

GLANMORE FOODS HOT MENU (2024 / 2025) - NUTRITION AND ALLERGEN INFORMATION

Hot Meals	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information														Vegetarian	
	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	Milk	Gluten*	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin		Legume
Roast Chicken, Carrots, Peas, Mash & Gravy	214	896	6	4	21	2	17	1	4	X	!	X	!	!	!	!	!	!	!	!	!	!	!	!	X
Mamma's Italian Meatballs in Tomato Sauce, Carrots and Fusilli Pasta	327	1166	9	4	34	8	15	2	3	X	X ^W	!	X	X	!	!	!	!	!	!	!	!	!	!	X
Super Goopy Mac 'n' Cheese with Peas	337	1523	8	5	32	1	10	1	3	X	X ^W	!	!	!	X	!	!	!	!	!	!	!	!	!	X
Classic Cottage Pie with Carrots and Peas	257	1076	10	5	26	3	13	1	4	X	X ^W	X	!	!	!	!	!	!	!	!	!	!	!	!	X
Tex-Mex Chicken Fajita with Peppers	179	751	3	1	19	5	18	1	2	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Moroccan Veggie Stew with chickpeas and potatoes	136	570	1	0	26	7	4	1	3	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Potato Cubes and Beans	282	1187	5	1	46	8	8	1	8	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Sausages and Potato Cubes	319	1338	15	4	36	2	8	1	4	!	X	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Chicken Tenders and Potato Cubes	325	1362	12	3	40	2	12	1	3	!	X	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Roast Chicken & Mash	194	810	6	3	18	0	16	0	2	X	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Beef Burger, Pepper Sauce, Peas & Potatoes	253	1056	10	5	25	3	14	1	5	X	X ^W	X	!	!	X	!	!	!	!	!	!	!	!	!	X
Crispy Chicken Tenders, Potato Cubes and Carrots	215	900	7	3	21	5	14	1	3	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Mild Chicken Korma and Peppers with Fluffy Rice	263	1108	5	3	38	4	17	1	1	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	424	1773	16	4	55	14	15	1	4	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Cheesy Margherita Pizza Served with Carrots and Peas	192	803	5	3	26	4	9	1	3	X	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Veggie Curry with chickpeas and Rice	248	1049	3	1	51	8	5	1	3	!	!	!	!	!	X	!	!	!	!	!	!	!	!	!	X
Potato Cubes and Beans	282	1187	5	1	46	8	8	1	8	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Baked Fish Fingers and Potato Cubes	277	1165	8	1	39	2	10	1	3	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Baked Chicken Tenders and Potato Cubes	325	1362	12	3	40	2	12	1	3	!	X	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Roast Turkey, Squash, Carrot, Mash & Gravy	219	918	7	4	21	3	16	1	4	X	!	X	!	!	!	!	!	!	!	!	!	!	!	!	X
Mixed Veggie Rice with Quorn pieces	158	668	2	1	31	1	4	0	1	!	!	!	X	!	!	!	!	!	!	!	!	!	!	!	X
Chicken with Sweet Peppers and Tomato Sauce with Fusilli Pasta	200	849	2	0	29	8	17	1	3	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Cajun Spiced Chicken with Sweet Potato Wedges and Sweetcorn	219	918	3	1	24	12	21	1	4	X	!	X	!	!	X	!	!	!	!	!	!	!	!	!	X
Mexican Chicken Burrito Tortilla with Roasted Peppers	243	1025	3	1	35	5	18	1	2	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Lebanese Falafel Bowl with Peppers and Rice	254	1072	5	1	49	5	6	1	1	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Potato Cubes and Beans	282	1187	5	1	46	8	8	1	8	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Margherita Pizza and Potato Cubes	365	1529	10	4	54	3	12	2	4	X	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Baked Chicken Tenders and Potato Cubes	325	1362	12	3	40	2	12	1	3	!	X	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Roast Chicken, Peas, Sweetcorn, Mash & Gravy	224	937	7	4	22	2	17	1	4	X	!	X	!	!	!	!	!	!	!	!	!	!	!	!	X
Beef Lasagne, Carrots & Peas	264	1109	8	4	26	9	20	2	4	X	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Italian Beef Bolognaise, Carrots and Fusilli Pasta	199	841	5	2	26	7	14	1	2	!	X ^W	!	!	X	!	!	!	!	!	!	!	!	!	!	X
Mild Thai Red Chicken Curry with Fluffy Rice and Broccoli	275	1161	8	6	35	2	17	0	1	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Loaded Beef Burrito with Peppers	266	1128	5	2	47	6	9	1	3	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Lentil & Sweet Potato Bolognaise with Pasta	149	631	1	0	28	4	7	0	3	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Potato Cubes and Beans	282	1187	5	1	46	8	8	1	8	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Sausages and Potato Cubes	319	1338	15	4	36	2	8	1	4	!	X	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Pepperoni Pizza & Potato Cubes	390	1634	13	5	54	3	13	2	4	X	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Roast Turkey, Sweetcorn and Carrots, Mash and Gravy	219	919	7	4	22	3	16	1	4	X	!	X	!	!	!	!	!	!	!	!	!	!	!	!	X
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	277	1169	3	1	47	7	17	1	1	!	!	!	!	!	X	!	!	!	!	!	!	!	!	!	X
Sweet & Sour Chicken, Broccoli & Rice	389	1651	2	1	75	39	16	1	1	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Mexican Chicken Burrito Bowl with Rice and Peppers	231	978	2	1	38	5	16	1	1	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Cheesy Tuna Melt with Sweetcorn and Potato Cubes	368	1533	16	6	30	3	25	2	3	X	X ^W	X	X	!	X	!	!	!	!	!	!	!	!	!	X
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	142	595	1	0	20	8	9	1	5	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Potato Cubes and Beans	282	1187	5	1	46	8	8	1	8	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Baked Fish Fingers and Potato Cubes	277	1165	8	1	39	2	10	1	3	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Baked Chicken Tenders and Potato Cubes	325	1362	12	3	40	2	12	1	3	!	X	!	!	!	!	!	!	!	!	!	!	!	!	!	X
Roast Turkey & Mash	200	836	7	4	18	0	15	1	3	X	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X

