

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!



Bolognese 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!

JUST LIKE
HOME

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!**

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

INGREDIENTS

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



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!

**ABSOLUTELY NO additives
or preservatives!**



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)

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!

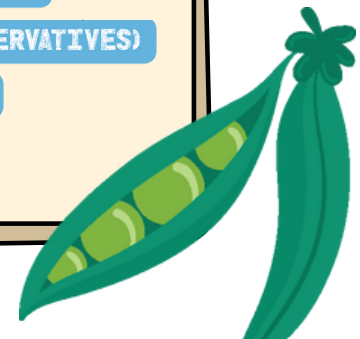
Filled with **Chickpeas**, **Broad Beans**, **Red Onion**, **Edamame Beans**, **Broccoli**, **Spinach** and 13 diverse plant ingredients for creating range of good gut bacteria!



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!

