

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH PLEASE TICK ONE PER DAY - SANDWICH/ROLL AND FILLING OR TICK ALTERNATIVE ITEM									
Choose 1 Sandwich/Roll		Choose 1 Sandwich/Roll		Choose 1 Sandwich/Roll		Choose 1 Sandwich/Roll		Choose 1 Sandwich/Roll	
Healthy White	<input type="checkbox"/>	Healthy White	<input type="checkbox"/>	Healthy White	<input type="checkbox"/>	Healthy White	<input type="checkbox"/>	Healthy White	<input type="checkbox"/>
100% Wholemeal	<input type="checkbox"/>	100% Wholemeal	<input type="checkbox"/>	100% Wholemeal	<input type="checkbox"/>	100% Wholemeal	<input type="checkbox"/>	100% Wholemeal	<input type="checkbox"/>
Hi-Fibre Soft White Roll	<input type="checkbox"/>	Hi-Fibre Soft White Roll	<input type="checkbox"/>	Hi-Fibre Soft White Roll	<input type="checkbox"/>	Hi-Fibre Soft White Roll	<input type="checkbox"/>	Hi-Fibre Soft White Roll	<input type="checkbox"/>
Demi-baguette	<input type="checkbox"/>	Demi-baguette	<input type="checkbox"/>	Demi-baguette	<input type="checkbox"/>	Demi-baguette	<input type="checkbox"/>	Demi-baguette	<input type="checkbox"/>
Farmhouse Brown	<input type="checkbox"/>	Farmhouse Brown	<input type="checkbox"/>	Farmhouse Brown	<input type="checkbox"/>	Farmhouse Brown	<input type="checkbox"/>	Farmhouse Brown	<input type="checkbox"/>
No Dairy Spread	<input type="checkbox"/>	No Dairy Spread	<input type="checkbox"/>	No Dairy Spread	<input type="checkbox"/>	No Dairy Spread	<input type="checkbox"/>	No Dairy Spread	<input type="checkbox"/>
Choose 1 Filling only		Choose 1 Filling only		Choose 1 Filling only		Choose 1 Filling only		Choose 1 Filling only	
Ham	<input type="checkbox"/>	Ham	<input type="checkbox"/>	Ham	<input type="checkbox"/>	Ham	<input type="checkbox"/>	Ham	<input type="checkbox"/>
Cheddar Cheese	<input type="checkbox"/>	Cheddar Cheese	<input type="checkbox"/>	Cheddar Cheese	<input type="checkbox"/>	Cheddar Cheese	<input type="checkbox"/>	Cheddar Cheese	<input type="checkbox"/>
Chicken Breast	<input type="checkbox"/>	Chicken Breast	<input type="checkbox"/>	Chicken Breast	<input type="checkbox"/>	Chicken Breast	<input type="checkbox"/>	Chicken Breast	<input type="checkbox"/>
Turkey Slice	<input type="checkbox"/>	Turkey Slice	<input type="checkbox"/>	Turkey Slice	<input type="checkbox"/>	Turkey Slice	<input type="checkbox"/>	Turkey Slice	<input type="checkbox"/>
Tuna & Mayo	<input type="checkbox"/>	Tuna & Mayo	<input type="checkbox"/>	Tuna & Mayo	<input type="checkbox"/>	Tuna & Mayo	<input type="checkbox"/>	Tuna & Mayo	<input type="checkbox"/>
Strawberry Jam	<input type="checkbox"/>	Strawberry Jam	<input type="checkbox"/>	Strawberry Jam	<input type="checkbox"/>	Strawberry Jam	<input type="checkbox"/>	Strawberry Jam	<input type="checkbox"/>
Egg Mayo	<input type="checkbox"/>	Egg Mayo	<input type="checkbox"/>	Egg Mayo	<input type="checkbox"/>	Egg Mayo	<input type="checkbox"/>	Egg Mayo	<input type="checkbox"/>
Corned Beef	<input type="checkbox"/>	Corned Beef	<input type="checkbox"/>	Corned Beef	<input type="checkbox"/>	Corned Beef	<input type="checkbox"/>	Corned Beef	<input type="checkbox"/>
IF NO SANDWICH/ROLL IS WANTED PLEASE TICK ONE ALTERNATIVE ITEM BELOW PER DAY									
Healthy White Sandwich	<input type="checkbox"/>	Healthy White Sandwich	<input type="checkbox"/>	Healthy White Sandwich	<input type="checkbox"/>	Healthy White Sandwich	<input type="checkbox"/>	Healthy White Sandwich	<input type="checkbox"/>
with Ham Salad*	<input type="checkbox"/>	with Ham Salad*	<input type="checkbox"/>	with Ham Salad*	<input type="checkbox"/>	with Ham Salad*	<input type="checkbox"/>	with Ham Salad*	<input type="checkbox"/>
with Cheese Salad*	<input type="checkbox"/>	with Cheese Salad*	<input type="checkbox"/>	with Cheese Salad*	<input type="checkbox"/>	with Cheese Salad*	<input type="checkbox"/>	with Cheese Salad*	<input type="checkbox"/>
