



# GLANMORE FOODS COLD MENU - 2021/2022

## Ingredient Declaration

Vegetarian

Vegan

Ingredient		Vegetarian	Vegan
<b>Breads</b>			
Healthy Choice Pan	Healthy Choice Bread (WHEAT Flour (WHEAT, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate, Flour Treatment Agents: E300 (Vitamin C), E920)	√	√
100% Wholemeal	100% Wholemeal Bread (Wholemeal WHEAT Flour, Water, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA flour, Dextrose, Emulsifier: E472e, Preservative: E282, Vegetable Fat (Palm), Vegetable Oil (Rapeseed), Flour Treatment Agent: E300 (Vitamin C))	√	√
Hi fibre soft roll	WHEAT Flour (calcium, iron, niacin, thiamine), Water, WHEAT Fibre, Palm Oil, Rapeseed Oil, Yeast, Salt, SOYA Flour, Emulsifiers: E472e, Flour Treatment Agent: Ascorbic acid	√	X
White Demi baguette	White Demi baguette (WHEAT flour, water, salt, WHEAT GLUTEN, yeast, flour treatment agent, ascorbic acid)	√	X
Brown Demi Baguette	Brown Demi baguette (Water, WHEAT flour, wholemeal WHEAT flour, salt, yeast, WHEAT GLUTEN, flour treatment agent E300)	√	X
Farmhouse Brown	Farmhouse Brown Bread (ButterMILK (42%), Flour (WHEAT Flour (WHEAT, Calcium, Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour (21.5%), WHEAT Bran, WHEAT Germ, Rolled WHEAT, Raising Agents:(E450,E500), Acidity Regulator: (E341), Salt)	√	X
Gluten Free Bread	Gluten Free Bread (Water, Potato Flour, Corn Starch, Tapioca Starch, White Rice Flour, Buckwheat Flour, Thickening Agent (Xanthan Gum, Cellulose, Agar Agar), Rice Bran, Pea Protein, Yeast, Sourdough (Fermented Quinoa, Rice, Maize Flour), Psyllium Husks (MUSTARD), Salt, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid), Acidifier (Glucono-Delta-Lactone), Acids (Citric Acid, Malic Acid, Tartaric Acid))	√	√
White Bap	White Bap (WHEAT Flour (calcium, iron, niacin, thiamine), Water, Palm Oil, Rapeseed Oil, Yeast, Sugar, Salt, SOYA Flour, Vegetarian WHEY Powder (MILK), Dextrose, Emulsifiers: (E472e, SOYA Lecithin), Raising Agent (E450i), Flour Treatment Agent (Ascorbic acid))	√	X
Wholemeal bap	Brown Bap (Wholemeal & WHEAT Flour (calcium, iron, niacin, thiamine), Water, ButterMILK Powder ( WHEAT Flour, Vegetarian WHEY Powder (MILK), Dextrose, Raising Agent (E450 Diphosphates), Emulsifier (E471 Mono Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic acid), Improver (SOYA Flour, Emulsifier, Flour Treatment Agent, Enzyme (WHEAT), Yeast, Shortening (Vegetable oil: Palm, Rapeseed Oil)), Salt, Sugar)	√	X
<b>Spread &amp; Sauces</b>			
Dairy spread	Water (38%), Vegetable Oils (Palm Oil and Rapeseed Oil) (59%), Reconstituted Skim MILK (1.2%), Salt (1.3%), Mono-diglycerides (E471), Potassium Sorbate (E202), Beta Carotene (0.8%)	√	X
<b>Fillings</b>			
Ham	Ham (Pork (92%), Water, Salt, Dextrose, Stabilisers: (Sodium Triphosphate, Sodium Polyphosphate, Sodium Diphosphate), Yeast Extract, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite))	X	X
Sliced Cheddar Cheese	Cheddar (MILK, salt, starter culture, rennet, colour (annatto))	√	X
Sandwich Chicken Breast	Chicken (Chicken breast (99%), Water, Salt, Emulsifier E451i)	X	X
Turkey	Turkey Breast (73%), Water, Starch, Salt, Dextrose, Gelling agent:( E407a, E508), Stabilisers (E450, E451, E452), Salt, Vinegar, Pepper, Burnt Sugar.	X	X
