

A FRESH TAKE

freshtoday

Our school meal menu



Ag Rialáil Gairmithe Sláinte
agus Cúraim Shóisialaigh
Regulating Health +
Social Care Professionals

Designed by CORU Registered Dietitian
Dr. Sarah Keogh from the Eatwell Clinic.

Dr. Sarah Keogh



Guaranteed
Irish



100% compliant

www.freshtoday.ie



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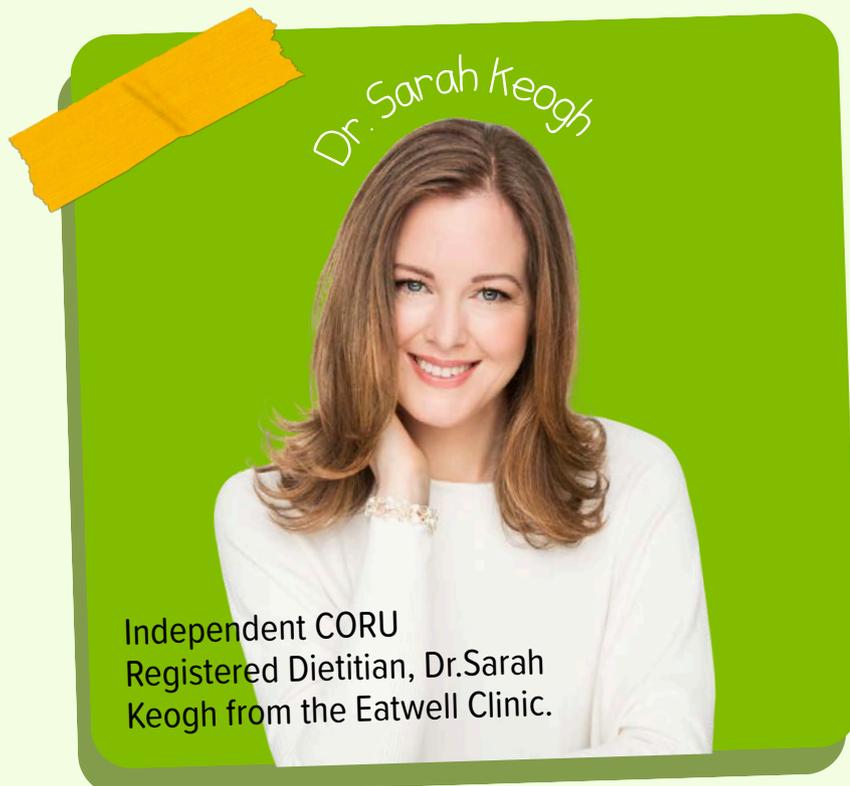


Official intro

Developing healthy, nutritious, meals for children is essential. We are delighted to work with two CORU Registered Dietitians in developing all of our menus. We have based our meals on the Healthy Ireland Nutrition Standards for Hot School Meals and on the European Food Safety Authority (EFSA) and the Food Safety Authority of Ireland's (FSAI) nutrition recommendations for children. These are the nutrient guidelines the FSAI used in their recent report on benchmarking the nutrient content of children's meals sold in the foodservice sector (FSAI 2025).

These guidelines give limits for nutrients such as fat, salt, sugar and saturated fat for children. Working with our food team and our CORU Registered Dietitians, we have innovated to develop balanced, healthy, options for children's Hot School Meals. We have strict limits on the amounts of sugar, salt and saturated fat permitted in our meals and these are balanced to an upper limit of one third of the total daily recommendations.

We have developed healthier varieties of familiar favourites including a low-fat chicken goujon and healthier sausages. You can read the nutrition information for these foods, and all of our meals, below. We offer every child a selection of fresh fruit with their meals every day and we include as many different types of vegetables as we can. We will continue to innovate with our meals and ingredients to supply children with the healthy, balanced, nutrition they need to learn and grow.



Smart Nutrition for Growing Minds

Nutrition standards haven't changed what we do, they've validated it. We're happy to see the Hot School Meals Scheme becoming even more regulated and standardised with Minister Calleary's call to reduce fat, salt, and sugar. This is a positive step that we've supported from the beginning. Clear standards raise the bar, and we're proud to already meet and exceed them.



STANDARDS GUIDE US, CHILDREN INSPIRE US

School meals must be diverse and inclusive. That's why we're committed to making sure every child can enjoy a meal that meets their individual needs.

Over the past several months, we've worked closely with our CORU-registered dietitians, chefs and suppliers to adapt some popular meals. Our new versions meet the Department's new guidelines, while maintaining the taste, texture and familiarity that many children know, rely on and trust.

This wasn't just about keeping favourites on the menu, it was about protecting access. Because when we say every child deserves a healthy meal, we genuinely mean **every** child.

