium Citrate, Sodium Bicarbonate.]
Tomato Sauce (13.7%)	[Tomatoes (79%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, White Wine Vinegar, Thyme, Sunflower Oil, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract.]

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!





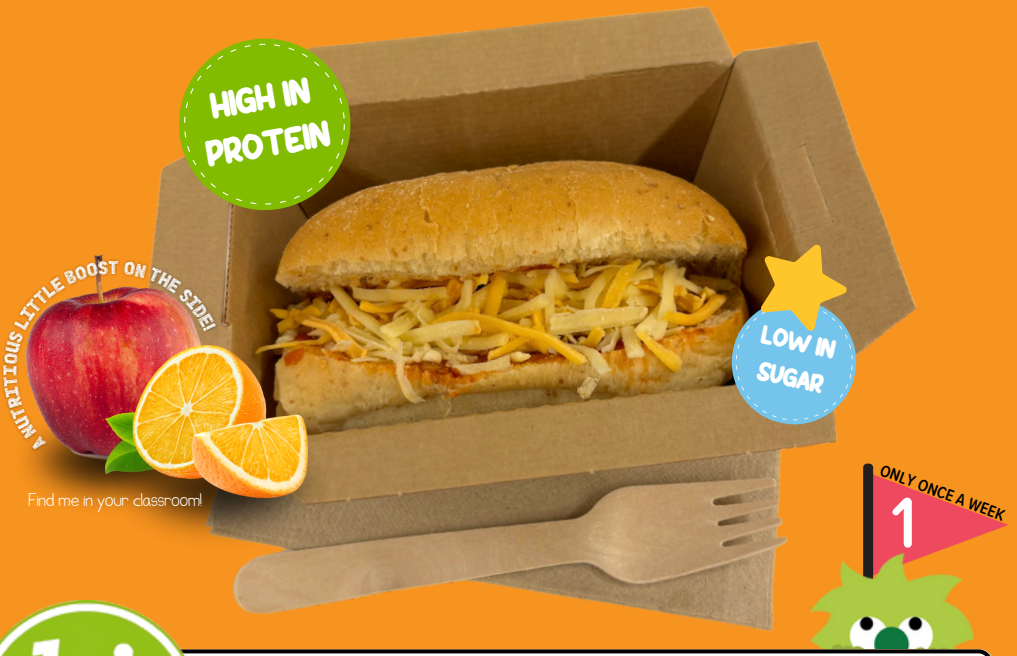
What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	938.9
Energy (Kcal)	224.4
Fat (g)	10.6
Of which saturates (g)	5.9
Carbohydrates (g)	17.3
Of which sugars (g)	3.6
Fibre (g)	1.3
Protein (g)	15.8
Salt (g)	1.2

PER PORTION (168g)	
Energy (kJ)	1577.4
Energy (Kcal)	377.0
Fat (g)	17.7
Of which saturates (g)	9.9
Carbohydrates (g)	29.1
Of which sugars (g)	6.1
Fibre (g)	2.3
Protein (g)	26.5
Salt (g)	2.1

Box contains 1 portion.

CHEDDAR ROLL



make me a B by adding an apple & orange!

NUTRI-SCORE (Per 100g)

A | B | C | **D** | E

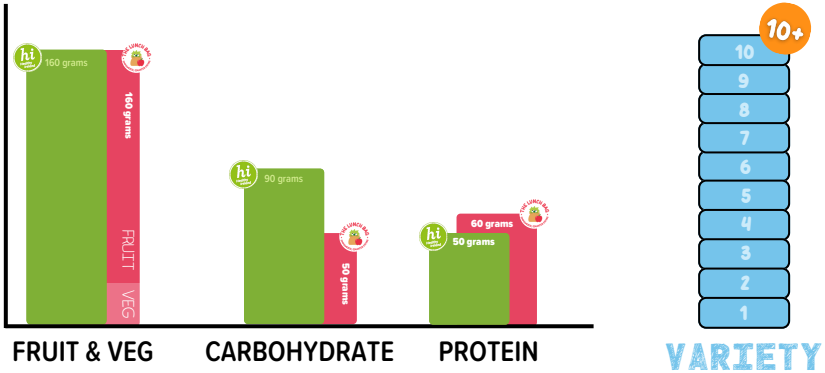
What's in it?
INGREDIENTS

CONTAINS WHEAT (GLUTEN) & MILK

Shredded Cheese Mix (45.1%)	[Mexican Mix (Red Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet, Colour (Annatto Norbixin) White Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet) Dubliner (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, **MILK** Protein, Modified Potato Starch, Salt, Emulsifying Salts, Colour (Annatto Norbixin))(Potato Starch))]
Baguette (37.6%)	[**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]
Tomato Sauce (17.3%)	[Tomatoes (79%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, White Wine Vinegar, Thyme, Sunflower Oil, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract.]

HEALTHY IRELAND COMPARISON

The more plant-based foods in your dish, the more diverse the bacteria in your gut!



What's it good for?
NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	1062.7
Energy (Kcal)	254.0
Fat (g)	13.0
Of which saturates (g)	7.4
Carbohydrates (g)	21.3
Of which sugars (g)	4.1
Fibre (g)	1.7
Protein (g)	13.9
Salt (g)	1.3

PER PORTION (133g)	
Energy (kJ)	1413.4
Energy (Kcal)	337.8
Fat (g)	17.3
Of which saturates (g)	9.8
Carbohydrates (g)	28.3
Of which sugars (g)	5.4
Fibre (g)	2.3
Protein (g)	18.5
Salt (g)	1.8

Box contains 1 portion.

INGREDIENTS

Ham (Deli sliced) Sliced Ham (23.1%) [Pork Meat, Water, Salt, Glucose, Sodium Phosphates, Sodium Ascorbate, Sodium Nitrite]. Bread (Brennans) Wheat Flour (Wheat, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Yeast, Salt, Vegetable Oil (Rapeseed), Soya Flour, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid (Vitamin C), Vegetable Fat (Palm). Butter (dairygold) Cream, Palm Oil, Rapeseed Oil, Salt, Colour (Carotenes). Yogurt (petit filous) Strawberry: Fromage Frais (Milk), Water, Sugar 6.2%, Strawberry Puree from Concentrate 5%, Carrot Juice from Concentrate, Maize Starch, Lemon Juice from Concentrate, Natural Flavourings, Milk Mineral Concentrate, Vitamin D, Vitamin B6, Raspberry: Fromage Frais (Milk), Water, Sugar 6.1%, Raspberry Puree from Concentrate 5%, Carrot Juice from Concentrate, Maize Starch, Lemon Juice from Concentrate, Natural Flavourings, Milk Mineral Concentrate, Vitamin D, Vitamin B6. Popcorn (manhattan) Maize, Coconut Oil, Salt.

NUTRI-SCORE (Per 100g) A B C D E

Nutritionally Limited | Processed | Preserved | Lacking Variety | Quick & Convenient



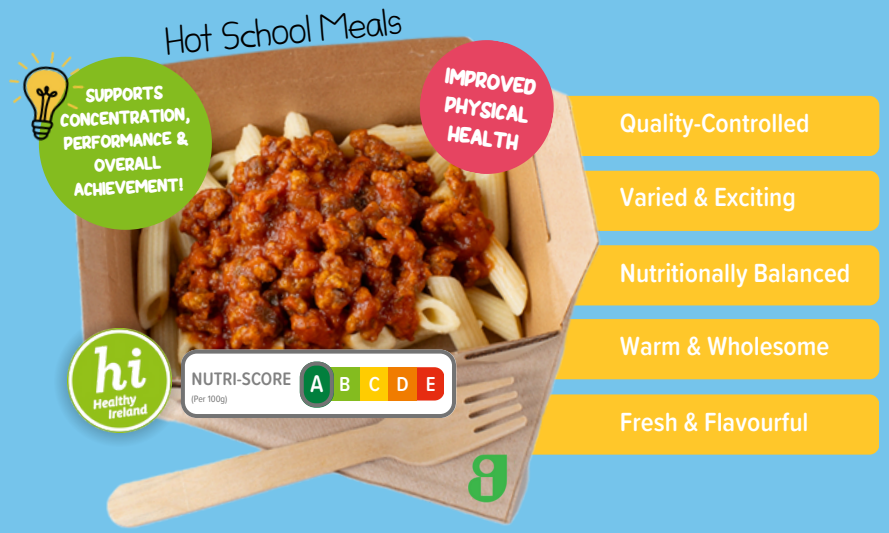
A NEW CHAPTER FOR IRISH SCHOOLS

Hot school meals go beyond convenience. They provide the nutrition children need to grow, learn, and thrive, with every meal meeting strict nutritional standards.

