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**LITTLE
DINNERS**

**PARENTS'
INFORMATION
BOOKLET**

Shown : Little Dinners Broccoli and Corn Pasta Bake with serving suggestion



A Letter From Susan



Over the past 20 years as a family owned and operated Guaranteed Irish Business, Little Dinners have been providing children with a wide variety of healthy and nutritious meals.

I owe my love of cooking to my late mother who enjoyed nothing more than feeding everyone who passed through our door. So, when I became aware that a family member was having difficulty finding the time to provide food for the children in her Montessori schools, I jumped at the opportunity to produce and deliver the meals myself. We became increasingly aware that this challenge was faced by many childcare providers so, my husband Bernard and I set to work on a solution. Little Dinners was born.

As a mother of four, I know the importance of supporting children in developing lifelong healthy eating practices and a positive approach towards food. Good early nutrition is vital for a child's physical and cognitive development and makes it easier to keep processed foods high in salt and sugar out of their diets. Each of our little dinners is made with this in mind.

To this day Little Dinners are the country's only HSE/FSAI approved and registered producer and distributor dedicated solely to producing and supplying meals to childcare providers.

As parents we want our children to eat well, especially when they're away from us. This booklet has been designed to give you peace of mind and answer any questions you may have about Little Dinners. If you have any further questions please email them to me at Susan@littledinners.ie.

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Our process



Where are Little Dinners made?

What makes us truly unique is that we produce all our meals ourselves from our very own HSE/FSAI approved kitchens in Co. Wicklow.

This allows us to ensure the quality of our product and maintain full control over every aspect of the process including customer relations, product development, ingredient sourcing, as well as production, quality control and delivery.



How are Little Dinners made?

We use only healthy cooking methods such as:

- Boiling
- Steaming
- Baking
- Roasting
- Stewing

Our dedicated team of 22 work each day to provide our customers with quality products and exceptional customer service.



2

Our Mashed Potatoes contain nothing but 100% potatoes.



3

Why are Little Dinners blast chilled?

Blast chilling ensures our Little Dinners are of the best quality:

- Blast chilling safely brings the temperature of food down, minimising the chances for bacteria and pathogens to grow, without the need for any additives, flavourings or preservatives.
- Blast chilling minimises damage to the quality, taste, appearance and structure of food so our Little Dinners are as good when they're re-heated as when we prepared them.
- Blast chilling, minimises shrinkage or loss of moisture that occurs during the cooling period.
- Unlike processes such as pasturisation, blast chilling ensures minimal nutrient loss in our Little Dinners.



How are Little Dinners delivered?



Our drivers Eamonn, Tommy, Chris, Tom and Andy deliver our Little Dinners directly to a dedicated fridge supplied by us.

Children with special diets & allergies.

We cater for special diets based on parental preference, cultural or religious beliefs and health or allergy issues are.

The standard meal is adapted to suit the individual child's needs and comes individually packed, with a specially flagged label. This ensures the child does not feel different and is more likely to enjoy their meal along with everyone else.



Little Dinners Food Safety Policy Statement

Little Dinners acknowledge responsibility for food hygiene and the provision of safe and wholesome food and is committed to ensuring compliance with the **European Communities (Hygiene of Foodstuffs) regulations 2000, Irish Food Hygiene Regulations 1950/1989, relevant Irish Standards (including IS.343)** and all relevant legislation or amendments there under.

It is our policy to maintain a Food Safety Management System incorporating HACCP (Hazard Analysis Critical Control Points), in accordance with the above legislation and this policy is reviewed periodically.

We are also committed to the following:

- We have established, implement and maintain the highest standards of personal and operational hygiene.
- We provide a comprehensive on-going training plan for all food handlers.
- We purchase foods from reputable suppliers only.
- We have set up control systems for known hazards, at each stage in the operation from raw materials to finished product.
- We provide adequate facilities, equipment and staff, to ensure that food produced will always be safe for human consumption.
- We implement a documented cleaning schedule for the entire premises.
- We provide resources for the implementation of a pest control programme.
- We ensure the implementation and regular review of this Food Hygiene Policy.
- We ensure strict adherence to this written Food Safety Policy Statement by all management and staff.
- We provide financial support to ensure that all the provisions of this Food Policy Statement are attainable.