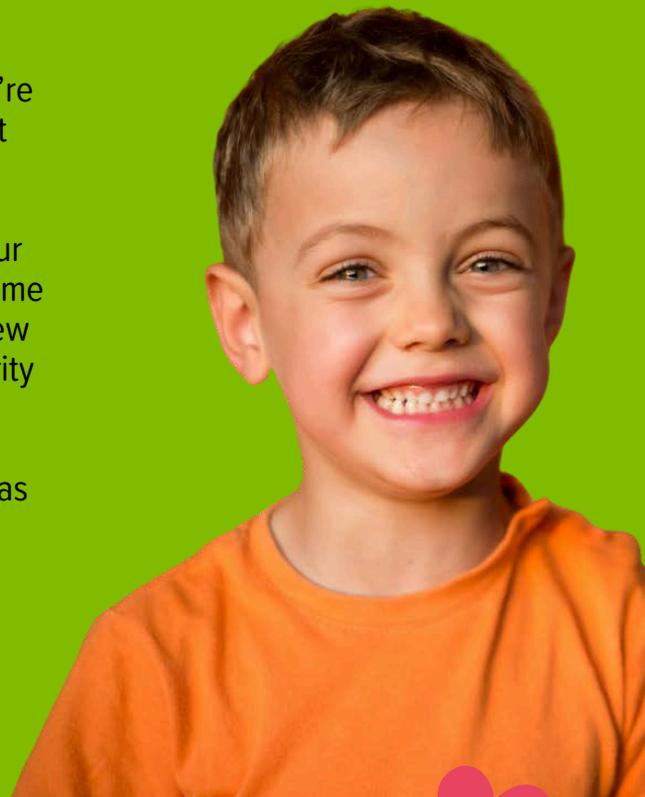
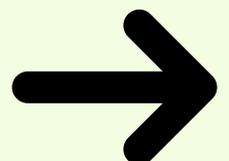
We're calling it: Reformulation!

Read more on page 8!

Proof that nutrition and inclusion can go hand in hand

Our Standard is the Benchmark

Let's look at the facts behind our food so you can see the true nutritional value of what we serve and feel confident in our approach.



The Guidelines for Sugar, Salt and Fat

What to look out for



These guidelines are based on the EFSA's nutritional recommendations for children and consider the school meal as one third of a child's dietary requirement.

Sugar



Added and naturally occurring!

Children's foods need to be as low in added sugars as possible (EFSA 2022). When reviewing sugars, it's important to remember that foods like fruit, onions and tomatoes will all contribute to total sugar intakes. However, fruit and vegetables should form part of healthy meals as they add both fibre and vitamins.

There should be **less than 8g of sugar** per school meal

Salt

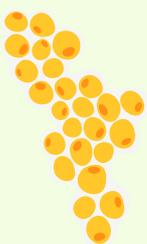


A national challenge

The majority of Irish people eat double the recommended amount of salt per day (FSAI 2016). While we need to address this nationally, in the school meal program we need to ensure salt is limited. According to the Irish Heart Foundation: Children aged 4-6 should have less than 3g of salt per day. Children aged 7-10 should have less than 5g of salt per day. Children 11 and over should have less than 6g of salt per day.

There should be **less than 1.6g of salt** per school meal

Fat



Not all fats are equal!

In line with the EFSA guidelines, children should consume approximately 33-60g per day of fat, depending on their age and activity (EFSA 2010). Therefore children need 11-20g of fat in a midday meal for health. "Low Fat" (i.e. less than 3g of fat per 100g of food) is not appropriate for children's meals as fat is an essential nutrient.

Fat levels will naturally vary with different meals. A view of fat content balanced over a week is appropriate to ensure balanced nutrition for children. (This is true of all nutrients (Shaw & Lawson 2007)).

However, not all fats are equal. Polyunsaturated fats and monounsaturated fats are part of a healthy, balanced diet and can be included. Yet saturated fat is one type of fat that does need to be limited in children's meals (EFSA 2010).

There should be **less than 20g of fat** per school meal

There should be **less than 6g of saturated fat** per school meal

Transparency is our middle name!

At FreshToday, we provide full nutritional breakdowns on each of our meals and up-to-date daily menus. For more information on the work we are doing to improve the lives of children nationwide...

OUR USPS

CHICKEN TENDERS, POTATO CUBES & VEG



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!

NUTRI-SCORES

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

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, Thickeners (Xanthan Gum))]
Chicken Tender (24.2%) [Chicken Inner Fillets (96%), Water, Starch, Dextrose, Salt, Xylitol, Acidity Regulators: Sodium Citrates, Sodium Carbonates]
Carrot (19.3%) Carrot

GLUTEN FREE & ...

INGREDIENT LISTS

HEALTHY IRELAND COMPARISON

FSAI COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION

Energy (kJ)	134
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

ALLERGEN INFO

NUTRITIONAL INFORMATION

DID YOU KNOW?

The Nutri-Score system is used to assess the nutritional quality of a meal and provide an easy-to-understand guide. This internationally recognised tool balances positive nutrients with those that should be limited!



