

# THE LUNCH BAG



## HOT SCHOOL MEALS

### Let's Get Educated

This is a list of additives and preservatives in a variety of kids' meals that you may want to be aware of.



along with highlighting many  
of the REALLY great  
aspects of our meals!

made with love!








# Fully Transparent




We work closely with our wonderful, reputable suppliers to craft unique, nutritious sauces that put us miles ahead of our competition.



# What's more...



We sneak a rainbow of plant-based goodies into meals to give kids' gut microbiomes a happy, healthy boost!



We have 42 different plant-based food options a week!

We have options that are completely allergen free!

20% of our meals are considered 'low fat'



# What's more...



We have hidden lentils  
in our mince dishes for  
a secret fibre boost

We follow Healthy Ireland  
guidelines, while also catering for  
children with sensory needs

Our sauces are jam-  
packed with hidden veg!







# What's in our meals?

## Let's break it down!

 I'M ALLERGEN FREE!

### Bean Medley

TAKE A  
CLOSER LOOK!

#### INGREDIENTS

- Rice (NO ADDITIVES OR PRESERVATIVES)
- Ballymaloe Sauce (NO ADDITIVES OR PRESERVATIVES)
- Red kidney Beans (NO ADDITIVES OR PRESERVATIVES)
- Mixed Peppers (NO ADDITIVES OR PRESERVATIVES)
- Mixed Pinto Beans (NO ADDITIVES OR PRESERVATIVES)
- Sweet-Chilli (E415 (xanthan gum))

LOW IN FAT

VEGANS  
LOVE!

#### DID YOU KNOW

Our Ballymaloe sauce is  
pulsed with lots of healthy  
vegetables!

BURSTING  
WITH FLAVOUR  
& GOODNESS

E415 (xanthan gum) is  
used as a thickener /  
stabiliser. Don't worry -  
it's approved by EFSA as  
safe!



# Bologonese Bowl

## 1/3 LENTILS

A massive fibre boost to our mince mix!

## 50GMS PULSED VEG

in our sauce! Tomatoes, onions, spring onions and garlic!



Sauce **BURSTING**  
with pulsed tomatoes!

CONTAINS GLUTEN!

1 OF YOUR  
5-A-DAY

### INGREDIENTS

**BALLYMALOE**  
FOODS



Ballymaloe Sauce (NO ADDITIVES OR PRESERVATIVES)

Mince (NO ADDITIVES OR PRESERVATIVES)

Penne (NO ADDITIVES OR PRESERVATIVES)

Lentils (NO ADDITIVES OR PRESERVATIVES)

“ We operate with the strictest of standards in relation to animal & technical quality from farm to fork. ”

COMPLETELY  
ALLERGEN FREE

## Roast Chicken Dinner

### INGREDIENTS

- Carrots (NO ADDITIVES OR PRESERVATIVES)
- Baby Potatoes (NO ADDITIVES OR PRESERVATIVES)
- Roast Inner Chicken Fillet (Sodium Citrates/E331 & Dextrose)

Reduced  
Ingredients  
on the way!  
We're working on it!



APPROVED BY  
EFSA AS SAFE!

E331 is used to ensure a safe shelf life and prevent spoilage.  
Dextrose is derived from corn, aids moisture and balances saltiness.





# Tikka box

## INGREDIENTS

- Tikka Spice (Natural Flavourings & Silicon Dioxide)
- Ballymaloe Sauce (NO ADDITIVES OR PRESERVATIVES)
- Mixed Peppers (NO ADDITIVES OR PRESERVATIVES)
- Natural Yoghurt (NO ADDITIVES OR PRESERVATIVES)
- Diced Chicken (Sodium citrates/E331, Potassium chloride, Carrageenan, Polyphosphates)

Natural flavourings are derived from 'natural sources' like plants, fruits and spices!

Silicon Dioxide prevents clumping and is also derived from natural sources like plants, fruits and spices!

**AS FOUND IN  
EVERYDAY PRODUCTS**

### APPROVED BY EFSA AS SAFE!

Sodium citrates/E331 is a Ph regulator, emulsifier and preservative. Potassium chloride is a salt substitute. Carrageenan is a thickener and gelling agent derived from red seaweed! Polyphosphates is a texture enhancer, stabilizer, emulsifier and thickening agent.



# Poppin Pasta

## INGREDIENTS

- Sweetcorn (NO ADDITIVES OR PRESERVATIVES)
- Penne (NO ADDITIVES OR PRESERVATIVES)
- White Sauce (potassium sorbate)
- Milk (NO ADDITIVES OR PRESERVATIVES)
- Diced Chicken (As used in our Tikka Box)

**CONTAINS GLUTEN & MILK**

**1 OF YOUR  
5-A-DAY**



A preservative for shelf life that's approved as safe by the EFSA!

