

# Morning Snack / Breakfast

Please tick 1 item from Choice 1 and 1 item from Choice 2 per day



## Choice 1

Please tick 1 item per day

	M	T	W	T	F
Yoghurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown Pancake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese Dip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soft Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Edam Cheese Piece	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sliced Apple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apple & Carrot	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Apple & Blueberries	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Seasonal Fruit Pot	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Popcorn	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Not available on this day

## Choice 2

Please tick 1 item per day

	M	T	W	T	F
Oatie Crunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bread Sticks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoghurt Rice Cakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plain Rice Cakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jacobs Crackers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoghurt Tube	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Banana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Satsuma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown Plain Score	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Brown Fruit Score	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

# Hot Lunch (Monday - Friday)

Please tick 1 Item from Main 1, Main 2, Main 3, Main 4, Main 5 or Main 6 per day

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main 1</b>	Roast Chicken, Carrots, Peas, Mash & Gravy <input type="checkbox"/>	Irish Beef Burger, Pepper Sauce, Peas & Boiled Potatoes <input type="checkbox"/>	Roast Turkey, Butternut Squash & Carrots, Mash & Gravy <input type="checkbox"/>	Roast Chicken, Peas & Sweetcorn, Mash & Gravy <input type="checkbox"/>	Roast Turkey, Sweetcorn & Carrots, Mash & Gravy <input type="checkbox"/>
<b>Main 2</b>	Mamma's Italian Meatballs in Tomato Sauce, Carrots & Fusilli Pasta <input type="checkbox"/>	Crispy Chicken Tenders, Potato Cubes & Carrots <input type="checkbox"/>	Mixed Veggie Rice with Quorn Chicken <input type="checkbox"/>	Beef Lasagne with Carrots & Peas <input type="checkbox"/>	Mega Yummy Chicken Curry, Peppers & Fluffy Rice <input type="checkbox"/>
<b>Main 3</b>	Super Gooney Mac N Cheese with Peas <input type="checkbox"/>	Mild Chicken Korma & Peppers with Fluffy Rice <input type="checkbox"/>	Chicken With Sweet Peppers & Tomato Sauce with Fusilli Pasta <input type="checkbox"/>	Italian Beef Bolognese Carrots & Fusilli Pasta <input type="checkbox"/>	Sweet & Sour Chicken with Broccoli & Rice. <input type="checkbox"/>
<b>Main 4</b>	Classic Cottage pie with carrots & peas <input type="checkbox"/>	Crispy Shredded Chicken, Spiced Potato Cubes with Peppers & Peas <input type="checkbox"/>	Cajun Spiced Chicken with Sweet Potato Wedges & Sweetcorn <input type="checkbox"/>	Mild Thai Red Chicken Curry with Fluffy Rice & Broccoli <input type="checkbox"/>	Mexican Chicken Burrito Bowl with Rice & Peppers <input type="checkbox"/>
<b>Main 5</b>	Tex-Mex Chicken Fajita with Peppers <input type="checkbox"/>	Cheesy Margherita Pizza Served with Carrots & Peas <input type="checkbox"/>	Mexican Chicken Burrito Tortilla with Roasted Peppers <input type="checkbox"/>	Loaded Beef Burrito with Peppers <input type="checkbox"/>	Cheesy Tuna Melt Bap with Sweetcorn <input type="checkbox"/>
<b>Main 6</b> (Vegan option)	Moroccan Veggie Stew with Chickpeas & Potatoes <input type="checkbox"/>	Veggie Curry with Chickpeas & Fluffy Rice <input type="checkbox"/>	Lebanese Falafel Bowl with Peppers & Rice <input type="checkbox"/>	Lentil and Sweet Potato Bolognese with Fusilli Pasta <input type="checkbox"/>	Bombay Curry with Cauliflower, Butter Beans, Spinach & Potatoes <input type="checkbox"/>



# Menu Allergen, Ingredient & Nutritional Information

Nutritional information can be found on our website.  
You can either scan the QR code provided or visit:  
<https://www.glanmorefoods.ie>

Prior to placing an order, please review the information carefully if your child has specific dietary requirements.

It's important to regularly check our labels and website, as ingredients may be subject to change.

Please feel free to reach out to us directly for additional information as needed.

If your child has any allergies, kindly inform Glanmore Foods at [customerservice@glanmorefoods.ie](mailto:customerservice@glanmorefoods.ie) or call us on (01) 8976026.

We are more than happy to discuss suitable options with you

Scan Here:

