



## Allergen Information: Glanmore Full Menu 2015/2016

|  | Dairy | Wheat | Gluten | Soya | Egg | Celery | Mustard | Sesame Seeds | Tree nuts | Peanuts | Sulphur dioxide | Fish (Tuna) |
|--|-------|-------|--------|------|-----|--------|---------|--------------|-----------|---------|-----------------|-------------|
| <b>Morning Snacks</b>                              |       |       |        |      |     |        |         |              |           |         |                 |             |
| Mini Toast + Cheese Dip                            | X     | X     | X      | X    |     |        |         | !            |           |         |                 |             |
| Jacobs Crackers + Soft Cheese                      | X     | X     | X      |      |     |        |         |              | !         |         |                 |             |
| Petit Filous + 2 Plain Biscuits                    | X     | X     | X      | !    |     |        |         |              | !         |         | X               |             |
| Frube + Strawberry Jelly                           | X     | !     | !      |      |     |        |         |              |           |         |                 |             |
| Sliced Apple + Oats & Honey Crunch                 | !     | X     | X      | X    | !   |        |         |              |           |         |                 |             |
| Sliced Apple + Buttered Plain Scone                | X     | X     | X      | X    | !   |        |         |              |           |         |                 |             |
| Petit Filous + Sliced Peppers                      | X     |       |        |      |     |        |         |              |           |         |                 |             |
| Oats & Honey Crunch + Seedless Grapes              | !     | X     | X      | X    | !   |        |         |              |           |         |                 |             |
| Frube + Orange Jelly                               | X     | !     | !      |      |     |        |         |              |           |         |                 |             |
| Buttered Fruit Scone + Seedless Grapes             | X     | X     | X      | X    | !   |        |         |              |           |         |                 |             |
| Sliced Peppers + Oats & Honey Crunch               | !     | X     | X      | X    | !   |        |         |              |           |         |                 |             |
| Melon & Grape + Raisins                            |       |       |        |      |     |        |         |              |           |         |                 |             |
| Carrot Sticks + Petit Filous                       | X     |       |        |      |     |        |         |              |           |         |                 |             |
| Carrot Sticks + Cheese Dip                         | X     |       |        |      |     |        |         |              |           |         |                 |             |
| Apple / Grape Slices + Chocolate Rice Cake         | X     |       |        | X    |     |        |         | X            | !         |         |                 |             |
| Seasonal Fruit Pot + 2 plain biscuits              | !     | X     | X      | !    |     |        |         |              | !         |         | X               |             |
| <b>Sandwich / Roll</b>                             |       |       |        |      |     |        |         |              |           |         |                 |             |
| Healthy White                                      |       | X     | X      | X    |     |        |         | !            |           |         |                 |             |
| 100% Wholemeal bread                               |       | X     | X      | X    |     |        |         | !            |           |         |                 |             |
| Hi Fibre Soft White Roll                           | !     | X     | X      | X    | !   |        |         |              |           |         |                 |             |
| Demi baguette                                      |       | X     | X      |      |     |        |         | !            | !         |         |                 |             |
| Farmhouse Brown                                    | X     | X     | X      |      |     |        |         | !            |           |         |                 |             |
| White Gluten free loaf                             | X     |       |        | X    |     |        |         |              |           |         |                 |             |
| <b>Dairy Spread</b>                                |       |       |        |      |     |        |         |              |           |         |                 |             |
| Dairy spread                                       | X     |       |        |      |     |        |         |              |           |         |                 |             |
| <b>Fillings</b>                                    |       |       |        |      |     |        |         |              |           |         |                 |             |
| <b>Ham</b>   |       |       |        |      |     |        |         |              |           |         |                 |             |
| Ham  |       |       |        |      |     |        |         |              |           |         |                 |             |
| Cheddar Cheese                                     | X     |       |        |      |     |        |         |              |           |         |                 |             |
| Chicken Breast                                     |       |       |        |      |     |        |         |              |           |         |                 |             |
| Turkey Slice                                       |       |       |        |      |     |        |         |              |           |         |                 |             |
| Tuna Mayo  |       |       |        |      | X   |        | X       |              |           |         |                 | X           |
| Strawberry Jam                                     |       |       |        |      |     |        |         |              |           |         |                 |             |
| Egg Mayo   |       |       |        |      | X   |        |         |              |           |         |                 |             |
| Corned Beef  | X     |       |        |      |     |        |         |              |           |         |                 |             |
| <b>Alternative lunch options</b>                   |       |       |        |      |     |        |         |              |           |         |                 |             |
| Healthy White with Ham Salad (Butter)              | X     | X     | X      | X    |     |        |         | !            |           |         |                 |             |
| Healthy White with Ham Salad (No Butter)           | !     | X     | X      | X    |     |        |         | !            |           |         |                 |             |
| Healthy White with Cheese Salad (Butter)           | X     | X     | X      | X    |     |        |         | !            |           |         |                 |             |
| Healthy White with Cheese Salad (No Butter)        | X     | X     | X      | X    |     |        |         | !            |           |         |                 |             |
| Healthy White with Chicken Salad (Butter)          | X     | X     | X      | X    |     |        |         | !            |           |         |                 |             |
| Healthy White with Chicken Salad (No Butter)       | !     | X     | X      | X    |     |        |         | !            |           |         |                 |             |
| Pasta Bolognese                                    |       | X     | X      |      |     | X      |         |              |           |         |                 |             |
| Plain Pasta  |       | X     | X      |      |     | !      |         |              |           |         |                 |             |
| Cracker and soft cheese                            | X     | X     | X      |      |     |        |         |              | !         |         |                 |             |
| Sweet Chilli Chicken Wrap                          |       | X     | X      |      |     |        |         |              |           |         |                 |             |
| Taco Chicken Wrap                                  |       | X     | X      |      | X   |        |         |              |           |         |                 |             |
| Tuna & Sweetcorn Wrap                              |       | X     | X      |      | X   |        | X       |              |           |         |                 | X           |
| Soft white Bap with Chicken & Stuffing (butter)    | X     | X     | X      | X    | !   |        |         |              |           |         |                 |             |
| Soft White Bap with Chicken & Stuffing (no butter) | X     | X     | X      | X    | !   |        |         |              |           |         |                 |             |
| Soft White Bap with Ham & Cheese (butter)          | X     | X     | X      | X    | !   |        |         |              |           |         |                 |             |
| Soft White Bap with Ham & Cheese (no butter)       | X     | X     | X      | X    | !   |        |         |              |           |         |                 |             |

KEY: Allergen and Intolerance information. NONE OF THE PRODUCTS ON THIS LIST CONTAIN PEANUTS, MOLLASCS, LUPINS

|                 |                              |                  |
|-----------------|------------------------------|------------------|
| X               | !                            |                  |
| <b>CONTAINS</b> | <b>MAY CONTAIN TRACES OF</b> | <b>FREE FROM</b> |

Issued: 10 February 2016. Correct on date of issue.