Understanding The Facts

Based on the above values for sugar, salt and fat in a school meal, we are using a **traffic light system** so that you can easily understand the nutritional value of a meal, relative to the guidelines.

The traffic light system only looks at nutrients to limit. The advice is to go for more foods with “green” and fewer foods with “red”. Where there is a red, it means the food has a high level of these nutrients per serving. There is no need to ban all foods with “red”. Lots of very nutritious foods like cheese, almonds, and olive oil will have “reds”. This means that you can use them, just not in large amounts. Remember; Red doesn’t always mean unhealthy. Fruit and veg can show red for natural sugars, not added ones!

Sugar:

- 8g or less
- 8.1g or more

Salt:

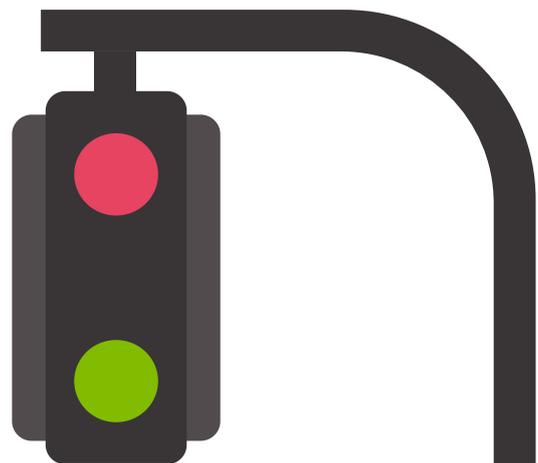
- 1.6g or less
- 1.7g or more

Fat:

- 20g or less
- 20.1g or more

Saturated Fat:

- 6g or less
- 6.1g or more



AN EXAMPLE

NUTRITIONAL INFORMATION

PER PORTION	(300g)
Energy (kJ)	2218.4
Energy (Kcal)	530.2
Fat (g)	19.0
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

Reformulating Foods

A healthier way to keep children included!

Over the past year, we've listened to families, professionals and most importantly, to children. For many with autism or sensory needs, familiar foods like goujons or sausages aren't preferences, they're a lifeline. Removing them can mean removing access to a meal entirely, excluding the very children who need support the most. As a result of our Reformulation project, these dishes now fully meet EFSA guidelines while keeping the taste, texture, and comfort children rely on. This is what real inclusion looks like: healthy, compliant, and truly accessible.

LET'S TAKE A LOOK!



CHICKEN GOUJONS

COMING SOON!

We've worked with an Irish supplier to create a goujon that is:

- ★ 100% chicken breast
- ★ low in fat and saturated fat (reduced by 79%)
- ★ low in sugar (reduced by 40%)
- ★ reduced salt by 14%
- ★ baked and never fried
- ★ has fewer calories (from 253 kcal per 100g to 161kcal)



SAUSAGES

We've worked with an Irish supplier to create a sausage that:

- ★ uses only Bord Bia approved Irish pork
- ★ is steam cooked
- ★ is free from MSG, phosphates and preservatives
- ★ comes in a seaweed (alginate) casing
- ★ is fully sustainable!



VEG PIZZA

COMING SOON!

We've worked with an Irish supplier to create a veg pizza that:

- ★ has a wholegrain base (equivalent to two slices of wholegrain bread)
- ★ has a hidden veg tomato sauce
- ★ is served with corn on the cob on the side
- ★ is topped with low-fat cheese



Want the full picture? Check out our nutritional breakdown below (it's all there, no secrets!)

ALL FULLY COMPLIANT!

Free Fresh Fruit!

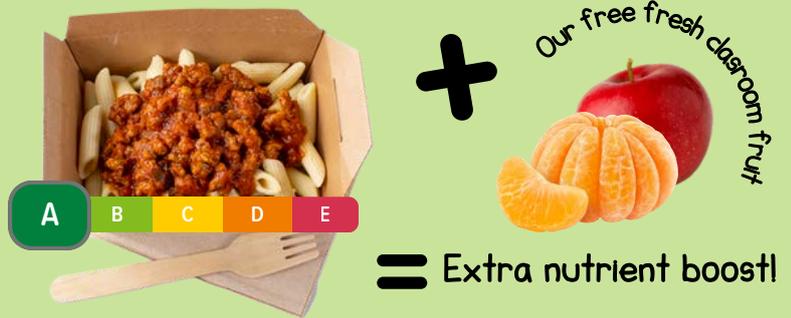
**MAKING EVERY MEAL
FULLY COMPLIANT!**

We offer free classroom fruit bowls to all FreshToday schools, making fresh fruit easily accessible to all students in schools. This ensures kids get the nutrients they need, meeting the department requirements. Children are free to have fruit as a snack, pair it with our hot meal, or take it home. It's a no brainer to keep children focused and nourished all day long.

WHAT DOES THIS MEAN FOR MEALS?

● Choosing an A rated meal? Great!

