

# Glanmore Foods Ltd. Hot Meals 2021

Date: 23 April 2021

Meal option	Allergen (Contains) - further information below **	Nutritional information (Typical values per portion):	Halal meat	Suitable for Vegetarian	Suitable for Vegan	Additional information
<b>Monday Dishes</b>						
Roasted Chicken Breast, Carrots, Mashed Potato & Gravy	Wheat (Gluten Free), Dairy, Soya	Energy 915kJ / 218kcal, Fat 4.4g (of which saturates 1.9g), Carbohydrates 25.7g (of which sugars 3.9g), Protein 17.7g, Salt 2.1g	√			May contain bones
Chicken Tenders, Gravy, Sweet Corn & Mashed Potato	Wheat, Gluten, Dairy, Soya	Energy 1347kJ / 321kcal, Fat 9.7g (of which saturates 4.6g), Carbohydrates 43.6g (of which sugars 3.7g), Protein 12.9g, Salt 2.5g	√			May contain bones
Mild Chilli Con Carne, Carrots & Rice	Wheat, Gluten	Energy 950kJ / 227kcal, Fat 6.8g (of which saturates 3.2g), Carbohydrates 32g (of which sugars 4.7g), Protein 10g, Salt 0.6g				May contain bones
Macaroni and Cheese	Dairy, Wheat, Gluten, Mustard, Sulphur Dioxide	Energy 1510kJ / 361kcal, Fat 8g (of which saturates 4.6g), Carbohydrates 41.5g (of which sugars 2.3g), Protein 11.3g, Salt 1.0g		√		
Meatless Sausage, Parsnip, Mashed Potato, Gravy	Wheat, Barley, Gluten, Soya	Energy 1506kJ / 361kcal, Fat 17.6g (of which saturates 2.6g), Carbohydrates 30.6g (of which sugars 5.1g), Protein 19.1g, Salt 1.6g		√	√	
<b>Tuesday Dishes</b>						
Baked Ham, Beans, Mashed Potato	Dairy	Energy 888kJ / 212kcal, Fat 3.6g (of which saturates 1.3g), Carbohydrates 27g (of which sugars 5g), Protein 16.2g, Salt 2.5g				May contain bones
Sausage, Carrots, Gravy & Mashed Potato	Dairy, Wheat, Gluten, Soya, Sulphur Dioxide	Energy 1446kJ / 346kcal, Fat 17g (of which saturates 6.4g), Carbohydrates 35g (of which sugars 4.5g), Protein 11g, Salt 3.0g				
Chicken Curry, Peppers, Fluffy Rice	Mustard, Sulphur Dioxide	Energy 951kJ / 225kcal, Fat 2.6g (of which saturates 1.2g), Carbohydrates 34g (of which sugars 5.6g), Protein 19g, Salt 3.1g	√			May contain bones
Cottage Pie, Peas & Carrots	Dairy, Wheat, Gluten	Energy 912kJ / 218kcal, Fat 6.2g (of which saturates 2.5g), Carbohydrates 26g (of which sugars 5g), Protein 13g, Salt 1.2g				May contain bones
Vegan Fish Fingers, Beans & Sweet Potato Wedges	Wheat, Gluten	Energy 966kJ / 229kcal, Fat 3.8g (of which saturates 0.3g), Carbohydrates 43g (of which sugars 18.5g), Protein 5g, Salt 1.8g		√	√	

