

GLANMORE FOODS MENU - NUTRITIONAL AND ALLERGEN INFORMATION 2021 - 2022

Hot Meals	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	Crustaceans	Molluscs	
GRAVY, Roast Chicken, Carrots, Mash	222	929	6	3	21	2	18	1	4	X					!									
NO GRAVY Roast Chicken, Carrots, Mash	220	918	6	3	21	2	18	1	4	X					!									
Meatballs, Arrabiata Sauce, Carrots Fusilli Pasta	322	1352	12	4	37	10	18	3	3	X	X	X ^W	!	X	X	!	!				X	!	!	!
Mild Chilli Con Carne, Carrots & Rice	223	943	5	3	33	4	11	0	3		X	X ^W	!		!						!			
Chicken & Pasta Bake	379	1593	8	5	31	1	20	2	2	X	X	X ^W	!	!	!	X	!				X	!	!	!
Tuscan Bean Chili, Rice & Broccoli	205	866	2	1	36	6	8	1	3	!	!	!	!	!	!	!	!				X	!	!	!
Baked Ham, Beans, Mashed Potato, Gravy	248	1039	7	4	28	4	16	2	5	X	!	!	!											
Baked Ham, Beans, Mashed Potato (NO GRAVY)	245	1029	7	4	27	4	16	2	5	X	!	!	!											
Chicken Tenders, Potato Cubes, Mixed Veg	351	1471	13	1	26	2	32	2	3	!	X	X ^W	!	X	X		!				!			
Chicken Curry, Peppers & Fluffy Rice	237	1002	3	1	37	7	20	4	1	!	!	!	!	!	!	X	!				X	!	!	!
Sausages, Potato Cubes& Baked Beans	409	1710	19	5	44	4	13	2	6		X	X ^W									X			
Vegan Fish Fingers, Beans & Potato Cubes	313	1310	10	1	45	5	7	2	6		X	X ^W												
Roast Beef, Carrots, Mashed Potato, Gravy	217	911	7	4	21	3	15	1	3	X					!						!			
Roast Beef, Carrots, Mashed Potato NO GRAVY	215	901	7	4	20	3	15	1	3	X					!						!			
Beef Lasagne, Carrots, Peas	254	1067	8	4	25	8	19	2	3	X	X	X ^W			!						!			
Chicken Pasta in Tomato Sauce & Broccoli	240	1014	2	1	36	8	19	2	2	!	X	X ^W	!	!	X	!	!				X	!	!	!
Chicken Tikka Masala with Rice	234	988	3	1	32	5	20	1	1	!	!	!	!	!	!	X	!				X	!	!	!
Meatless Meatballs, Arrabiata Sauce, Carrots, Fussili Pasta	266	1113	9	1	33	9	13	2	5	!	X	X ^{WOB}	!	!	X	!	!				X	!	!	!
Roast Chicken, Gravy, Peas, Carrots & Mashed Potato	222	929	6	3	21	2	18	1	4	X					!						!			
Roast Chicken, Carrots, Peas & Mashed Potato (NO GRAVY)	220	918	6	3	21	2	18	1	4	X					!						!			
Beef Bolognese, Carrots, Fussili Pasta	207	874	5	2	28	8	15	1	3		X	X ^W		!	!						!			
Chicken Korma, Peppers & Fluffy Rice	251	1059	5	3	34	6	18	2	2	!	!	!	!	!	!	!	!				X	!	!	!
Beef Casserole & Potatos	304	1271	9	2	42	8	17	4	5	X	!	!	!	!	!	X	!				X	!	!	!
Meatless Sausages, Carrots, Parsnips, Potato Cubes	438	1828	19	2	42	9	21	2	12			X ^B			!						!			
Turkey, Parsnips, Carrots & Mashed Potato and Gravy	204	835	6	4	23	3	13	1	4	X					!						!			
Turkey, Parsnips, Carrots & Mashed Potato (NO GRAVY)	201	825	6	4	22	3	13	1	4	X					!						!			
Fish Fingers, Beans & Potatoes Cubes	385	1613	13	2	50	5	14	2	6		X	X ^W										X		
Beef Lasagne, Carrots, Peas	254	1067	8	4	25	8	19	2	3	X	X	X ^W			!						!			
Chicken Curry, Peppers & Fluffy Rice	237	1002	3	1	37	7	20	4	1	!	!	!	!	!	!	X	!				X	!	!	!
Potato, Cauliflower & Spinach Curry	150	629	1	0	28	6	5	1	3	!	!	!	!	!	!	X	!				X	!	!	!
Cottage Pie	245	1028	10	5	25	3	13	1	4	X	X	X ^W												

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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	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)	Crustaceans	Molluscs	
	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															
Melon Pot	14	60	0.1	0.0	4.5	4.0	0.3	0.0	0.3															
Melon & Pineapple	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	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	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	Protein g per portion	Salt g per portion	Fibre g per portion	Allergen information														
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	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	Protein g per portion	Salt g per portion	Fibre g per portion	Allergen information														
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															

CONTAINS:

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 ingredients is also available on our website

Glanmore Foods Production Area is Nut Free. Please note that any products with ** May contains nuts** are from supplier sites

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)