About our ingredients

Vegetables provide 6 primary nutrients:

Fibre, folate, potassium, Vitamin A, Vitamin C and Iron.



Swede

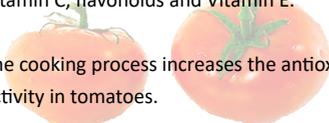
Swede/ turnip are great source of the vitamins and minerals that growing children need. They're high in Vitamins C, E,K and B6 as well as a good source of manganese, potassium, magnesium, calcium, iron, zinc, carotene and fibre.



Tomatoes

Tomatoes are a rich source of lycopene (an antioxidant), beta-carotene, folate, potassium, Vitamin C, flavonoids and Vitamin E.

The cooking process increases the antioxidant activity in tomatoes.



Butternut Squash

Butternut Squash is high in Vitamin C, fibre, potassium and magnesium and is an excellent source of lutein.



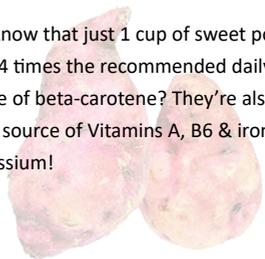
Sweetcorn

Sweetcorn is high in beta-carotene, lutein, B vitamins, iron, magnesium, potassium and folic acid.



Sweet Potato

Did you know that just 1 cup of sweet potato contains 4 times the recommended daily adult allowance of beta-carotene? They're also an excellent source of Vitamins A, B6 & iron, fibre and potassium!



Carrots

Carrots are rich in beta-carotene and vitamin A which help your vision. They're also packed with antioxidants and other nutrients.

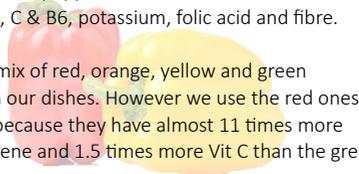
In fact, carrots are loaded with beta carotene which is subsequently converted into Vitamin A in the liver.



Peppers

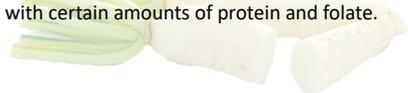
All varieties of peppers are excellent sources of vitamins A, C & B6, potassium, folic acid and fibre.

We use a mix of red, orange, yellow and green peppers in our dishes. However we use the red ones the most because they have almost 11 times more beta-carotene and 1.5 times more Vit C than the green ones.



Parsnip

Parsnips are great source of potassium, zinc, magnesium, phosphorous, manganese and iron. They also contain many vitamins and fibre along with certain amounts of protein and folate.



About our ingredients

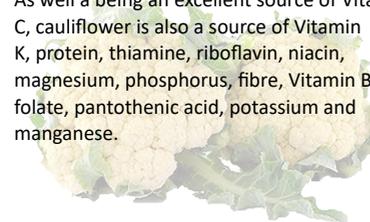
Cabbage

Cabbage is packed with Vitamin C, folic acid, calcium, potassium & Fibre.



Cauliflower

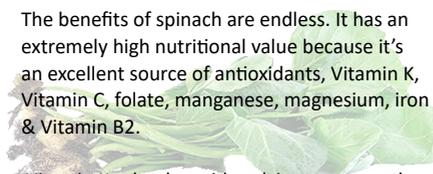
As well as being an excellent source of Vitamin C, cauliflower is also a source of Vitamin K, protein, thiamine, riboflavin, niacin, magnesium, phosphorus, fibre, Vitamin B6, folate, pantothenic acid, potassium and manganese.



Spinach

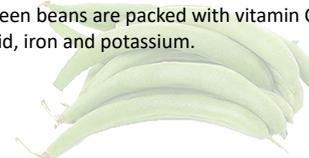
The benefits of spinach are endless. It has an extremely high nutritional value because it's an excellent source of antioxidants, Vitamin K, Vitamin C, folate, manganese, magnesium, iron & Vitamin B2.