Tuna Mayo	Skipjack Tuna (Katsuwonus Pelamis) (FISH) 95%, Water, Salt, Vegetable Broth	X	X
Egg mayo	EGG (hard boiled), Mayonnaise (water, rapeseed oil, sugar, modified maize starch, vinegar, EGG, salt, MUSTARD [contains MUSTARD seed], emulsifiers: xanthan gum, guar gum, Preservative: Potassium sorbate, Antioxidant: EDTA, Colour: beta carotene)	√	X
Cornbeef	Beef (44%), Water, Beef hearts, Potato starch, Salt, Gelatine, Dextrose, Stabiliser- Di, Tri & Polyphosphate-Sodium Bicarbonate, Xanthan Gum, Anti-oxidant-Sodium Erythorbate, Preservative- Sodium Nitrite.	X	X
Chicken Mayo & Stuffing	Chicken (Chicken breast (99%), Water, Salt, Emulsifier E451i); Mayonnaise (Rapeseed Oil, Pasteurised EGG, Water, Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA); Breadcrumb (WHEAT flour [WHEAT flour GLUTEN, calcium carbonate, iron, niacin, thiamine], water, yeast, salt, sunflower oil, SOYA flour, Preservative; calcium propionate, acidity regulator: calcium carbonate, Emulsifiers: mono and di-glycerides of fatty acids, sodium stearyl-2-lactylate, ascorbic acid, enzymes), water, rapeseed oil, onion, salt, sage, parsley	X	X

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Alternative items Cold Menu				
Jacobs Crackers & Cheese	Crackers (WHEAT Flour, Vegetable Palm Fat, Salt, Yeast, Raising Agent [Sodium Hydrogen Carbonate]); Cheese (Skimmed MILK (water, skimmed MILK powder), cheeses, MILK protein, emulsifying salts : E452, E451, E330, butter, flavouring).		√	X
Pasta Bolognaise	Pasta (Water; Durum WHEAT Semolina) ; Pasta Sauce (Water, Tomatoes (29%), Tomato Puree, Onions, Lemon Juice (from Concentrate), Modified Starch, Sugar, Rapeseed Oil, Garlic, Salt, Herbs, Spices (contains CELERY), Basil, Tomato Powder)		√	X
Plain Pasta	Pasta (Water; Durum WHEAT Semolina)		√	X
Vegetable Salad Pot	Iceberg Lettuce; Carrots, Peppers, Cucumber, Cherry tomato; Spring Onion, Sweetcorn		√	√
Falafel Sweet Chilli Salad	Falafel (Chickpeas, Carrot (33%), Onion, Rapeseed Oil, Potato Flakes, Coriander (4%), Bread Crumbs ((Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Self-Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Sodium Carbonate, Calcium Phosphate)), Cumin, Salt, Dried Parsley, Ground Coriander, Raising Agent (Sodium Bicarbonate), Cumin Seeds, Garlic Powder, Black Pepper); Sweet Chilli Sauce (Water, Sugar, Spirit Vinegar, Garlic (3%), Chilli Puree (3%), Salt, Modified Starch, Red Bell Pepper, Malt Vinegar, Stabiliser: Guar Gum, Spices, Acid: Citric Acid); Cucumber; Spring Onion; White cabbage; Carrot		√	√
Ham Salad Sandwich (No dairy)	Healthy Choice Bread (WHEAT Flour (WHEAT, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate, Flour Treatment Agents: E300 (Vitamin C), E920) ; Ham (Pork (92%), Water, Salt, Dextrose, Stabilisers: (Sodium Triphosphate, Sodium Polyphosphate, Sodium Diphosphate), Yeast Extract, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)); Peppers; Lettuce		X	X
Chicken Salad Sandwich (No dairy)	Healthy Choice Bread (WHEAT Flour (WHEAT, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate, Flour Treatment Agents: E300 (Vitamin C), E920) ; Chicken (Chicken breast (99%), Water, Salt, Emulsifier E451); Peppers; Lettuce		X	X
