

GLANMORE FOODS MENU - NUTRITIONAL AND ALLERGEN INFORMATION 2020 - 2021

SANDWICHES (WITH dairy spread)	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information												
	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total 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 Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
Hi-Fibre Roll																						
Hi-Fibre soft roll with Ham (dairy spread)	206	868	4.2	1.3	30.4	1.8	9.5	1.1	4.2	X	X	X	X	!		!						!
Hi-Fibre soft roll with Cheddar cheese (dairy spread)	256	1077	9.8	5.3	29.3	1.5	10.5	0.8	4.2	X	X	X	X	!		!						!
Hi-Fibre soft roll with Chicken Breast (dairy spread)	227	954	4.1	1.2	29.4	1.5	15.8	0.5	4.2	X	X	X	X	!		!						!
Hi-Fibre soft roll with Turkey slice (dairy spread)	200	833	3.7	1.1	29.3	1.5	10.2	0.5	4.2	X	X	X	X	!		!						!
Hi-Fibre soft roll with Tuna mayo (dairy spread)	273	1141	11.7	1.6	29.5	1.6	10.2	0.8	4.2	X	X	X	X	X		X						X
Hi-Fibre soft roll with Egg mayo (dairy spread)	232	973	7.9	1.8	29.8	1.9	7.9	0.5	4.2	X	X	X	X	X		X						!
Hi-Fibre soft roll with Corned Beef (dairy spread)	219	923	5.2	2.1	31.0	1.7	7.8	0.8	4.2	X	X	X	X	!		!						!
Hi-Fibre soft Roll with chicken mayo & stuffing (dairy spread)	336	1408	14.1	2.0	35.7	2.2	14.5	1.0	4.6	X	X	X	X	X		X						!
Hi-Fibre soft Roll with no filling (dairy spread)	178	751	3.4	1.0	29.3	1.5	5.5	0.4	4.2	X	X	X	X	!		!						!
100% Wholemeal Bread																						
100% wholemeal with Ham (dairy spread)	230	967	4.8	1.3	36.9	2.1	12.0	1.7	5.2	X	X	X	X	!		!	!					!
100% wholemeal with Cheddar cheese (dairy spread)	280	1176	10.4	5.4	35.8	1.8	12.9	1.3	5.2	X	X	X	X	!		!	!					!
100% wholemeal with Chicken Breast (dairy spread)	250	1053	4.7	1.2	35.9	1.8	18.3	1.1	5.2	X	X	X	X	!		!	!					!
100% wholemeal with Turkey slice (dairy spread)	224	932	4.3	1.2	35.8	1.8	12.7	1.1	5.2	X	X	X	X	!		!	!					!
100% wholemeal Tuna mayo (dairy spread)	297	1240	12.2	1.7	35.9	1.9	12.7	1.4	5.2	X	X	X	X	X		X	!					X
100% wholemeal with Egg mayo (dairy spread)	288	1206	11.2	2.3	36.6	2.5	11.9	1.2	5.2	X	X	X	X	X		X	!					!
100% wholemeal with Corned Beef (dairy spread)	243	1022	5.8	2.2	37.5	2.0	10.3	1.4	5.2	X	X	X	X	!		!	!					!
100% wholemeal with chicken mayo & stuffing (dairy spread)	372	1558	14.9	2.1	42.2	2.5	19.6	1.6	5.6	X	X	X	X	X		X	!					!
100% wholemeal with no filling (dairy spread)	202	850	4.0	1.0	35.8	1.8	7.9	0.9	5.2	X	X	X	X	!		!	!					!
Healthy Choice Pan																						
Healthy choice with Ham (dairy spread)	241	1017	7.8	1.5	36.1	2.5	11.4	1.7	2.4	X	X	X	X	!		!	!					!
Healthy choice with Cheddar cheese (dairy spread)	291	1226	13.4	5.5	35.0	2.2	12.4	1.3	2.4	X	X	X	X	!		!	!					!
Healthy choice with Chicken Breast (dairy spread)	249	1052	7.5	1.3	35.1	2.2	15.2	1.1	2.4	X	X	X	X	!		!	!					!
Healthy choice with Turkey slice (dairy spread)	235	982	7.3	1.3	35.0	2.2	12.1	1.1	2.4	X	X	X	X	!		!	!					!