We've trialled cold lunches in the past and the difference is clear. When given the choice, children pick high-carb cold options that fall short on essential nutrients like fruit, veg, and protein. This leaves them undernourished and less prepared to tackle the school day.

Recent research by **Amárach** shows that **9 out of 10** parents are still sending cold lunches with their children, unintentionally giving them the opportunity to opt out of the nutritious meals provided.

To give every child the best start, we ask parents not to send lunchboxes and instead support the hot meals scheme. Equal access to nutritious meals means a healthier, brighter future for all.



- Quality-Controlled
- Varied & Exciting
- Nutritionally Balanced
- Warm & Wholesome
- Fresh & Flavourful

let's compare!

PARENTS COLD LUNCH EXAMPLE

Based on an independent survey and from our previous experience, this cold lunch combination is the **most popular** amongst children.

In fact, **only 11%** add a salad to their sandwich when given the option.

This **does not** provide children with enough fruit, veg, or protein.



Ham sandwich, popcorn and a yoghurt.

NUTRI-SCORE (Per 100g)

A B C D E

What's in it?

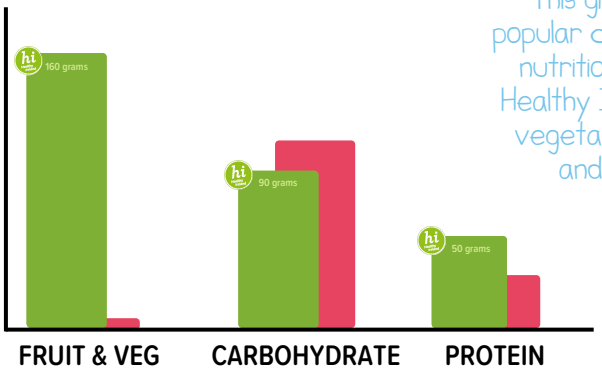
INGREDIENTS

Ham (Deli sliced) Sliced Ham (23.1%) [Pork Meat, Water, Salt, Glucose, Sodium Phosphates, Sodium Ascorbate, Sodium Nitrite]. Bread (Brennans) Wheat Flour (Wheat, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Yeast, Salt, Vegetable Oil (Rapeseed), Soya Flour, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid (Vitamin C), Vegetable Fat (Palm). Butter (dairygold) Cream, Palm Oil, Rapeseed Oil, Salt, Colour (Carotenes). Yogurt (petit filous) Strawberry: Fromage Frais (Milk), Water, Sugar 6.2%, Strawberry Puree from Concentrate 5%, Carrot Juice from Concentrate, Maize Starch, Lemon Juice from Concentrate, Natural Flavourings, Milk Mineral Concentrate, Vitamin D, Vitamin B6, Raspberry: Fromage Frais (Milk), Water, Sugar 6.1%, Raspberry Puree from Concentrate 5%, Carrot Juice from Concentrate, Maize Starch, Lemon Juice from Concentrate, Natural Flavourings, Milk Mineral Concentrate, Vitamin D, Vitamin B6. Popcorn (manhattan) Maize, Coconut Oil, Salt.

hi Healthy Ireland

HEALTHY IRELAND COMPARISON

This graph compares this popular cold lunch option to the nutritional guidelines set by Healthy Ireland for fruit and vegetables, carbohydrates, and protein content.



What's it good for?

NUTRITIONAL INFORMATION

PER 100G	
Energy (kJ)	802
Energy (Kcal)	191
Fat (g)	6.8
Of which saturates (g)	4.6
Carbohydrates (g)	24
Of which sugars (g)	6.9
Fibre (g)	0.8
Protein (g)	8.1
Salt (g)	0.24

PER PORTION	294g
Energy (kJ)	2357
Energy (Kcal)	561
Fat (g)	20
Of which saturates (g)	14
Carbohydrates (g)	70
Of which sugars (g)	20
Fibre (g)	2.4
Protein (g)	24
Salt (g)	0.71