You're already getting a well-balanced option. Add some of our fresh classroom fruit and you've got an even bigger nutrient boost!



● Opting for a plainer meal? That's okay too!

Simply grab our free fruit to bring it up to a fully compliant, balanced meal.

Every child. Every meal. Fully compliant.

No matter what option is chosen, with the addition of free fresh fruit, every FreshToday meal meets the standards for a healthy school lunch.



WE PLEDGE...



TO ALWAYS STAY CREATIVE & INNOVATIVE.

We're constantly reformulating, reimagining, and refusing to settle for "good enough." Working closely with producers and suppliers, we've made proven progress developing meals that meet nutritional goals while appealing to kids' tastes.

TO KEEP EDUCATING

We believe education is just as important as nutrition. Through everyday interactions, support from our team, and fun tools, we help children understand their food and encourage confident, curious, and empowered eaters.



TO PLAY OUR PART FOR THE PLANET

We make big efforts across our system to reduce waste – always pushing forward. From giant reusable sauce containers to compostable and recyclable packaging, we think about every detail. We even consider the carbon footprint of all our meals! Thoughtful. Scalable. Always improving.

YOU PLEDGE...

TO SUPPORT DAILY ATTENDANCE.

School is about so much more than lessons. It's where friendships are made, routines are built, and confidence grows. We know that sometimes little ones wake up feeling under the weather – it happens! But when children attend regularly, it not only helps them get the most out of their school days, it also means less food goes to waste. Every lunch matters, just like every day in school!

TO TRUST THE MEALS PROVIDED.

Our hot, balanced meals fuel your child's day. Extra snacks often replace the main meal and hold kids back from trying new foods. Trust the lunch and help build healthy habits.



TO KEEP LUNCH FRESH AND EXCITING.

Kids get bored with the same meals. Changing orders in our app keeps lunches fun and balanced. Explore the options together and encourage new flavours!





Processed Food – What is it?



The words 'processed food' often conjures up fear or uncertainty around artificial additives, health risks and a departure from 'real food'. But the truth is far more nuanced. At its core, processed food simply means any food that has been altered from its original state. That includes washing, chopping, freezing, fermenting, baking, drying, canning, or cooking. By that definition, most of the food we eat is processed in some way. For example, to make Greek yoghurt, milk has been cultured, strained and packaged. To make olive oil, olives are crushed and filtered. Even homemade bread is technically processed.

Why is food processed?

SAFETY

SHELF LIFE

NUTRITION

Safety: Pasteurizing milk kills harmful bacteria. Canning preserves food that would otherwise spoil. Freezing halts the growth of microbes. **Shelf Life:** Processing reduces waste. Fresh spinach might last a few days in your fridge, but frozen spinach can last months. This is critical in preventing food insecurity and ensuring availability in all seasons. **Nutrition:** Many processed foods are fortified to address widespread nutrient deficiencies. Cereal is often fortified with iron and B vitamins. **Convenience:** Most of us don't have time to grind our own flour, soak beans for 12 hours, or butcher animals. Processing saves us time and effort, without which many of us wouldn't be able to eat healthy meals at all.

Not all processed foods are the same

IT'S IMPORTANT TO DISTINGUISH BETWEEN LEVELS OF PROCESSING:



Minimally processed foods: These are cleaned, peeled, chopped, or frozen but still close to their natural state, e.g. frozen vegetables, bagged salad, roasted nuts.

Processed foods: These might include ingredients like salt, sugar, or oils to enhance flavour or preservation. Examples include canned tuna, cheese, whole-grain bread, or hummus.

Ultra-processed foods: The European Food Safety Authority defines UPF's as modified by chemical processes and assembled into 'hyper-palatable' food. These are mostly made from industrial ingredients and additives. They often include sweeteners, colourings, emulsifiers and preservatives and are energy dense with a high glycaemic load. Examples include soft drinks, instant noodles and packaged cakes.

Processed food is not about "good" versus "bad" it's about context, frequency, and overall dietary patterns. A diet built on whole foods like fruits, vegetables, grains, and proteins, supplemented with processed items for practicality and pleasure, is both realistic and healthy. Rather than fearing the term, it's more useful to read labels, understand ingredients, and make informed choices.



OUR DAILY MENU

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



MONDAY

- Bombay Chicken Wrap
- Burger Bites, Potato & Veg
- Chicken Curry & Rice
- Chicken Tenders, Potato Cubes & Veg
- Chicken & Cheese Sub
- Katsu Curry & Rice
- Mac N'Cheese
- Margherita Sub
- Pasta Bolognese
- Plain Pasta
- Plain Rice
- Pulled Pork & Cheese Sub
- Sausage, Mash & Corn
- Sweet & Sour Chicken Wrap
- Vegan Sweet & Sour with Rice
- Vegetarian Oriental Noodles, Sauce & Veg