Vitamin K works alongside calcium to strengthen children's growing bones and spinach is one of the highest sources.



Green Beans

Green beans are packed with vitamin C, folic acid, iron and potassium.



Leeks

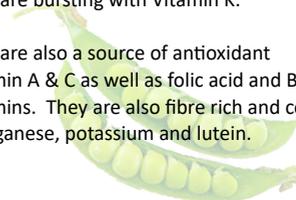
Leeks are great for getting fibre, iron, Vitamins A & C into your body.



Peas

Peas are bursting with Vitamin K.

Peas are also a source of antioxidant Vitamin A & C as well as folic acid and B Vitamins. They are also fibre rich and contain manganese, potassium and lutein.

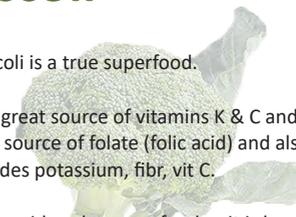


Broccoli

Broccoli is a true superfood.

It's a great source of vitamins K & C and a good source of folate (folic acid) and also provides potassium, fibre, vit C.

It is considered a super food as it is loaded with fibre & antioxidants to fight cancer and vitamin C to aid iron absorption.



Courgette

Courgettes contain high levels of Vitamin C and potassium. The soluble fibre in the skin slows down digestion and so stabilises blood sugar and insulin levels.



About our ingredients

Garlic

Garlic contains a little bit of everything we need - Vitamin C & B6, manganese, selenium and other antioxidants, calcium, copper, potassium, phosphorus, iron & Vitamin B1.

Onion

Onions are a are nutrient powerhouses and contain Vitamin C, flavonoids, antioxidants and sulfur compounds.

Fruits - packed with the vitamins and nutrient growing children need.



Pear

Pears are one of the best sources of dietary fibre of all fruits and provide high amounts of Vitamin C & K and boron. Pear nutrition can also help reverse copper deficiency and low potassium.

Raisins & sultanas

Packed with energy and are rich in fibre, vitamins and minerals. When eaten in moderation raisins can aid digestion, boost iron levels and keep bones strong. Raisins are a good source of any vitamins and minerals that children need as part of a healthy diet.

Mango

High in fibre and antioxidants, mangos have an impressive amount of Vitamin's C & A, and flavonoids. They are rich in potassium, magnesium, selenium, calcium, iron and phosphorous.

Apple

You know what they say about an apple a day... The nutrients apples provide actually help your kids stay strong and healthy!

Apples are naturally rich in vitamin C and a dietary fibre called pectin which is good for both our immune system and gut. Apples also contain a mineral called boron will helps teeth and bones stay strong and healthy.

Pineapple

Rich in Vitamin C & manganese and a natural source of the enzyme bromelain, pineapples are both delicious and nutritious!

Coconut Milk

Coconut milk is a good source of manganese, magnesium, potassium and iron. It also provides electrolytes can which help prevent fatigue.

About our ingredients

Carbohydrates & Pulses



Potatoes

A good source of carbohydrate and fibre as well as Vitamin C, B6, manganese, niacin and pantothenic acid.

Pasta

All our pasta is egg-free. Pasta is a great way of getting fibre into children's diets. We offer both white and wholemeal options.

Rice

When we eat rice it can instantly be a source of energy. It also helps regulate blood sugar levels, aids digestion and provides vitamin B1 to the body. Our rice comes in both white and wholemeal options

Kidney Beans

Low in fat and high in complex carbohydrates, kidney beans are an excellent plant-based source of protein. They're also rich in minerals, vitamins, fibres and antioxidants and have a high fibre content.

Cannellini Beans

Also known as white kidney beans, they are abundant in protein and contain large amounts of antioxidants, dietary fibre and iron. They are also an excellent source of phosphorus, copper, calcium potassium, molybdenum and manganese.