High in veg count - packed  
with vitamins/minerals.

# GARDEN RAGU

## INGREDIENTS

- Rice (NO ADDITIVES OR PRESERVATIVES)
- Mixed Veg (NO ADDITIVES OR PRESERVATIVES)
- Ballymaloe Sauce (NO ADDITIVES OR PRESERVATIVES)

NO ADDITIVES  
OR PRESERVATIVES

AS CLEAN AS A WHISTLE!

COMPLETELY  
ALLERGEN FREE

BALLYMALOE  
FOODS

I'M ALSO LOW IN FAT!





to improve Gut Microbiome!

**PACKED  
WITH  
FIBRE**



**1/3 LENTILS**

A massive fibre boost to our mince mix!

Secret Spring  
Onion, Tomato  
& Garlic!

# TACO TATER

## INGREDIENTS

- Ballymaloe Sauce (NO ADDITIVES OR PRESERVATIVES)
- Mince (NO ADDITIVES OR PRESERVATIVES)
- Fajita Spice Mix (Silicon Dioxide)
- Jacket Potato (NO ADDITIVES OR PRESERVATIVES)
- Lentils (NO ADDITIVES OR PRESERVATIVES)

**JUST A  
SPRINKLE**

Silicon Dioxide prevents clumping and is made from natural sources like plants, fruits and spices!

CONTAINS MILK

# Meatball Munch

CONTAINS GLUTEN!

**SUPER DELICIOUS -  
SUPER NUTRITIOUS!**

## INGREDIENTS

- Meatballs (potato fiber)
- Ballymaloe Sauce (NO ADDITIVES OR PRESERVATIVES)
- Penne (NO ADDITIVES OR PRESERVATIVES)

Potato Fibre prevents your delicious meatballs from drying out when they're cooked in a toasty oven!



This **HIDDEN VEGETABLE SAUCE** is made from tomatoes, onions, spring onions, and Garlic!







**PACKED WITH NUTRIENTS**

CONTAINS SOYA, GLUTEN & SESAME!

# Veg Fried Rice

be well on your way to 5 a day!  
as clean as a whistle!

## INGREDIENTS

(NO ADDITIVES OR PRESERVATIVES)

- Rice (No additives or preservatives)
- Mixed Peppers (No additives or preservatives)
- Soy Sauce (No additives or preservatives)
- Sesame Oil (No additives or preservatives)
- Diced Onion (No additives or preservatives)
- Garden Peas (No additives or preservatives)
- Chinese Five Spice (No additives or preservatives)



# ABSOLUTELY NO additives or preservatives!



# Roast Deef Dinner



## INGREDIENTS

- Carrots (NO ADDITIVES OR PRESERVATIVES)
- Mash (NO ADDITIVES OR PRESERVATIVES)
- Roast Beef (guar gum/E412 & E451 (triphosphates))

**COMPLETELY ALLERGEN FREE**

**Approved by EFSA as safe!**

As lean meat is used, Guar gum mimics the juiciness of fat. E451 (triphosphates) extends shelf life to ensure that supply of meat is available.

**LOW IN FAT!**



# IRISH BEEF





# Sweet & Sour Chicken

## INGREDIENTS

- Rice (NO ADDITIVES OR PRESERVATIVES)
- Ballymaloe Sweet & Sour (NO ADDITIVES OR PRESERVATIVES)
- Diced Chicken (as used in our Tikka Box)



**LOADED** with juicy tomatoes, zesty pineapple, and crunchy red peppers!

**COMPLETELY  
ALLERGEN FREE**



# Bean Spud

## INGREDIENTS

- Jacket Potato (NO ADDITIVES OR PRESERVATIVES)
- Baked Beans (Maize Starch)



**Naturally found  
in Corn!**

Maize Starch is used for  
Gelatinization, Thickening  
and as a Stabilizer

**It's good for your gut and is  
naturally found in corn!**

# Chicken Goujons

Chicken goujons considered a highly processed food, that's why they are:

Once-a-week treat only on our menu!

*Reduced  
Ingredients  
on the way!  
We're working on it!*

## Inclusivity

However, to support children with sensory and additional needs, some schools may request them on additional days, helping to create more inclusive classrooms for everyone.