TUESDAY

- Bombay Chicken Wrap
- Burger Bites, Potato & Veg
- Chicken Curry & Rice
- Chicken Tenders, Potato Cubes & Veg
- Chicken & Cheese Sub
- Katsu Curry & Rice
- Mac N'Cheese
- Margherita Sub
- Pasta Bolognese
- Plain Pasta
- Plain Rice
- Pulled Pork & Cheese Sub
- Sausage, Mash & Corn
- Sweet & Sour Chicken Wrap
- Vegan Sweet & Sour with Rice
- Vegetarian Oriental Noodles, Sauce & Veg

PACKED WITH HIDDEN VEG & LENTILS



WEDNESDAY

Bombay Chicken Wrap	Pasta Bolognese
Burger Bites, Potato & Veg	Plain Pasta
Chicken Curry & Rice	Plain Rice
Chicken Tenders, Potato Cubes & Veg	Pulled Pork & Cheese Sub
Chicken & Cheese Sub	Sausage, Mash & Corn
Katsu Curry & Rice	Sweet & Sour Chicken Wrap
Mac N'Cheese	Vegan Sweet & Sour with Rice
Margherita Sub	Vegetarian Oriental Noodles, Sauce & Veg

THURSDAY

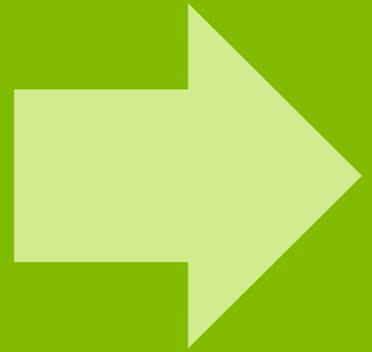
Bombay Chicken Wrap	Pasta Bolognese
Burger Bites, Potato & Veg	Plain Pasta
Chicken Curry & Rice	Plain Rice
Chicken Tenders, Potato Cubes & Veg	Pulled Pork & Cheese Sub
Chicken & Cheese Sub	Sausage, Mash & Corn
Katsu Curry & Rice	Sweet & Sour Chicken Wrap
Mac N'Cheese	Vegan Sweet & Sour with Rice
Margherita Sub	Vegetarian Oriental Noodles, Sauce & Veg



FRIDAY

Bombay Chicken Wrap	Pasta Bolognese
Burger Bites, Potato & Veg	Plain Pasta
Chicken Curry & Rice	Plain Rice
Chicken Tenders, Potato Cubes & Veg	Pulled Pork & Cheese Sub
Chicken & Cheese Sub	Sausage, Mash & Corn
Katsu Curry & Rice	Sweet & Sour Chicken Wrap
Mac N'Cheese	Vegan Sweet & Sour with Rice
Margherita Sub	Vegetarian Oriental Noodles, Sauce & Veg

Nutritional Breakdown



Ag Rialáil Gairmithe Sláinte
agus Cúraim Shóisialaigh
Regulating Health +
Social Care Professionals

fresht^oday

BOMBAY CHICKEN WRAP



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.

Our dietitian says...

INGREDIENTS

Contains milk & wheat (GLUTEN)

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]
Curry Sauce (19.2%)	[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, Chilli, 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]

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 Phosphates

Offered with fresh fruit
Find me in your classroom!

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

NO ALLERGENS



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 (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%)]



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

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, Chilli, 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]

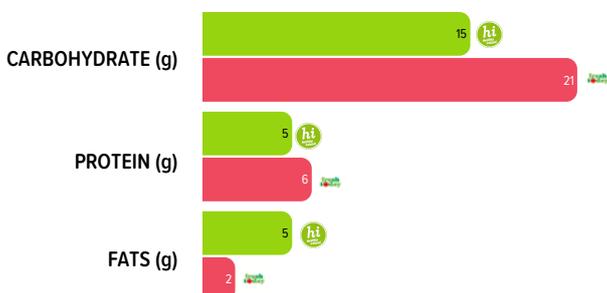
Our dietitian says...

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

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

BAKED
NOT FRIED

HIGH IN
PROTEIN

LOW IN
SATURATED
FAT

Offered with fresh fruit
Find me
in your
classroom!

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

NO
ALLERGENS



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, Ricelflour, 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



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.

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 (87%), 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)]

Contains wheat (GLUTEN) & milk

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.

Contains celery and soya!



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!

Our dietitian says...