Red Lentils

Lentils add essential vitamins, minerals and fibre to the diet, and provide protein and sustenance that can replace meat in meals. They are a source of molybdenum, folate, copper, phosphorus manganese, iron, protein, Vitamin B6, pantothenic acid, zinc and potassium

Herbs and Spices:



Our baby menu and all meals in our standard range are flavoured using an abundance of natural ingredients like herbs and spices. They contain absolutely no added salt, bouillon, sugar, artificial colours, flavourings or preservatives. Our herbs and spices introduce children to a wide range of tastes and also contain a wide range of vitamins and minerals essential for growing boys and girls.

- Parsley
- Chilli
- Fenugrek
- Chives
- Cumin
- Cardamon
- Oregano
- Corriander
- Tumeric
- Dill
- Mustard Seed
- Ginger
- Basil
- Black Pepper
- Garlic (chopped & purée)

About our ingredients

Meat



Red Meat

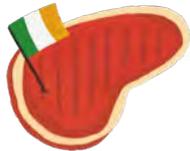
Irish Pork, Beef & Lamb

Easily absorbed by the body. Iron helps red blood cells carry oxygen to cells throughout the body and it is important for brain development.

Unfortunately, iron deficiency, which overtime can cause learning and behaviour problems is one of the most common nutrient deficiencies in children. That's why it's important to make sure your child gets iron from sources such as red meat and dark green vegetables.

All red meat provides good quality protein and is also rich in nutrients such as Iron, Zinc & Vitamin B12.

(We only use lean Irish beef, Lamb and Pork in our meals).



Irish Chicken



Packed with protein and is a source of Vitamin B6, which is used to help the body extract energy from food. It's important that babies start regularly eating foods containing adequate amounts of protein to support their rapid growth. We use Irish chicken fillets in our meals.

Turkey

Contains the amino acid tryptophan which produces serotonin and plays an important role in strengthening the immune system. The protein content alone could make it a superfood. It is also full of nutrients such as Niacin, Selenium, Vitamin B6 & B12 and Zinc.

Fish



Cod

An excellent source of lean protein and Vitamin B12. It is also a good source of omega 3 fatty acids.

Tuna

Canned tuna (we use tuna in water) is a good source of omega 3 fatty acids and protein.

Pre-school & baby menu options

Menu

- Chicken Korma & Rice
- Wholemeal pasta Bolognese
- Cottage Pie

Feeding infants

Babies and younger children are provided with specially adapted dairy and gluten free versions of standard meals in pureé and chopped form.

Our baby menu is designed to introduce babies to a wide variety of tastes and textures. Exposing babies to different textures helps with their speech development and makes them more likely to eat a wide variety of foods when they move onto our pre-school lunch menu.



Pictured: Little Dinners Purée Veg Casserole



Pictured: Little Dinners Chopped Beef Casserole

Sample of our baby menu



INFANT STANDARD CHOPPED/ PUREED

BEEF CASSEROLE & MASH

Mon 2nd

Ingredients: Potatoes, carrots, beef (Irish), water, peas, swedes, French beans, broad beans, onions, olive oil, tomato puree.

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 69 KCal |
| KJ | 289 KJ |
| Fat | 1.42g |
| of which saturated | 0.65g |
| Carbohydrates | 7.37g |
| of which sugar | 1.82g |
| Fibre | 1.88g |
| Protein | 5.08g |
| Salt | < 0.01g |

TURKEY NAVARIN & MASH

Tue 3rd

Ingredients: Potatoes, carrots, turkey, chopped tomatoes, swede, water, peas, onions, olive oil.

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 60 KCal |
| KJ | 253 KJ |
| Fat | 1.96g |
| of which saturated | 0.93g |
| Carbohydrates | 7.94g |
| of which sugar | 1.45g |
| Fibre | 4.56g |
| Protein | < 0.01g |
| Salt | < 0.01g |

BEEF, VEGETABLES, TOMATO & POTATO

Wed 4th

Ingredients: Potato, carrots, beef (Irish), water, courgettes, tomatoes, onions, tomato puree, olive oil.