Healthy choice with Tuna mayo (dairy spread)	308	1290	15.2	1.8	35.1	2.3	12.1	1.4	2.4	X	X	X	X	X		X	!					X
Healthy choice with Egg mayo (dairy spread)	299	1256	14.1	2.5	35.8	2.9	11.3	1.2	2.4	X	X	X	X	X		X	!					!
Healthy choice with Corned Beef (dairy spread)	254	1072	8.8	2.3	36.7	2.4	9.7	1.4	2.4	X	X	X	X	!		!	!					!
Healthy choice with Chicken Mayo & Stuffing (dairy spread)	383	1608	17.8	2.3	41.4	2.9	19.0	1.6	2.8	X	X	X	X	X		X	!					!
Healthy choice with no filling (dairy spread)	213	900	7.0	1.2	35.0	2.2	7.4	0.9	2.4	X	X	X	X	!		!	!					!
Demi baguette White																						
Demi-baguette with Ham (dairy spread)	298	1256	4.7	1.4	50.8	3.4	11.6	1.8	2.6	X	X	X	!	!		!	!	!				!
Demi-baguette Cheddar cheese (dairy spread)	348	1466	10.3	5.4	49.7	3.1	12.6	1.5	2.6	X	X	X	!	!		!	!	!				!
Demi-baguette with Chicken breast(dairy spread)	306	1292	4.4	1.2	49.8	3.1	15.4	1.2	2.6	X	X	X	!	!		!	!	!				!
Demi-baguette with Turkey slice(dairy spread)	291	1222	4.2	1.2	49.7	3.1	12.3	1.2	2.6	X	X	X	!	!		!	!	!				!
Demi-baguette with Tuna & mayo (dairy spread)	364	1529	12.1	1.7	49.9	3.2	12.3	1.5	2.6	X	X	X	!	X		X	!	!				X
Demi-baguette with Egg Mayo (dairy spread)	355	1496	11.0	2.3	50.5	3.8	11.5	1.4	2.7	X	X	X	!	X		X	!	!				!
Demi-baguette with Corned beef (dairy spread)	311	1312	5.7	2.2	51.4	3.3	9.9	1.5	2.6	X	X	X	!	!		!	!	!				!
Demi-baguette with Chicken Mayo & Stuffing (dairy spread)	240	1847	14.7	2.1	56.1	3.8	19.2	1.7	3.0	X	X	X	X	X		X	!	!	!			!
Demi-baguette with no filling (dairy spread)	270	1140	3.9	1.0	49.7	3.1	7.6	1.1	2.6	X	X	X	!	!		!	!	!				!

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SANDWICHES (WITH dairy spread)	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information										
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	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total 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	Seasame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)
Demi baguette Brown																					
Demi-baguette with Ham (dairy spread)	247	1043	4.8	1.4	37.9	2.9	11.1	1.8	3.8	X	X	X	!	!		!	!	!			!
Demi-baguette Cheddar cheese (dairy spread)	298	1252	10.4	5.4	36.8	2.5	12.1	1.4	3.8	X	X	X	!	!		!	!	!			!
Demi-baguette with Chicken breast (dairy spread)	256	1078	4.5	1.2	36.9	2.5	14.8	1.2	3.8	X	X	X	!	!		!	!	!			!
Demi-baguette with Turkey slice(dairy spread)	241	1008	4.3	1.3	36.9	2.5	11.8	1.2	3.8	X	X	X	!	!		!	!	!			!
Demi-baguette with Tuna & mayo (dairy spread)	314	1316	12.2	1.7	37.0	2.6	11.8	1.5	3.8	X	X	X	!	X		X	!	!			X
Demi-baguette with Egg Mayo (dairy spread)	305	1282	11.2	2.4	37.6	3.2	11.0	1.3	3.9	X	X	X	!	X		X	!	!			!
Demi-baguette with Corned beef (dairy spread)	261	1098	5.8	2.2	38.5	2.7	9.4	1.5	3.8	X	X	X	!	!		!	!	!			!
Demi-baguette with Chicken Mayo & Stuffing (dairy spread)	390	1634	14.9	2.2	43.2	3.2	18.7	1.7	4.3	X	X	X	X	X		X	!	!			!
Demi-baguette with no filling (dairy spread)	220	926	4.0	1.1	36.8	2.5	7.1	1.0	3.8	X	X	X	!	!		!	!	!			!
