

GLANMORE FOODS MENU - NUTRITIONAL AND ALLERGEN INFORMATION 2023

Hot Meals	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information														
	kcal per portion	kJ per portion	Total g per portion	of which	Total g per portion	of which	g per portion	g per portion	g per portion	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	egume
				saturates g per portion		sugars g per portion				!	!	!	!	!	!	!	!	!	!	!	!	!	!	!
Roast Chicken, Seasonal Veg, Mash & Gravy	214	896	6	4	21	2	17	1	4	X	X		X	!	X	!	!			!	!	!	!	X
Meatballs*, Arrabiata Sauce, Carrots & Fusilli Pasta	357	1248	11	4	33	7	17	2	2	X	X	X ^W	!	X	!	!	!			X	!	!	!	!
Macaroni Cheese with Peas	315	1318	8	5	33	2	10	1	3	X	X	X ^W	!	!	!	X	!			X	!	!	!	X
Chicken with Peppers in Black Bean Sauce & Rice	238	1008	3	1	38	3	17	2	1	!	X	X ^W	X	!	!	!			!	X				X
Cottage Pie* & Mixed Veg	245	1028	10	5	25	3	13	1	4	X	X	X ^W												X
Sausages, Potato Cubes & Baked Beans	371	1555	17	5	42	5	12	2	6		X	X ^W								X				X
Tuscan Bean chilli, Rice & Broccoli	216	912	2	1	41	4	7	1	2	!	!	!	!	!	!	!	!			X	!	!	!	X
Beef Burger*, Pepper Sauce, Mixed Veg & Potatoes	249	1036	11	5	24	3	4	10	4	X	X	X ^W	X		!	X	!			X				X
Chicken Tenders, Savory Potato Cubes & Mixed Veg	315	1321	11	3	38	3	13	1	4	!	X	X ^W	!	!	!	!	!			!				X
Chicken Curry, Peppers & Rice	253	1068	3	1	41	6	19	4	1	!	!	!	!	!	!	X	!			X	!	!	!	!
Sausages, Potato Cubes & Baked Beans	371	1555	17	5	42	5	12	2	6		X	X ^W								X				X
Chicken & Broccoli Pasta Bake with Arrabiata Sauce	223	942	2	1	33	6	17	1	1	!	X	X ^W	!	!	X	!	!			X	!	!	!	!
Fish Fingers, Beans & Potato Cubes	322	1353	9	1	44	5	13	1	5		X	X ^W									X			X
Vegan Fish Fingers, Beans & Potato Cubes	313	1313	9	1	47	6	7	1	6		X	X ^W												X
Turkey Breast, Carrot & Peas, Mashed Potato & Gravy	220	922	7	4	22	2	16	1	5	X	X		X		!					!				X
Beef Lasagne*, Carrots & Peas	264	1109	8	4	26	9	20	2	4	X	X	X ^W			!					!				X
Chicken & Pesto Pizza, Mixed Veg & Potato cubes	326	1368	11	3	43	4	11	1	3	X	X	X ^W	!		!	!				!	!			X
Chicken Tikka Masala, Peppers, Rice	246	1038	3	2	38	5	17	1	1	!	!	!	!	!	!	!	!			X	!	!	!	!
Chicken Tenders, Savory Potato Cubes & Mixed Veg	315	1321	11	3	38	3	13	1	4	!	X	X ^W	!	!	!		!			!				
Margharita Pizza, Mixed Veg & Potato Cubes	348	1461	12	3	48	3	12	1	3	X	X	X ^W	!		!	!				!	!			X
Meatless Meatballs in Arrabiata Sauce, Carrots & Fusilli Pasta	256	1071	8	1	31	7	13	2	4	!	X	X ^{WOB}	!	!	X	!	!			X	!	!	!	X
Roast Chicken, Seasonal Veg, Mash & Gravy	214	896	6	4	21	2	17	1	4	X	X		X		!					!				X
Beef Bolognaise*, Carrots & Fusilli Pasta	199	841	5	2	26	7	14	1	2		X	X ^W	!		X	!				!				
Chicken Korma, Peppers & Rice	263	1108	5	3	38	4	17	1	1	!	!	!	!	!	!	!	!			X	!	!	!	!
Pepperoni Pizza, Mixed Veg & Potato Cubes	356	1499	12	4	47	3	13	1	3	X	X	X ^W	!		!	!				!	!			X
Margharita Pizza, Mixed Veg & Potato Cubes	348	1461	12	3	48	3	12	1	3	X	X	X ^W	!		!	!				!	!			X
Sausages, Potato Cubes & Baked Beans	371	1555	17	5	42	5	12	2	6		X	X ^W								X				X
Meatless Sausages, Carrot & Potato Cubes	369	1542	16	2	33	5	19	2	9			X ^B			!					!				X
Turkey Breast, Carrot & Peas, Mashed Potato & Gravy	220	922	7	4	22	2	16	1	5	X	X		X		!					!				X
Fish Fingers, Beans & Potato Cubes	322	1353	9	1	44	5	13	1	5		X	X ^W									X			X
Beef Lasagne*, Carrots & Peas	264	1109	8	4	26	9	20	2	4	X	X	X ^W			!					!				X
Sweet & Sour Chicken, Peppers & Rice	255	1082	2	1	44	8	16	1	1		X	X ^{WB}			!	!				!				
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spic	440	1839	16	4	59	18	15	1	4	!	X	X ^W	!	!	!	!	!			!				X
Beef Bolognaise*, Carrots & Fusilli Pasta	199	841	5	2	26	7	14	1	2		X	X ^W	!		X	!				!				
Potato, Cauliflower & Spinach Curry	228	956	6	1	37	7	6	1	4	!	!	!	!	!	!	!	!			X	!	!	!	!

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SNACKS	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information															
	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion		of which sugars g per portion		g per portion	g per portion	g per portion	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Legume
				g per portion	g per portion	g per portion	g per portion				g per portion	g per portion	g per portion	g per portion	g per portion	g per portion	g per portion	g per portion	g per portion	g per portion	g per portion	g per portion	g per portion	g per portion	g per portion
Yoghurt	40	170	1.1	0.8	4.7	4.4	2.5	0.1	0.0	X															
Brown Pancake	92	355	2.2	0.3	15.7	5.5	2.7	0.5	1.1	X	X	X ^W		X											
Cheese Dip	26	109	1.2	0.8	1.1	1.1	2.6	0.3	0.0	X															
Soft Cheese	26	109	1.2	0.8	1.1	1.1	2.6	0.3	0.0	X															
Edam Cheese Piece	63	263	4.8	3.2	0.0	0.0	5.1	0.4	0.2	X															
Sliced Apple	33	133	0.1	0.0	7.8	7.8	0.3	0.0	1.1																
Apple & Carrot	28	114	0.1	0.0	6.3	6.2	0.4	0.0	1.4						!						!				
Apple & Blueberries	29	119	0.1	0.0	7.1	6.6	0.3	0.0	1.0																
Seasonal Fruit Pot	28	115	0.1	0.0	5.5	5.5	0.3	0.0	0.7																
Popcorn	73	306	3.8	0.3	8.0	0.2	1.1	0.1	1.4																
Oatie Crunch	118	495	5.4	1.6	16.4	6.4	1.7	0.1	1.5	!	X	X ^{WO}	!	!	!	!	!			X	!				
Bread Sticks	63	254	1.2	0.2	10.3	0.2	1.8	0.3	0.7		X	X ^W	!			!	!								
Yogurt Rice cake	83	349	4.2	2.8	10.0	5.7	1.0	0.0	<0.5	X			X				X	!							
Plain Rice Cake	26	110	0.5	0.1	5.2	0.5	0.6	0.0	0.5	!			!				X								
Jacobs Crackers	66	278	2.2	1.2	10.1	0.2	1.4	0.2	0.5		X	X ^W						!							
Yogurt Tube	34	142	1.0	0.7	4.4	4.0	1.4	0.1	0.0	X															
Brown Plain Scone with dairy spread	234	983	7.4	2.4	38.5	8.5	5.1	0.8	3.9	X	X	X ^W	!	!	!	!	!	!			!	!			
Brown Fruit Scone with dairy spread	234	983	6.6	2.1	37.1	10.0	4.8	0.7	4.1	X	X	X ^W	!	!	!	!	!	!			!	!			
FRUIT																									
Apple	33	133	0.1	0.0	7.8	7.8	0.3	0.0	1.1																
Satsuma	22	93	0.1	<0.1	5.1	5.1	0.5	0.0	0.8																
Banana	80	338	0.2	<0.1	18.4	16.8	1.0	0.0	0.9																
DRINKS																									
Milk	121	505	6.6	4.2	8.9	8.9	6.4	0.2	0.0	X															
Water	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0																

* Made with Irish Beef

CONTAINS: X

MAY CONTAIN: !

FREE FROM:

Please remember to check our labels / website regularly as ingredients can change. **This list is correct on date of issue.**

If you have any food allergy concerns please do not hesitate to contact Glanmore directly. A full list of Ingredient declarations are also available on our website

Glanmore Foods Production Area is Nut Free. We do not use ingredients with a *may contains* Peanuts. Please note that an allergen warning of *May contain tree nuts* is associated with a risk on a supplier site.

GLUTEN FREE OPTIONS: All listed gluten free products are made on site that also handles products containing gluten

*For Gluten containing products see cereal reference: Wheat (W), Barley (B), Rye (R), Oats (O), Triticale (T)