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 67 KCal |
| KJ | 279 KJ |
| Fat | 2.08g |
| of which saturated | 0.73g |
| Carbohydrates | 6.1g |
| of which sugar | 1.7g |
| Fibre | 1.28g |
| Protein | 4.65g |
| Salt | 0.01g |



MANGO CHICKEN

Thu 5th

Ingredients: Potatoes, chicken, mango, sweet potato, chopped tomatoes, water, onions, olive oil.

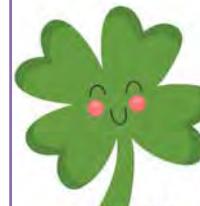
| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 65 KCal |
| KJ | 272 KJ |
| Fat | 2.18g |
| of which saturated | 1.02g |
| Carbohydrates | 7.46g |
| of which sugar | 2.01g |
| Fibre | 1.52g |
| Protein | 4.96g |
| Salt | < 0.01g |

MIXED VEGETABLES WITH TOMATO & POTATO

Fri 6th

Ingredients: Carrots, potatoes, butternut squash, peas, water, tomatoes, onions, olive oil.

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 44 KCal |
| KJ | 194 KJ |
| Fat | 0.93g |
| of which saturated | 0.22g |
| Carbohydrates | 8.78g |
| of which sugar | 2.38g |
| Fibre | 1.81g |
| Protein | 1.39g |
| Salt | < 0.01g |



MARCH 2020 MENU



Feeding pre-schoolers

For pre-schoolers we have designed a special menu filled with a variety of textures and tastes.

Under the age of 5, a child's taste buds are only developing so our standard pre-school, tea time and infant menus are flavoured using only herbs and spices and contain no salt, bouillon, sugar, artificial colours, flavourings additives or preservatives

Variety:

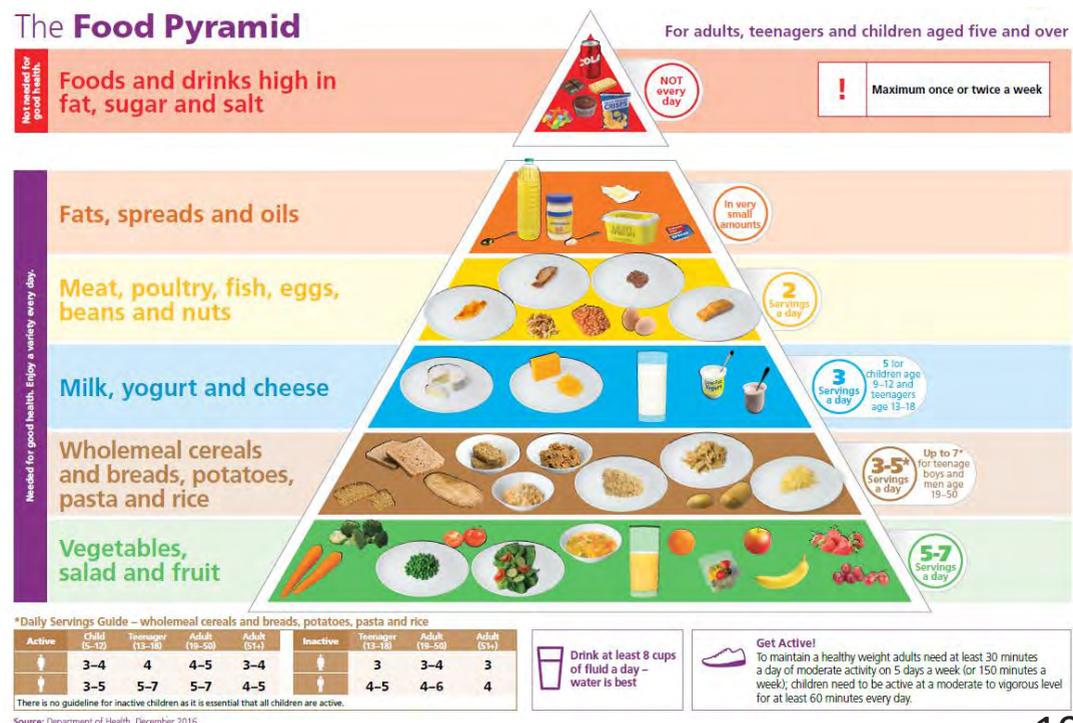
Young children often have a very limited range of preferred foods that they will eat. Our range of monthly menus have been designed to introduce children to a variety of textures, flavours and tastes from around the world in the hopes of gradually expanding their food repertoire.