Farmhouse Brown																					
Farmhouse Brown with Ham (dairy spread)	213	895	5.3	1.8	28.3	2.0	10.1	2.2	4.0	X	X	X	!	!		!	!				!
Farmhouse Brown with Cheddar cheese (dairy spread)	263	1104	10.9	5.8	27.2	1.7	11.1	1.8	4.0	X	X	X	!	!		!	!				!
Farmhouse Brown with Chicken Breast (dairy spread)	221	930	5.1	1.6	27.3	1.7	13.8	1.6	4.0	X	X	X	!	!		!	!				!
Farmhouse Brown with Turkey slice (dairy spread)	207	860	4.9	1.6	27.2	1.7	10.8	1.6	4.0	X	X	X	!	!		!	!				!
Farmhouse Brown with Tuna mayo (dairy spread)	280	1168	12.8	2.1	27.3	1.8	10.8	1.9	4.0	X	X	X	!	X		X	!				X
Farmhouse Brown with Egg Mayo (dairy spread)	239	1001	9.0	2.2	27.7	2.1	8.5	1.6	4.0	X	X	X	!	X		X	!				!
Farmhouse Brown with Corned Beef (dairy spread)	226	950	6.3	2.6	28.9	1.9	8.4	1.9	4.0	X	X	X	!	!		!	!				!
Farmhouse Brown with Chicken Mayo & Stuffing (dairy spread)	343	1435	15.2	2.5	33.5	2.4	15.1	2.0	4.4	X	X	X	X	X		X	!				!
Farmhouse Brown with no filling (dairy spread)	185	778	4.5	1.4	27.2	1.7	6.1	1.4	4.0	X	X	X	!	!		!	!				!
Gluten Free (B Free Bread)																					
Gluten free bread with Ham (dairy spread)	190	792	4.5	1.4	24.6	0.9	9.0	1.7	7.2	X											
Gluten free bread with Cheddar cheese (dairy spread)	240	1002	10.1	5.4	23.6	0.6	10.0	1.4	7.2	X											
Gluten free bread with Chicken Breast (dairy spread)	198	828	4.3	1.2	23.6	0.6	12.8	1.1	7.2	X											
Gluten free bread with Turkey slice (dairy spread)	184	758	4.0	1.2	23.6	0.6	9.7	1.1	7.2	X											
Gluten free bread with Tuna & Mayo (dairy spread)	225	935	9.2	1.5	23.6	0.7	8.2	1.3	7.2	X				X		X					X
Gluten free bread with Egg Mayo (dairy spread)	215	898	8.2	1.9	24.0	1.0	7.5	1.2	7.2	X				X		X					!
Gluten free bread with Corned Beef (dairy spread)	203	848	5.5	2.2	25.2	0.8	7.3	1.4	7.2	X											
Gluten free bread with no filling (dairy spread)	162	676	3.7	1.1	23.5	0.6	5.0	1.0	7.2	X											
Alternative item - Salad Sandwich																					
Healthy choice with cheese, lettuce & peppers (dairy spread)	301	1267	13.5	5.6	36.8	3.9	12.7	1.3	2.9	X	X	X	X	!		!	!				!
Healthy choice with ham, lettuce & peppers (dairy spread)	251	1058	7.9	1.5	37.9	4.3	11.8	1.7	2.9	X	X	X	X	!		!	!				!
Healthy choice with chicken, lettuce & peppers (dairy spread)	271	1144	7.8	1.4	36.9	3.9	18.1	1.1	2.9	X	X	X	X	!		!	!				!
Alternative item - Bap																					
Soft Bap Sweet Chilli Chicken (dairy spread)	222	933	5.9	1.8	30.4	6.0	12.8	1.1	1.6	X	X	X	X	!		!	!	!			!
Soft Bap Taco Chicken (dairy spread)	306	1283	13.2	2.5	33.8	4.1	14.0	1.5	2.0	X	X	X	X	X		!	!	!			!
Soft Bap Tuna and Sweetcorn (dairy spread)	314	1312	15.9	2.6	32.4	3.1	10.8	1.6	1.9	X	X	X	X	X		X	!	!	!		X
Soft Bap with Ham and cheese (dairy spread)	276	1158	12.6	6.3	27.2	2.7	14.0	1.9	1.5	X	X	X	X	!		!	!				!