CONTAINS: MAY CONTAIN: FREE FROM:

Allergen Information

CONTAINS MAY CONTAIN TRACES OF FREE FROM

Please remember to check our labels / website regularly as ingredients can change. This list is correct on the 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 in our website

Glanmore Foods is a Nut Free Production site.

*For Gluten containing products see cereal reference: Wheat (W), Barley (B), Rye (R), Oats (O), Triticale (T)

VEGAN OPTIONS ABOVE: All meals are produced on site that also handles meat, dairy, eggs and fish. Please contact Glanmore if you require further information

All Beef Dishes Contain Irish Beef

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Hot Meals	Energy		Fat	Carbohydrate		Protein	Salt	Fibre		Allergen information														Suitable for Vegetarians		
	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	Gluten*	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin		Legume	
Vegan Rice and Meatless Meatballs	323	1337	12	3.2	39	4	13	1.3	4.7			!													X	✓
Vegan Cottage Pie	159	668	3.3	0.3	22	2.8	8.2	0.4	3.6			!													X	✓
Vegan Spice Box	408	1713	20	2.4	46	5.7	8.4	1.4	6.3			X													X	✓
Vegan Curry & Rice	268	1123	11	5.5	31	3.3	8.9	0.9	2.1			X													X	✓
Chicken Tikka Wrap	270.4	1134.9	11.4	3.0	26.0	0.9	16.9	1.6	NA	X															X	✗
Mexican Chicken Wrap	245.7	1032.2	8.3	4.0	24.7	0.5	18.2	1.6	NA	X															X	✗

CONTAINS:

X

MAY CONTAIN:

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FREE FROM:

Allergen Information

X CONTAINS

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MAY CONTAIN TRACES OF

FREE FROM

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