with Chicken Salad*	<input type="checkbox"/>	with Chicken Salad*	<input type="checkbox"/>	with Chicken Salad*	<input type="checkbox"/>	with Chicken Salad*	<input type="checkbox"/>	with Chicken Salad*	<input type="checkbox"/>
No Dairy Spread	<input type="checkbox"/>	Chicken & Stuffing Bap	<input type="checkbox"/>	No Dairy Spread	<input type="checkbox"/>	Chicken & Stuffing Bap	<input type="checkbox"/>	No Dairy Spread	<input type="checkbox"/>
Pasta Bolognaise	<input type="checkbox"/>	Ham & Cheese Bap	<input type="checkbox"/>	Pasta Bolognaise	<input type="checkbox"/>	Ham & Cheese Bap	<input type="checkbox"/>	Pasta Bolognaise	<input type="checkbox"/>
Plain Pasta	<input type="checkbox"/>	No Dairy Spread	<input type="checkbox"/>	Plain Pasta	<input type="checkbox"/>	No Dairy Spread	<input type="checkbox"/>	Plain Pasta	<input type="checkbox"/>
Cracker & Soft Cheese	<input type="checkbox"/>	Cracker & Soft Cheese	<input type="checkbox"/>	Cracker & Soft Cheese	<input type="checkbox"/>	Cracker & Soft Cheese	<input type="checkbox"/>	Cracker & Soft Cheese	<input type="checkbox"/>
Sweet Chilli Chicken Wrap	<input type="checkbox"/>	Sweet Chilli Chicken Wrap	<input type="checkbox"/>	Sweet Chilli Chicken Wrap	<input type="checkbox"/>	Sweet Chilli Chicken Wrap	<input type="checkbox"/>	Sweet Chilli Chicken Wrap	<input type="checkbox"/>
Taco Chicken Wrap	<input type="checkbox"/>	Tuna & Sweetcorn Wrap	<input type="checkbox"/>	Taco Chicken Wrap	<input type="checkbox"/>	Tuna & Sweetcorn Wrap	<input type="checkbox"/>	Taco Chicken Wrap	<input type="checkbox"/>
DRINK PLEASE ADD DRINK, TICK ONE BOX ONLY PER DAY									
Mineral Water 250ml	<input type="checkbox"/>	Mineral Water 250ml	<input type="checkbox"/>	Mineral Water 250ml	<input type="checkbox"/>	Mineral Water 250ml	<input type="checkbox"/>	Mineral Water 250ml	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
FRUIT PLEASE ADD FRUIT, TICK ONE BOX ONLY PER DAY									
Apple	<input type="checkbox"/>	Apple	<input type="checkbox"/>	Apple	<input type="checkbox"/>	Apple	<input type="checkbox"/>	Apple	<input type="checkbox"/>
Satsuma	<input type="checkbox"/>	Satsuma	<input type="checkbox"/>	Satsuma	<input type="checkbox"/>	Satsuma	<input type="checkbox"/>	Satsuma	<input type="checkbox"/>
Banana	<input type="checkbox"/>	Banana	<input type="checkbox"/>	Banana	<input type="checkbox"/>	Banana	<input type="checkbox"/>	Banana	<input type="checkbox"/>
Cereal Bar	<input type="checkbox"/>	Seedless Grapes	<input type="checkbox"/>	Sliced Peppers	<input type="checkbox"/>	Seedless Grapes	<input type="checkbox"/>	Seasonal Fruit Pot	<input type="checkbox"/>
Sliced Apple Pack	<input type="checkbox"/>	Sliced Apple Pack	<input type="checkbox"/>	Sliced Apple Pack	<input type="checkbox"/>	Carrot Sticks	<input type="checkbox"/>	Sliced Apple Pack	<input type="checkbox"/>
Petit Filous	<input type="checkbox"/>	Petit Filous	<input type="checkbox"/>	Petit Filous	<input type="checkbox"/>	Petit Filous	<input type="checkbox"/>	Chocolate Rice Cake	<input type="checkbox"/>

ALLERGEN INFORMATION: GLANMORE LUNCH ONLY MENU

	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame Seeds	Tree Nuts	Peanuts	Sulphur Dioxide	Fish (Tuna)
Sandwich / Roll												
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												
Dairy Spread												
Dairy spread	X											
Fillings												
Ham												
Cheddar Cheese	X											
Chicken Breast												
Turkey Slice												
Tuna Mayo					X		X					X
Strawberry Jam												
Egg Mayo					X							
Corned Beef	X											
Alternative lunch options												
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 Bolognaise		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	!							
Fruit / Snack												
Oats & Honey Crunch	!	X	X	!	!							!
Sliced Apple												
Petit Filous	X											
Seedless Grapes												
Sliced Peppers												
Carrots Sticks												
Seasonal Fruit Pot												
Chocolate Rice Cake	X			X				X	!			

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

X	!	
CONTAINS	MAY CONTAIN TRACES OF	FREE FROM