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	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total 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 Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
Hi-Fibre Roll																						
Hi-Fibre soft roll with Ham (no dairy spread)	179	758	1.3	0.4	30.4	1.8	9.5	1.0	4.2	!	X	X	X	!		!						!
Hi-Fibre soft roll with Cheddar cheese (no dairy spread)	229	967	6.9	4.5	29.3	1.5	10.4	0.7	4.2	X	X	X	X	!		!						!
Hi-Fibre soft roll with Chicken Breast (no dairy spread)	159	671	4.7	0.6	34.2	2.4	7.3	0.5	4.2	!	X	X	X	!		!						!
Hi-Fibre soft roll with Turkey slice (no dairy spread)	173	723	0.8	0.3	29.3	1.5	10.2	0.5	4.2	!	X	X	X	!		!						!
Hi-Fibre soft roll with Tuna mayo (no dairy spread)	246	1031	8.7	0.8	29.4	1.6	10.2	0.7	4.2	!	X	X	X	X		X						X
Hi-Fibre soft roll with Egg mayo (no dairy spread)	205	863	4.9	0.9	29.8	1.9	7.9	0.5	4.2	X	X	X	X	X		X						!
Hi-Fibre soft roll with Corned beef (no dairy spread)	192	813	2.3	1.3	31.0	1.7	7.8	0.7	4.2	!	X	X	X	!		!						!
Hi-Fibre soft Roll with chicken mayo & stuffing (no dairy spread)	309	1298	11.2	1.2	35.7	2.1	14.5	0.9	4.6	X	X	X	X	X		X						!
Hi fibre soft roll with no filling (no dairy spread)	151	641	0.5	0.1	29.3	1.5	5.4	0.3	4.2	!	X	X	X	!		!						!
100% Wholemeal Bread																						
100% wholemeal with Ham (no dairy spread)	203	857	1.9	0.5	36.8	2.1	12.0	1.6	5.2	!	X	X	X	!		!	!					!
100% wholemeal with Cheddar cheese (no dairy spread)	253	1066	7.4	4.5	35.8	1.8	12.9	1.3	5.2	X	X	X	X	!		!	!					!
100% wholemeal with Chicken Breast (no dairy spread)	224	943	1.8	0.3	35.9	1.8	18.3	1.1	5.2	!	X	X	X	!		!	!					!
100% wholemeal with Turkey slice (no dairy spread)	197	822	1.4	0.3	35.8	1.8	12.6	1.0	5.2	!	X	X	X	!		!	!					!
100% wholemeal with Tuna mayo (no dairy spread)	270	1130	9.3	0.8	35.9	1.9	12.7	1.3	5.2	!	X	X	X	X		X	!					X
100% wholemeal with Egg mayo (no dairy spread)	261	1096	8.2	1.5	36.5	2.5	11.9	1.2	5.2	X	X	X	X	X		X	!					!
100% wholemeal with Corned Beef(no dairy spread)	216	912	2.8	1.3	37.5	2.0	10.2	1.3	5.2	!	X	X	X	!		!	!					!
100% wholemeal with chicken mayo & stuffing (no dairy spread)	345	1448	11.9	1.3	42.2	2.4	19.6	1.5	5.6	!	X	X	X	X		X	!					!
100% wholemeal with no filling (no dairy spread)	175	740	1.0	0.2	35.8	1.8	7.9	0.9	5.2	!	X	X	X	!		!	!					!
Healthy Choice Pan																						
Healthy choice with Ham (no dairy spread)	214	907	4.8	0.7	36.0	2.5	11.4	1.6	2.4	!	X	X	X	!		!	!					!
Healthy choice with Cheddar cheese (no dairy spread)	264	1116	10.4	4.7	35.0	2.2	12.4	1.3	2.4	X	X	X	X	!		!	!					!
Healthy choice with Chicken Breast (no dairy spread)	223	943	4.6	0.5	35.0	2.2	15.1	1.0	2.4	!	X	X	X	!		!	!					!
Healthy choice with Turkey slice (no dairy spread)	208	872	4.3	0.5	35.0	2.2	12.1	1.0	2.4	!	X	X	X	!		!	!					!