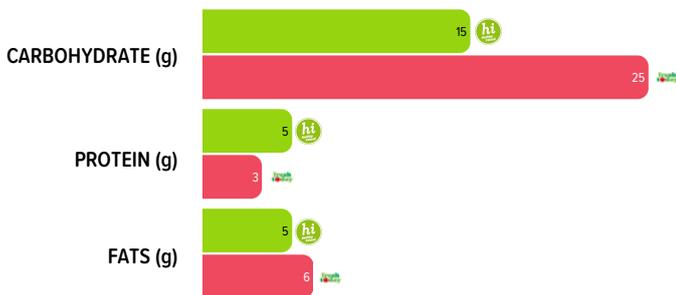
INGREDIENTS

- 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 Caramel; 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]



FSAI COMPARISON

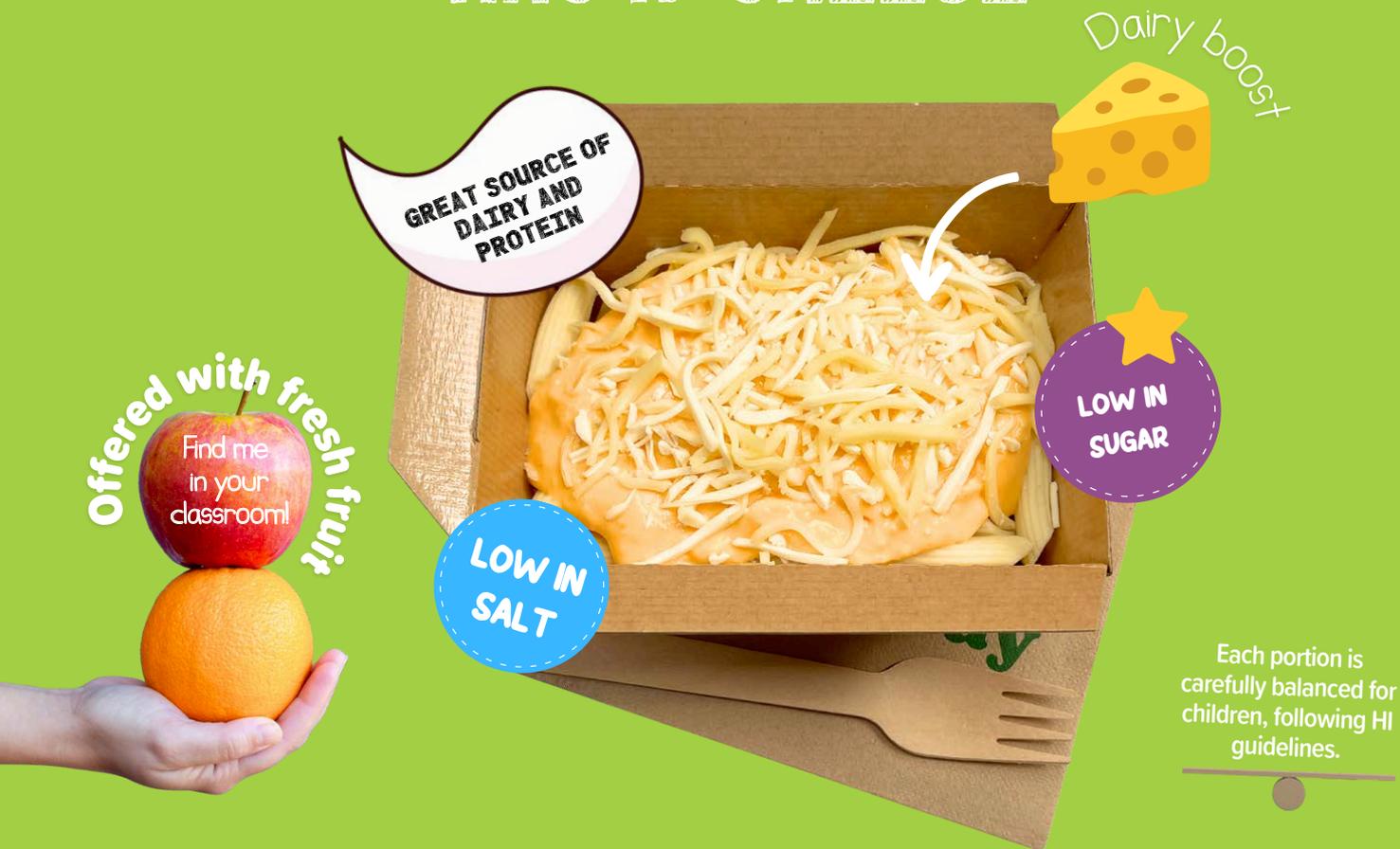
Approx. recommended macronutrient intake per 100g meal for children vs. Fresh today meals (100g)



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

Contains wheat (GLUTEN) & milk

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

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

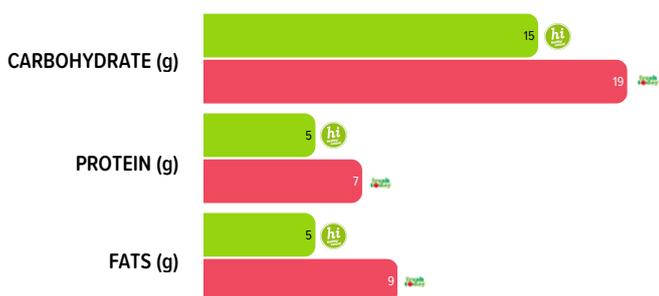
White Sauce (12.2%) [Milk (Milk), Cream (Milk), Water, Onion, Butter (Cream (Milk), Salt), Wheat Flour (Calcium Carbonate, Niacin, Iron, Thiamine), Modified Maize Starch, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, 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), RedJalapeño Peppers, Red Jalapeño Peppers, Salt, Acetic Acid), Spirit Vinegar, Salt, Spice, Colour: Paprika Extract; Stabiliser: Xanthan Gum]