Cheese Salad Sandwich (No dairy)	Healthy Choice Bread (WHEAT Flour (WHEAT, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate, Flour Treatment Agents: E300 (Vitamin C), E920) ; Cheddar (MILK, salt, starter culture, rennet, colour (annatto)); Peppers; Lettuce		√	X
Cajun Chicken & Mayo White Baguette	White Demi baguette (WHEAT flour, water, salt, WHEAT GLUTEN, yeast, flour treatment agent, ascorbic acid); Chicken (Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: (E451, E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar); Mayonnaise (Rapeseed Oil, Pasteurised EGG, Water, Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA); Cajun seasoning (Salt, paprika, dried onion, cayenne pepper, garlic powder, cumin (8%), black pepper, thyme (4%), dried chillies (2%), oregano, white pepper, acidity regulator (citric acid), anti-caking agent (silicon dioxide))		X	X
Cajun Chicken & Mayo Brown Baguette	Brown Demi baguette (Water, WHEAT flour, wholemeal WHEAT flour, salt, yeast, WHEAT GLUTEN, flour treatment agent E300); Chicken (Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: (E451, E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar); Mayonnaise (Rapeseed Oil, Pasteurised EGG, Water, Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA); Cajun seasoning (Salt, paprika, dried onion, cayenne pepper, garlic powder, cumin (8%), black pepper, thyme (4%), dried chillies (2%), oregano, white pepper, acidity regulator (citric acid), anti-caking agent (silicon dioxide))		X	X
White Soft Bap Tuna & Sweetcorn	White Bap (WHEAT Flour (calcium, iron, niacin, thiamine), Water, Palm Oil, Rapeseed Oil, Yeast, Sugar, Salt, SOYA Flour, Vegetarian WHEY Powder (MILK), Dextrose, Emulsifiers: (E472e, SOYA Lecithin), Raising Agent (E450), Flour Treatment Agent (Ascorbic acid)); Skipjack Tuna (Katsuwonus Pelamis) (FISH) 95%, Water, Salt, Vegetable Broth; Mayonnaise (Rapeseed Oil, Pasteurised EGG, Water, Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA); Sweetcorn (Corn Kernel, Water, Sugar, Salt)		X	X
White Soft Bap Ham & Cheese	White Bap (WHEAT Flour (calcium, iron, niacin, thiamine), Water, Palm Oil, Rapeseed Oil, Yeast, Sugar, Salt, SOYA Flour, Vegetarian WHEY Powder (MILK), Dextrose, Emulsifiers: (E472e, SOYA Lecithin), Raising Agent (E450), Flour Treatment Agent (Ascorbic acid)); Ham (Pork (92%), Water, Salt, Dextrose, Stabilisers: (Sodium Triphosphate, Sodium Polyphosphate, Sodium Diphosphate), Yeast Extract, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)); Cheddar (MILK, salt, starter culture, rennet, colour (annatto))		X	X
White Soft Bap Curried Chicken	White Bap (WHEAT Flour (calcium, iron, niacin, thiamine), Water, Palm Oil, Rapeseed Oil, Yeast, Sugar, Salt, SOYA Flour, Vegetarian WHEY Powder (MILK), Dextrose, Emulsifiers: (E472e, SOYA Lecithin), Raising Agent (E450), Flour Treatment Agent (Ascorbic acid)); Chicken (Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: (E451, E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar); Mayonnaise (Rapeseed Oil, Pasteurised EGG, Water, Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA); Mango Chutney (Sugar, Mangoes (45%), Salt, Acid (Acetic Acid), Spices); Curry Powder (Coriander (41%), Fenugreek, Turmeric, Cumin, Salt, Garlic Powder, Onion Powder, Rice Flour, MUSTARD Seed, Cinnamon (1%), Clove, Ginger, Paprika, Black Pepper, Chilli Powder, Fennel Seed, Natural Capsicum Flavouring)		X	X