Having a wide variety on our monthly menu also ensures children are eating a wide range of foods and getting a balance of different nutrients. Growing children require high nutrients and energy from their food.

Our Nutritional policy is designed to follow the Department of Health's 'Food Nutritional Guidelines for Pre-School Services'

Each meal contains:

- Protein
- Carbohydrate
- Combinations of vegetables/ fruits



Shown: Little Dinners Mild chicken curry with serving suggestion

Sample of our pre-school menu



LITTLE DINNERS

HSE/ FSAI Approval no

IE 4018 EC

STANDARD



MARCH 2020 MENU

Mon 2nd

BEEF CURRY & RICE

Ingredients: Rice, **Beef (Irish)**, carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients in bold script contain allergens; **mustard**

Nutritional Information

| Per 100g | |
|--------------------|---------|
| Energy | 116KCal |
| Kcal | 490Kj |
| Fat | 2.78g |
| of which saturated | 1.25g |
| Carbohydrates | 16.01g |
| of which sugar | 1.05g |
| Fibre | 1.28g |
| Protein | 5.79g |
| Salt | 0.01g |

Tue 3rd

TURKEY NAVARIN & MASH

Ingredients: Potatoes, turkey, carrots, chopped tomatoes, swede, water, peas, onions, garlic turmeric, olive oil.

Nutritional Information

| Per 100g | |
|--------------------|---------|
| Energy | 74KCal |
| Kcal | 309Kj |
| Fat | 2.3g |
| of which saturated | 1.06g |
| Carbohydrates | 8.79g |
| of which sugar | 2.2g |
| Fibre | 1.62g |
| Protein | 5.51g |
| Salt | < 0.01g |

Wed 4th

BEEF RAGU & SAUTÉ

Ingredients: Potatoes (sunflower oil) **Beef (Irish)**, chopped tomatoes, water, tomato puree, carrots, courgette, sweetcorn, red peppers, spinach, onions, potato starch, olive oil, garlic, salt.

Nutritional Information

| Per 100g | |
|--------------------|----------|
| Energy | 120 KCal |
| Kcal | 505 Kj |
| Fat | 3.6g |
| of which saturated | 0.8g |
| Carbohydrates | 14.76g |
| of which sugar | 1.8g |
| Fibre | 1.85g |
| Protein | 5.06g |
| Salt | 0.04g |

NEW DISH

Thu 5th

TUTTI FRUITY CHICKEN CURRY & RICE

Ingredients: Rice, chicken, diced potatoes, mango, sweet potato, peppers, coconut milk potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree.

Ingredients on bold script contain allergens; **mustard**

Nutritional Information

| Per 100g | |
|--------------------|---------|
| Energy | 132KCal |
| Kcal | 552Kj |
| Fat | 3.54g |
| of which saturated | 2.09g |
| Carbohydrates | 17.65g |
| of which sugar | 0.61g |
| Fibre | 1.05g |
| Protein | 7.53g |
| Salt | <0.01g |

Fri 6th

TUNA PASTA BAKE

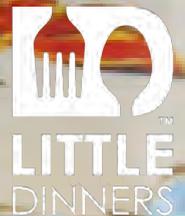
Ingredients: **Durum wheat pasta**, tomatoes, tomato puree, **tuna**, carrots, **milk**, water, maize corn, onions, spinach, **wheat flour**, **butter (milk)**, potato starch, olive oil, garlic, basil.

Ingredients in bold script contain allergens; **gluten, fish and milk (lactose)**

Nutritional Information

| Per 100g | |
|--------------------|---------|
| Energy | 115KCal |
| Kcal | 487 Kj |
| Fat | 2.27g |
| of which saturated | 0.85g |
| Carbohydrates | 35.45g |
| of which sugar | 3.59g |
| Fibre | 2.06g |
| Protein | 78.37g |
| Salt | < 0.01g |

After-school menu options



Feeding after-schoolers

Due to changing work practices more and more children need after-school care and should therefore also be offered a healthy hot meal.