**ALL APPROVED BY EFSA AS SAFE!**

- Calcium Carbonate - Anti caking agent
- Dextrose - A sweetener that aids browning
- E450 (diphosphates) - Helps with moisture, stabiliser and emulsifier
- E451 (triphosphates) - Helps with moisture, stabiliser and emulsifier

*half of your weekly recommendation!*

**14 DIFFERENT  
PLANT-BASED  
FOODS IN OUR  
CURRY ALONE**

## CURRY SAUCE

**Made in Cork!**

- Citric Acid (Acidity Regulator in Sauces) *Approved by EFSA as safe*
- Yeast Extract (Flavour enhancer in the sauce) *Approved by EFSA as safe*
- Maize Starch (Gelatinization, Thickening Agent, Stabilizer)
- E270 (lactic acid) (Preservative, Flavour enhancer, Acidity regulator)
- Guar Gum/E412 (Stabiliser) *Approved by EFSA as safe*
- Potassium Sorbate (Preservative) *Approved by EFSA as safe*
- Calcium Lactate (Firming Agent, Gelling Agent, Anticaking Agent, Calcium Fortification, Preservative) *Approved by EFSA as safe*

**PACKED WITH  
ANTIOXIDANTS**

**Bell peppers,  
pineapple, onion and red chillis!**

**Flavorful spices  
that bring powerful  
anti-inflammatory  
benefits to your  
body!**

*Reduced  
Ingredients  
on the way!  
We're working on it!*

### DID YOU KNOW?

Maize starch can promote gut health and stability. It's naturally found and extracted from corn kernels!

*Citric acid naturally occurs in citrus fruits!*



# CARBONARA KING

CONTAINS GLUTEN & MILK

## INGREDIENTS

- Penne (NO ADDITIVES OR PRESERVATIVES)
- White Sauce (potassium sorbate)
- Milk (NO ADDITIVES OR PRESERVATIVES)
- Diced Chicken (As used in Tikka Box)
- Ham Stamps (E250 (sodium nitrite), Dextrose, E452, Ascorbic acid)

SOURCE OF  
DAIRY

WITH LOTS OF  
CALCIUM FOR  
HEALTHY BONES  
AND TEETH!



Approved by EFSA as safe!

E250 (sodium nitrite) is a Preservative + Flavour enhancer. E452 helps with moisture, is a stabiliser and emulsifier. Ascorbic acid is an antioxidant / stabiliser

# FALAFEL FEAST

CONTAINS SOYA

Falafel is a delicious Plant-Based Protein Source!

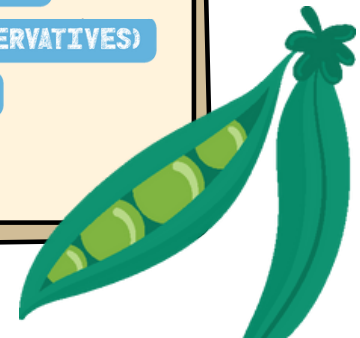
Filled with **Chickpeas**, **Broad Beans**, **Red Onion**, **Edamame Beans**, **Broccoli**, **Spinach** and 13 diverse plant ingredients for creating range of good gut bacteria!



## INGREDIENTS

- Falafel (NO ADDITIVES OR PRESERVATIVES)
- Mixed Peppers (NO ADDITIVES OR PRESERVATIVES)
- Rice (NO ADDITIVES OR PRESERVATIVES)
- Sweet Chilli (E415 (xanthan gum))

FUMMYYYY....



**DID YOU KNOW?**

Falafel is a  
delicious Plant-  
Based Protein  
Source!

**VEGANS  
LOVE**

**Packed with hidden Veg!**

# FALAFEL ROAST

CONTAINS SOYA

## INGREDIENTS

- Falafel (NO ADDITIVES OR PRESERVATIVES)
- Carrots (NO ADDITIVES OR PRESERVATIVES)
- Baby Potatoes (NO ADDITIVES OR PRESERVATIVES)

Filled with  
Chickpeas, Broad Beans, Red Onion,  
Edamame Beans, Broccoli, Spinach  
and 13 diverse plant ingredients for  
creating range of good gut bacteria!



as clean as a whistle!

**ABSOLUTELY NO additives or preservatives!**

**IT'S YUMMY!**

Our pizza base is  
wholegrain with  
tomatoes sauce  
made from a  
tomato puree  
base

# VEG PIZZA

CONTAINS GLUTEN & MILK

## INGREDIENTS

Veg Pizza (Lactic acid Bacteria to regulate the acidity in Cheese)

✓ **ALL INGREDIENTS ARE APPROVED AS SAFE BY EFSA!**

**VEG PIZZA IS A ONCE-A-  
WEEK TREAT ON OUR MENU!**