Healthy choice with Tuna mayo (no dairy spread)	281	1180	12.3	1.0	35.1	2.3	12.1	1.3	2.4	!	X	X	X	X		X	!					X
Healthy choice with Egg mayo (no dairy spread)	272	1146	11.2	1.6	35.7	2.9	11.3	1.2	2.4	X	X	X	X	X		X	!					!
Healthy choice with Corned beef (no dairy spread)	227	962	5.8	1.5	36.7	2.4	9.7	1.3	2.4	!	X	X	X	!		!	!					!
Healthy choice with chicken mayo & stuffing (no dairy spread)	357	1498	14.9	1.4	41.4	2.8	19.0	1.5	2.8	!	X	X	X	X		X	!					!
Healthy choice with no filling (no dairy spread)	186	790	4.0	0.3	35.0	2.2	7.4	0.9	2.4	!	X	X	X	!		!	!					!
Demi baguette White																						
Demi-baguette with Ham (no dairy spread)	271	1147	1.7	0.5	50.8	3.4	11.6	1.7	2.6	!	X	X	!	!		!	!	!				!
Demi-baguette with Cheddar cheese(no dairy spread)	321	1356	7.3	4.5	49.7	3.1	12.6	1.4	2.6	X	X	X	!	!		!	!	!				!
Demi-baguette with Chicken breast(no dairy spread)	279	1182	1.4	0.3	49.8	3.1	15.3	1.1	2.6	!	X	X	!	!		!	!	!				!
Demi-baguette with Turkey slice(no dairy spread)	265	1112	1.2	0.3	49.7	3.1	12.3	1.2	2.6	!	X	X	!	!		!	!	!				!
Demi-baguette with Tuna & mayo (no dairy spread)	338	1419	9.2	0.8	49.8	3.2	12.3	1.4	2.6	!	X	X	!	X		X	!	!				X
Demi-baguette with Egg mayo (no dairy spread)	329	1386	8.1	1.5	50.5	3.8	11.5	1.3	2.7	X	X	X	!	X		X	!	!	!			!
Demi-baguette with Corned beef (no dairy spread)	284	1202	2.7	1.3	51.4	3.3	9.9	1.4	2.6	!	X	X	!	!		!	!	!				!
Demi-baguette with Chicken Mayo & Stuffing (no dairy spread)	413	1737	11.8	1.3	56.1	3.7	19.2	1.6	3.0	!	X	X	X	X		X	!	!				!
Demi-baguette with no filling (no dairy spread)	243	1030	0.9	0.2	49.7	3.1	7.6	1.0	2.6	!	X	X	!	!		!	!	!				!

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SANDWICHES (NO dairy spread)	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information													
	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total 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	Seasame seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)		
Demi baguette Brown																							
Demi-baguette with Ham (no dairy spread)	221	933	1.9	0.6	37.9	2.8	11.1	1.7	3.8	!	X	X	!	!		!	!	!				!	
Demi-baguette with Cheddar cheese(no dairy spread)	271	1142	7.4	4.6	36.8	2.5	12.0	1.4	3.8	X	X	X	!	!		!	!	!				!	
Demi-baguette with Chicken breast(no dairy spread)	229	968	1.6	0.4	36.9	2.5	14.8	1.1	3.8	!	X	X	!	!		!	!	!				!	
Demi-baguette with Turkey slice(no dairy spread)	215	898	1.4	0.4	36.8	2.5	11.8	1.1	3.8	!	X	X	!	!		!	!	!				!	
Demi-baguette with Tuna & mayo (no dairy spread)	288	1206	9.3	0.9	36.9	2.6	11.8	1.4	3.8	!	X	X	!	X		X	!	!				X	
Demi-baguette with Egg mayo (no dairy spread)	278	1172	8.2	1.5	37.6	3.2	11.0	1.3	3.9	X	X	X	!	X		X	!	!				!	
Demi-baguette with Corned beef (no dairy spread)	261	1098	5.8	2.2	38.5	2.7	9.4	1.5	3.8	!	X	X	!	!		!	!	!				!	
Demi-baguette with Chicken Mayo & Stuffing (no dairy spread)	363	1524	11.9	1.3	43.2	3.2	18.7	1.6	4.3	!	X	X	X	X		X	!	!				!	
Demi-baguette with no filling (no dairy spread)	193	816	1.0	0.2	36.8	2.5	7.0	1.0	3.8	!	X	X	!	!		!	!	!				!	