Our low-salt After School menu is specially designed to feed older children who may not have grown up eating our Little Dinners. We hope it will allow them to experience foods from different cultures while at the same time offering them a variety of meats, fish, vegetables, pulses, pasta and rice dishes presented in ways they enjoy.



Pictured: Ready for lunch in Horizons Homework Club, Terenure

Sample of our after-school menu



AFTER SCHOOL 1



BEEF CURRY & RICE

Mon
2nd

Ingredients: Rice, beef (Irish), carrots, water, peas, swedes, onions, olive oil, potato starch, tomato puree, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garam masala, garlic puree, salt.

Ingredients in bold script contain allergens; **mustard**

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 116KCal |
| KJ | 490KJ |
| Fat | 2.78g |
| of which saturated | 1.25g |
| Carbohydrates | 16.01g |
| of which sugar | 1.05g |
| Fibre | 1.28g |
| Protein | 5.79g |
| Salt | 0.01g |

SAUSAGE, MASH & L.D. BEANS

Tue
3rd

Ingredients: Potatoes (sunflower oil) Sausage (pork 74% Rusk. **Wheat flour**, potato starch, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium sulphate**, flavour enhancer E621, stabiliser E450, E451) Baked Beans (Cannellini beans, diced tomato, onion, garlic, tomato puree, water, paprika, sugar.

Ingredients in bold script contain allergens; **gluten & sulphates**

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 146KCal |
| KJ | 611KJ |
| Fat | 8.21g |
| of which saturated | 2.77g |
| Carbohydrates | 15.27g |
| of which sugar | 0.83g |
| Fibre | 1.17g |
| Protein | 3.67g |
| Salt | 0.8g |

CREAMY BEEF PENNE BAKE

Wed
4th

Ingredients: **Durum wheat pasta**, beef (Irish), chopped tomatoes, tomato puree, carrots, water, spinach, courgette, **milk**, water, onions, spinach, **wheat flour**, **butter (milk)**, potato starch, olive oil, garlic, chives, salt.

Ingredients in bold script contain allergens; **gluten and milk (lactose)**

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 125 KCal |
| KJ | 530 KJ |
| Fat | 2.71g |
| of which saturated | 1.23g |
| Carbohydrates | 34.85g |
| of which sugar | 3.55g |
| Fibre | 1.99g |
| Protein | 9.15g |
| Salt | 0.04g |

NEW
DISH
Thu
5th

TUTTI FRUITY CHICKEN CURRY & RICE

Ingredients: Rice, chicken, diced potatoes, mango, sweet potato, peppers, coconut milk, potato starch, coriander, cumin, **mustard seed**, black pepper, fenugreek, cardamon, turmeric, chilli powder, ginger, garlic puree, salt.

Ingredients on bold script contain allergens; **mustard**

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 132KCal |
| KJ | 552KJ |
| Fat | 3.54g |
| of which saturated | 2.09g |
| Carbohydrates | 17.66g |
| of which sugar | 0.61g |
| Fibre | 1.05g |
| Protein | 7.53g |
| Salt | <0.03g |

FISH CAKES, SAUTÉ, CARROTS

Fri
6th

Ingredients: Potatoes, **Fish Cake (white ish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) potato flake, seasoning (rusk (**wheat flour** calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, **wheat flour**, (**wheat flour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), Carrots

Ingredients in bold script contain allergens; **ish, gluten & mustard**

| Nutritional Information | |
|-------------------------|----------|
| | Per 100g |
| Energy | 139KCal |
| KJ | 585 KJ |
| Fat | 4.53g |
| of which saturated | 0.53g |
| Carbohydrates | 20.19g |
| of which sugar | 1.46g |
| Fibre | 2.29g |
| Protein | 3.54g |
| Salt | 0.05g |



TM

**LITTLE
DINNERS**

CONTACT US



info@littledinners.ie



littledinners.ie



Susan 087 6230060



Little Dinners