FSAI COMPARISON

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



NUTRITIONAL INFORMATION

PER PORTION

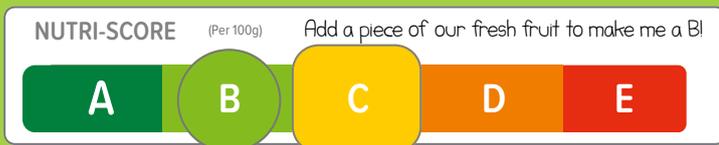
(294g)

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



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



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.

INGREDIENTS

Contains wheat (GLUTEN) & milk

- 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**)]



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

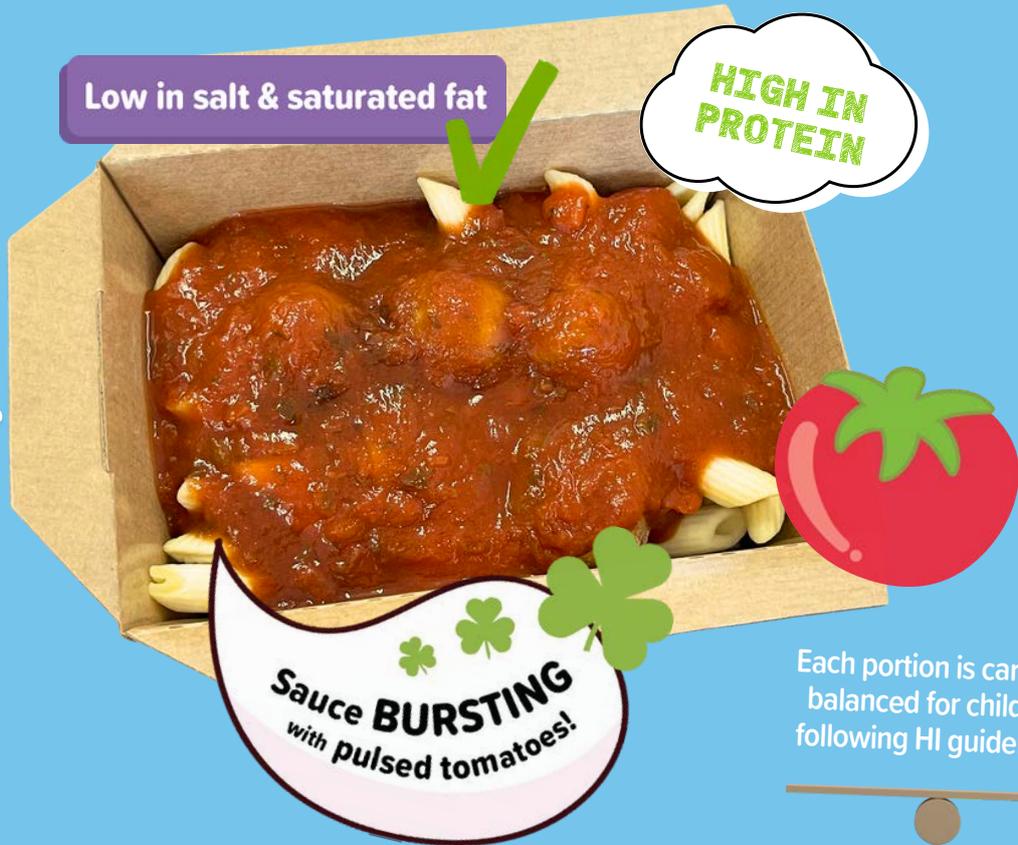
PASTA & MEATBALLS

Low in salt & saturated fat

HIGH IN 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...

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, RedPeppers, Herbs, Spices, Sea Salt, Flavouring: Yeast Extract]

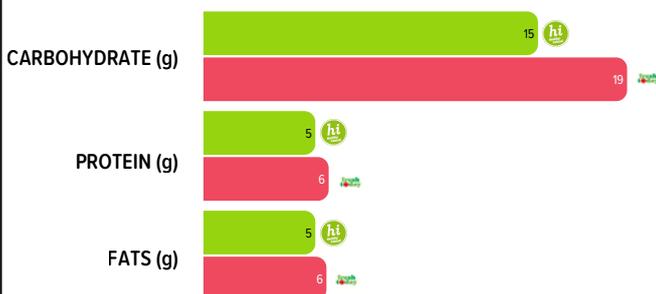
Meatballs (22.5%) [Pork And Beef, Water, Onion, Potato, Potato Flour, Salt, Potato Fiber, Spices Meat Content: 62%]

Contains durum wheat (gluten)

hi
Healthy Ireland

FSAI COMPARISON

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

Low in salt & fat



Offered with fresh fruit
Find me in your classroom!