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Turkey Breast, Mash, Carrot & Parsnip & Gravy	Wheat (Gluten Free), Dairy, Soya	Energy 1024kJ / 244kcal, Fat 7.7g (of which saturates 3.0g), Carbohydrates 27g (of which sugars 4g), Protein 15.5g, Salt 2.5g	√			May contain bones
Beef Lasagne, Garlic Bread, Carrots	Wheat, Gluten, Dairy	Energy 1023kJ / 245kcal, Fat 11g (of which saturates 5g), Carbohydrates 21.5g (of which sugars 7g), Protein 12.5g, Salt 1.5g				
Chicken Pot Noodle, Roasted Red Pepper	Wheat, Gluten, Soya, Egg, Sulphur Dioxide	Energy 873kJ / 208kcal, Fat 3g (of which saturates 0.7g), Carbohydrates 26g (of which sugars 4g), Protein 18.7g, Salt 2.4g	√			May contain bones
Chicken Tikka Masala, Peppers, Fluffy Rice	Sulphur Dioxide	Energy 689kJ / 164kcal, Fat 2.5g (of which saturates 1g), Carbohydrates 17g (of which sugars 2g), Protein 18g, Salt 0.9g	√			May contain bones
Meatless Meatballs, Arrabiata Sauce, Fusilli Pasta	Wheat, Oats, Barley, Gluten, Celery, Sulphur Dioxide	Energy 1070kJ / 255kcal, Fat 8.5g (of which saturates 0.9g), Carbohydrates 31g (of which sugars 7.7g), Protein 13g, Salt 2g		√	√	
Thursday Dishes						
Roast Chicken, Gravy, Corn & Mashed Potato	Wheat (Gluten Free), Dairy, Soya	Energy 1032kJ / 246kcal, Fat 4.8g (of which saturates 2g), Carbohydrates 31g (of which sugars 3g), Protein 18.5g, Salt 2.3g	√			May contain bones
Beef Bolognaise, Carrots, Fusilli Pasta	Wheat, Gluten, Celery	Energy 812kJ / 193kcal, Fat 6g (of which saturates 2g), Carbohydrates 26g (of which sugars 6.7g), Protein 10.3g, Salt 0.8g				May contain bones
Mild Chicken Korma, Peppers, Fluffy Rice	Sulphur Dioxide	Energy 971kJ / 229kcal, Fat 2.7g (of which saturates 1.3g), Carbohydrates 34g (of which sugars 5.7g), Protein 18g, Salt 1g	√			May contain bones
Teriyaki Beef, Egg Noodles, Green Peppers	Wheat, Gluten, Soya, Egg, Sulphur Dioxide	Energy 783kJ / 187kcal, Fat 3.7g (of which saturates 1.2g), Carbohydrates 25g (of which sugars 10g), Protein 22g				May contain bones
Carrot & Coriander Falafel, Arrabiata Sauce, Cous Cous	Wheat, Gluten, Sulphur Dioxide	Energy 1115kJ / 267kcal, Fat 3.7g (of which saturates 0.2g), Carbohydrates 50g (of which sugars 4.4g), Protein 9g, Salt 1.5g		√	√	
Friday Dishes						
Roast Beef, Carrots, Mashed Potato, Gravy	Wheat (Gluten Free), Dairy, Soya	Energy 951kJ / 226kcal, Fat 5.6g (of which saturates 2.4g), Carbohydrates 28g (of which sugars 5g), Protein 17g, Salt 2.3g				May contain bones
Fish Fingers, Beans, Mashed Potato	Wheat, Gluten, Dairy, Soya, Fish	Energy 1255kJ / 300kcal, Fat 8g (of which saturates 1.5g), Carbohydrates 41g (of which sugars 6g), Protein 13g, Salt 1.8g				May contain bones

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Friday Dishes						
Meatballs, Arriabata Sauce, Carrots, Fusilli Pasta	Wheat, Gluten, Dairy, Soya, Egg, Celery, Sulphur Dioxide	Energy 964kJ / 229kcal, Fat 4.6g (of which saturates 1.6g), Carbohydrates 37g (of which sugars 6.5g), Protein 10g, Salt 1.1g				May contain bones
Moroccan Spiced Chicken & Peppers with Cous Cous	Wheat, Gluten, Sulphur Dioxide	Energy 1064kJ / 254kcal, Fat 1.7g (of which saturates 0.4g), Carbohydrates 37g (of which sugars 5g), Protein 21g, Salt 0.9g	√			May contain bones
Chickpea Korma, Peppers & Lentils	Sulphur Dioxide	Energy 331kJ / 77kcal, Fat 1.2g (of which saturates 0.4g), Carbohydrates 12g (of which sugars 5g), Protein 3.3g, Salt 1.1g		√	√	

**\*\*Allergen information: Although every effort is made to control allergens, some of our ingredients used in our kitchen contain / may contain the following allergens: Dairy, Wheat, Gluten, Soya, Egg, Celery, Mustard, Sesame Seeds, Sulphur Dioxide, Fish, Crusteans, Molluscs. Please refer to the back of our menu for more specific information or contact us directly.**