Farmhouse Brown																							
Farmhouse Brown with Ham (no dairy spread)	186	785	2.4	0.9	28.2	2.0	10.1	2.1	4.0	X	X	X	!	!		!	!	!				!	
Farmhouse Brown with Cheddar Cheese (no dairy spread)	236	994	8.0	4.9	27.2	1.7	11.0	1.8	4.0	X	X	X	!	!		!	!	!				!	
Farmhouse Brown with Chicken Breast (no dairy spread)	195	820	2.1	0.7	27.2	1.7	13.8	1.5	4.0	X	X	X	!	!		!	!	!				!	
Farmhouse Brown with Turkey slice (no dairy spread)	180	750	1.9	0.7	27.2	1.7	10.8	1.5	4.0	X	X	X	!	!		!	!	!				!	
Farmhouse Brown with Tuna mayo (no dairy spread)	253	1058	9.8	1.2	27.3	1.8	10.8	1.8	4.0	X	X	X	!	X		X	!	!				X	
Farmhouse Brown with Egg Mayo (no dairy spread)	212	891	6.1	1.4	27.6	2.1	8.5	1.6	4.0	X	X	X	!	X		X	!	!				!	
Farmhouse Brown with Corned Beef (no dairy spread)	199	840	3.4	1.7	28.8	1.9	8.4	1.8	4.0	X	X	X	!	!		!	!	!				!	
Farmhouse Brown with Chicken Mayo & Stuffing (no dairy spread)	317	1325	12.3	1.6	33.5	2.3	15.1	2.0	4.4	X	X	X	X	X		X	!	!				!	
Farmhouse Brown with no filling (no dairy spread)	158	668	1.6	0.6	27.1	1.7	6.0	1.4	4.0	X	X	X	!	!		!	!	!				!	
Gluten Free (B Free)																							
Gluten free bread with Ham (no dairy spread)	163	683	1.6	0.5	24.6	0.9	9.0	1.6	7.2	!													
Gluten free bread with Cheddar cheese (no dairy spread)	213	892	7.2	4.6	23.5	0.6	10.0	1.3	7.2	X													
Gluten free bread with Chicken Breast (no dairy spread)	171	718	1.3	0.4	23.6	0.6	12.8	1.1	7.2	!													
Gluten free bread with Turkey slice (no dairy spread)	157	648	1.1	0.4	23.5	0.6	9.7	1.1	7.2	!													
Gluten free bread with Tuna & Mayo (no dairy spread)	198	826	6.3	0.6	23.6	0.6	8.1	1.2	7.2	!				X		X							X
Gluten free bread with Egg Mayo (no dairy spread)	189	788	5.3	1.0	24.0	1.0	7.4	1.1	7.2	X				X		X							!
Gluten free bread with no filling (no dairy spread)	135	566	0.8	0.2	23.5	0.6	5.0	0.9	7.2	!													
Gluten free bread with corned beef (no dairy spread)	176	738	2.6	1.4	25.2	0.8	7.3	1.3	7.2	!													
Alternative item																							
Crackers & Cheese	92	386	3.4	2.0	11.1	1.2	4.1	0.4	0.5	X	X	X						!					
Vegetable Salad Pot	27	114	0.3	0.0	5.3	3.6	0.8	0.1	1.2														
Alternative item - Salad Sandwich																							
Healthy choice with cheese, lettuce & peppers (no dairy spread)	274	1157	10.6	4.7	36.8	3.9	12.7	1.3	2.9	X	X	X	X	!		!	!					!	
Healthy choice with ham, lettuce & peppers (no dairy spread)	224	948	5.0	0.7	37.8	4.2	11.8	1.6	2.9	!	X	X	X	!		!	!					!	
Healthy choice with chicken, lettuce & peppers (no dairy spread)	244	1034	4.9	0.6	36.9	3.9	18.1	1.1	2.9	!	X	X	X	!		!	!					!	
Alternative item - Bap																							
Soft Bap Sweet Chilli Chicken (no dairy spread)	195	823	3.0	1.0	30.4	5.9	12.8	1.1	1.6	X	X	X	X	!		!	!	!				!	
Soft Bap Taco Chicken (no dairy spread)	230	966	8.0	1.4	27.6	3.5	12.9	1.1	1.5	X	X	X	X	X		!	!	!				!	