No colours or Phosphates

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



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]

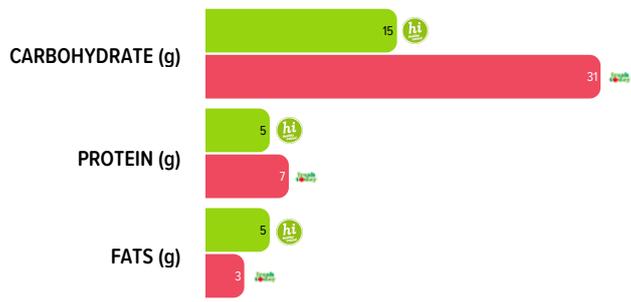
Oil (1.7%) [Blend Of Refined Sunflower Oil (49%) And Extra Virgin Olive Oil (51%)]

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!

No colours or Phosphates

Offered with fresh fruit



Find me in your classroom!

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



INGREDIENTS

Rice (100%) Rice

NO ALLERGENS

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.



FSAI COMPARISON

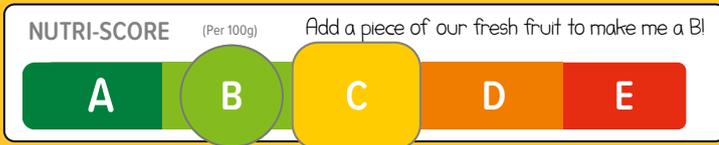
Approx. recommended macronutrient intake per 100g meal for children vs. Freshtoday meals (100g)



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



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 Caramel 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]

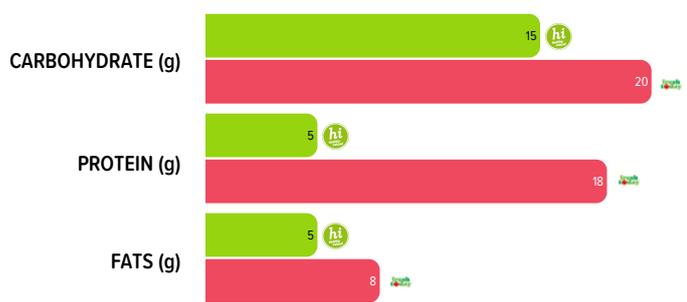
Cheese Pizza (16.3%) [Mozzarella (50%), Red Mild Cheddar (24%), White Mild Cheddar (24%), Potato Starch (2%), Lactose (Milk)]

Contains milk & wheat (GLUTEN)



FSAI COMPARISON

Approx. recommended macronutrient intake per 100g meal for children vs. Freshtoday 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, 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 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!

Our dietitian says...

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



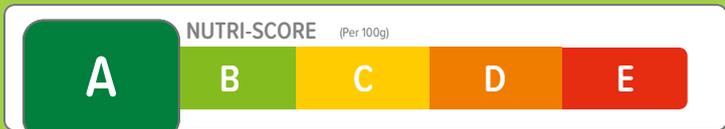
SOURCE OF PROTEIN

Offered with fresh fruit
Find me in your classroom!



Low in salt & fat

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



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.

Contains Soy!

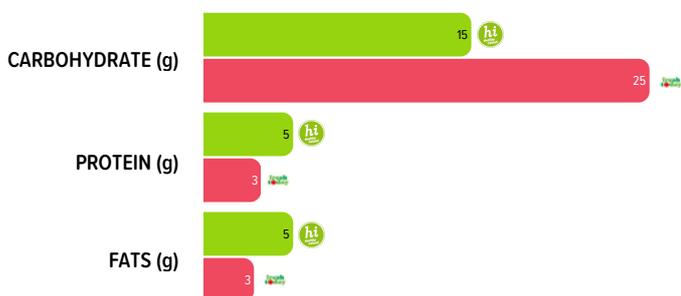
INGREDIENTS

- 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]



FSAI COMPARISON

Approx. recommended macronutrient intake per 100g meal for children vs. FreshToday 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)	86
Of which sugars (g)	14
Fibre (g)	10
Protein (g)	11
Salt (g)	1.6

VEGETARIAN ORIENTAL NOODLES, SAUCE & VEG



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.

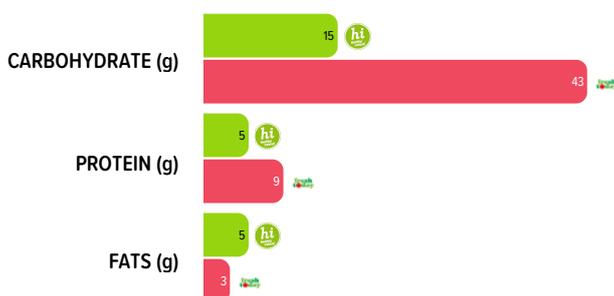
INGREDIENTS

- 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]

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

FSAI COMPARISON

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

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