Brown Soft Bap Tuna & Sweetcorn	Brown Bap (Wholemeal & WHEAT Flour (calcium, iron, niacin, thiamine), Water, ButterMILK Powder ( WHEAT Flour, Vegetarian WHEY Powder (MILK), Dextrose, Raising Agent (E450 Diphosphates), Emulsifier (E471 Mono Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic acid), Improver (SOYA Flour, Emulsifier, Flour Treatment Agent, Enzyme (WHEAT), Yeast, Shortening (Vegetable oil: Palm, Rapeseed Oil)), Salt, Sugar); Skipjack Tuna (Katsuwonus Pelamis) (FISH) 95%, Water, Salt, Vegetable Broth; Mayonnaise (Rapeseed Oil, Pasteurised EGG, Water, Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA); Sweetcorn (Corn Kernel, Water, Sugar, Salt)		X	X
Brown Soft Bap Ham & Cheese	Brown Bap (Wholemeal & WHEAT Flour (calcium, iron, niacin, thiamine), Water, ButterMILK Powder ( WHEAT Flour, Vegetarian WHEY Powder (MILK), Dextrose, Raising Agent (E450 Diphosphates), Emulsifier (E471 Mono Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic acid), Improver (SOYA Flour, Emulsifier, Flour Treatment Agent, Enzyme (WHEAT), Yeast, Shortening (Vegetable oil: Palm, Rapeseed Oil)), Salt, Sugar); Ham (Pork (92%), Water, Salt, Dextrose, Stabilisers: (Sodium Triphosphate, Sodium Polyphosphate, Sodium Diphosphate), Yeast Extract, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)); Cheddar (MILK, salt, starter culture, rennet, colour (annatto))		X	X
Brown Soft Bap Curried Chicken	Brown Bap (Wholemeal & WHEAT Flour (calcium, iron, niacin, thiamine), Water, ButterMILK Powder ( WHEAT Flour, Vegetarian WHEY Powder (MILK), Dextrose, Raising Agent (E450 Diphosphates), Emulsifier (E471 Mono Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic acid), Improver (SOYA Flour, Emulsifier, Flour Treatment Agent, Enzyme (WHEAT), Yeast, Shortening (Vegetable oil: Palm, Rapeseed Oil)), Salt, Sugar); Curry Powder (Coriander (41%), Fenugreek, Turmeric, Cumin, Salt, Garlic Powder, Onion Powder, Rice Flour, MUSTARD Seed, Cinnamon (1%), Clove, Ginger, Paprika, Black Pepper, Chilli Powder, Fennel Seed, Natural Capsicum Flavouring)		X	X

GLANMORE FOODS Healthy Lunches		GLANMORE FOODS COLD MENU - 2021/2022			
		Ingredient Declaration		Vegetarian	Vegan
Ingredient					
<b>Morning Snacks Choice 1</b>					
Glenisk Strawberry Yoghurt Pot	Organic Milk, Organic Strawberries (9%), Organic Cream (MILK), Organic Cane Sugar, Organic Maize Starch, Organic Lemon Juice Concentrate, Cultures (Streptococcus thermophilus, Bifidobacterium, Lactobacillus casei, Lactobacillus bulgaricus), Natural Flavouring.	√	X		
Petit Filous	Fromage Frais (Pasteurised Semi-Skimmed MILK, Cream (MILK), Lactic Cultures (MILK)), Sugar 6.8%, Water, Strawberry Puree from Concentrate 5%, Carrot juice from Concentrate, Maize Starch, Lemon Juice from Concentrate, Natural Flavourings (MILK), Vitamin D	√	X		
Brown Pancake	Buttermilk (MILK)(35%), Wheat Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, EGG, Sugar, Partially Inverted Refined Syrup, Raising Agents (Diphosphates, Sodium Bicarbonate), Butter (MILK) Flavour (Natural Flavour Substances, Water, Stabiliser (Xanthan Gum), Emulsifier (Citric Acid Esters of Mono- and diglycerides of Fatty Acids, Glycerol Diacetate), WHEAT Fibre, Humectant (Glycerine), Preservative (Potassium sorbate), Salt.	√	X		