Soft Bap Tuna and Sweetcorn (no dairy spread)	287	1202	13.0	1.8	32.4	3.0	10.8	1.5	1.9	X	X	X	X	X		X	!	!				X	
Soft Bap with Ham and cheese (no dairy spread)	249	1048	9.7	5.5	27.2	2.7	14.0	1.9	1.5	X	X	X	X	!		!	!					!	
Alternative item - Pasta																							
Plain Pasta	112	479	0.3	0.1	23.0	0.8	3.9	0.0	1.0		X	X		!	!								
Pasta Bolognaise	123	524	1.0	0.2	25.2	3.7	4.4	0.3	0.9		X	X		!	X								

GLANMORE FOODS MENU - NUTRITIONAL AND ALLERGEN INFORMATION 2020 - 2021

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	Total 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 Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
FULL MENU SNACKS																						
Glenisk Strawberry Yogurt (60mls)	52	218	1.9	1.3	5	4.6	3.6	0.05	<0.5	X												
Yogurt Rice cake (16.7g)	83	349	4.2	2.8	10	5.7	1.0	0.0	<0.5	X			X				X	!				
Brown Pancake (35g)	92	355	2.2	0.3	15.7	5.5	2.7	0.5	1.1	X	X	X	!	X								
Cheese Dip (17.5g)	26	109	1.2	0.8	1.1	1.1	2.6	0.3	0.0	X												
Soft Cheese (17.5g)	26	109	1.2	0.8	1.1	1.1	2.6	0.3	0.0	X												
Edam Cheese Piece (20g)	63	263	4.8	3.2	0.0	0.0	5.1	0.4	0.2	X												
Sliced Apple (70g)	33	133	0.1	0.0	7.8	7.8	0.3	0.0	1.1													
Apple & Grapes (70g)	36	146	0.1	0.0	8.7	8.7	0.3	0.0	0.9													
Apple & Carrot (70g)	28	114	0.1	0.0	6.3	6.2	0.4	0.0	1.4						!							
Apple & Blueberries (60g)	29	119	0.1	0.0	7.1	6.6	0.3	0.0	1.0													
Melon & Grapes (50g)	20	87	0.1	0.0	5.8	5.5	0.3	0.0	0.3													
Melon & Pineapple (50g)	17	71	0.1	0.0	4.7	4.4	0.3	0.0	0.4													
Seasonal Fruit Pot	28	115	0.1	0.0	6.7	6.7	0.3	0.0	0.7													
Raisins (14g)	39	164	0.1	0.0	9.7	9.7	0.3	0.0	0.4													
Oatie Crunch (25g)	118	495	5.4	1.6	16.4	6.4	1.7	0.1	1.5	!	X	X	!	!		!	!				!	
Bread Sticks (15g)	63	254	1.2	0.2	10.3	0.2	1.8	0.3	0.7		X	X	!				!					
Plain Rice Cake (6.7g)	26	110	0.5	0.1	5.2	0.5	0.6	0.01	0.5	!			!				X					
Jacobs Crackers (15g)	66	278	2.2	1.2	10.1	0.2	1.4	0.2	0.5		X	X							!			
Granola (18g)	78	327	3.5	0.5	9.5	2.7	2.0	0.0	1.1	!	!	X	!	!								
Strawberry Yogurt Tube (40mls)	35	146	1.3	0.8	3.3	3	2.4	0.03	<0.5	X												
Brown Plain Scone with dairy spread (70g)	234	983	7.4	2.4	38.5	8.5	5.1	0.8	3.9	X	X	X	X	!		!	!					!
Brown Fruit Scone with dairy spread (70g)	234	983	6.6	2.1	37.1	10.0	4.8	0.7	4.1	X	X	X	X	!		!	!					!
Peppers (40g)	13	54	0.2	0.0	2.6	2.4	0.4	0.0	0.6													
Carrot Sticks (40g)	12	50	0.1	0.0	2.4	2.2	0.3	0.0	1.0						!							
Fruit																						
Apple	33	133	0.1	0.0	7.8	7.8	0.3	0.0	1.1													
Orange	22	93	0.06	<0.1	5.1	5.1	0.54	0.0	0.78													
Banana	80	338	0.2	<0.1	18.4	16.8	1.0	0.0	0.9													