Laughing Cow Cheese Dip	Rehydrated skimmed MILK, cheeses, butter, MILK minerals concentrate, MILK proteins, emulsifying salts (polyphosphates), lactic concentrate	√	X		
Cheese Square	Cheese (Skimmed MILK (water, skimmed MILK powder), cheeses, MILK protein, emulsifying salts : E452, E451, E330, butter, flavouring).	√	X		
Edam Cheese Piece	Pasteurised MILK, Salt, Starter Culture, Microbial Rennet.	√	X		
Sliced Apple	Apple	√	√		
Apple and Carrot	Apple, Carrot	√	√		
Apple and Blueberry	Apple, Blueberry	√	√		
Melon Pot	Melon	√	√		
Melon & Pineapple	Melon; Pineapple	√	√		
Seasonal Fruit Pot	Melon, Pineapple, Apple, Blueberries	√	√		
Popcorn	Popped Corn, Rapeseed Oil, Salt, Emulsifier (E322)	√	NA		
<b>Morning Snacks Choice 2</b>					
Oatie Crunch	OAT Flakes, Sugar, Palm Oil, Rapeseed Oil, WHEAT Flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin, Raising Agents: E450i, E500ii, E341i, Salt, WHEAT, GLUTEN), Water, Honey, Salt, Emulsifier (E471), Natural Colourings (Annatto, Curcumin), Molasses.	√	X		
Breadsticks	WHEAT flour, WHEAT bran (7%) sunflower oil, salt, yeast, malted WHEAT flour	√	√		
Yoghurt rice cake	Yoghurt Flavoured Coating (Sugar, cocoa butter, 9% yoghurt powder, whole MILK powder, emulsifier: SOYA lecithin) , Rice, SESAME, Salt	√	X		
Plain Rice cake	Rice, SESAME SEEDS	√	√		
Jacobs Cracker	Crackers (WHEAT Flour, Vegetable Palm Fat, Salt, Yeast, Raising Agent [Sodium Hydrogen Carbonate])	√	√		
Glenisk Strawberry Yoghurt Tube	Organic Milk, Organic Strawberries (9%), Organic Cream (MILK), Organic Cane Sugar, Organic Maize Starch, Organic Lemon Juice Concentrate, Cultures (Streptococcus thermophilus, Bifidobacterium, Lactobacillus casei, Lactobacillus bulgaricus), Natural Flavouring.	√	X		
Frubes	Yogurt (Skimmed Milk, Cream (MILK), Skimmed Milk Powder, Lactic Cultures (MILK)), Sugar 7.1%, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Vitamin D	√	X		
Apple	Apple	√	√		
Banana	Banana	√	√		
Satsuma	Satsuma	√	√		
Brown Plain scone with butter	Scone (WHEAT flour, Wholemeal Flour (WHEAT), Water, Sugar, Palm oil, Rapeseed oil, Vegetarian WHEY Powder (MILK), Baking Powder, Dextrose, Vanilla Essence, Raising Agents (Sodium bicarbonate, Monocalcium phosphate, Sodium acid pyrophosphate), Salt, Emulsifier (Mono- and diglycerides of fatty acids, SOYA Lecithin), Natural colours (Annatto, Curcumin), Acidity Regulator (Acetic Acid, Potassium Hydroxide)); Dairy spread (Water, Vegetable oils ( Rapeseed oil, Palm oil), Reconstituted Skim MILK, Salt, Mono- and diglycerides of fatty acids, Potassium Sorbate, Vitamin A & D, Beta Carotene).	√	X		
Brown Fruit scone with butter	Scone (WHEAT flour, Wholemeal (WHEAT) Flour, Water, Sugar, Raisins, Palm oil, Rapeseed oil, Vegetarian WHEY Powder (MILK), Baking Powder, Dextrose, Vanilla Essence, Raising Agents (Sodium bicarbonate, Monocalcium phosphate, Sodium acid pyrophosphate), Salt, Emulsifier (Mono- and diglycerides of fatty acids, SOYA Lecithin), Natural colours (Annatto, Curcumin), Acidity Regulator (Acetic Acid, Potassium Hydroxide)); Dairy spread (Water, Vegetable oils ( Rapeseed oil, Palm oil), Reconstituted Skim MILK, Salt, Mono- and diglycerides of fatty acids, Potassium Sorbate, Vitamin A & D, Beta Carotene).	√	X		