

GLANMORE FOODS HOT MENU (2024 / 2025) - INGREDIENT LIST

Roast Chicken, Carrots, Peas, Mash & Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Gluten Free Gravy (Maltodextrin, modified potato starch, palm fat, salt, LACTOSE, flavour enhancers (monosodium glutamate, disodium guanylate, disodium inosinate), caramel syrup, yeast extract, onion powder, tomato puree powder, thickener (guar gum), flavourings, glucose syrup, MILK protein, anti-caking agent, (silicon dioxide), sage, fructose, SOY sauce (SOYBEANS, WHEAT), colour (paprika extract)); Chicken sliced (Chicken, Water, Salt, Emulsifier (E451i)); Garden Peas; Carrots
Meatballs, Arrabiata Sauce, Carrots & Fusilli Pasta	Arrabiata Sauce (Water, Tomatoes (33%), Tomato Puree (13%), Onion, Vegetable Bouillon (Salt, Vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides), potato start, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), Brown Sugar, Sunflower oil, Balsamic Vinegar (SULPHITES), Basil, Garlic Paste (SULPHITES), Oregano, Chilli Flakes); Pasta (Durum semolina (WHEAT), water); Meatballs [Beef, Breadcrumbs (WHEAT), EGG Mix [Liquid EGG, Water, MILK Powder, Salt, Vegetable Bouillon [Salt, Potato Starch, Matodextrin, Dried Yeast Extract, Dried Vegetable (Carrot, Onion, Parsnips, Parsley Root, Leek, Parsley Leaf), Sugar, Flavourings, Uncured Vegetable Fat (Palm Oil), Flavour Enhancer: Disodium 5-ribonucleotides, Black Pepper, Colour: Ammonia Caramel, Turmeric, Acidity Regulator: Citric Acid, Anticaking Agent (silicon dioxide), Vegetable Oil (Rapeseed)]], Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid], Cajun spice)]; Carrots; Marinara Sauce [Tomato Sauce 52% [tomato, Onions, Tomato Paste, Water, Garlic Puree, Corn flour, Salt, Sunflower oil, Sugar, Chicken Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Flavouring, Chicken Fat, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Vegetables, Dried Parsley Extract, Turmeric, Black Pepper, Colour: Ammonia Caramel, Dried Chicken Extract, Acidity Regulator: Citric Acid, Antioxidant: Rosemary Extract], Dried oregano]
Macaroni Cheese with Peas	Macaroni Pasta (Durum WHEAT, water) ; Cheese Sauce (MILK, water, Cheddar cheese (MILK), Cornflour, Dijon MUSTARD (SULPHITES), Vegetable Bouillon, Garlic Paste (SULPHITES) ; Garden Peas; Cheddar Cheese (MILK, salt, starter culture, rennet, colour (annatto / beta carotene), anti-caking agent (microcal))
Cottage Pie & Carrots & Peas	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Shephards Pie Mix (Water, Beef mince (25.8%), Carrots, Peas, Onions, WHEAT flour (GLUTEN), Tomato puree, Salt, Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid], Brown sauce (WHEAT), Gravy Browning); Gluten Free Gravy (Maltodextrin, modified potato starch, palm fat, salt, LACTOSE, flavour enhancers (monosodium glutamate, disodium guanylate, disodium inosinate), caramel syrup, yeast extract, onion powder, tomato puree powder, thickener (guar gum), flavourings, glucose syrup, MILK protein, anti-caking agent, (silicon dioxide), sage, fructose, SOY sauce (SOYBEANS, WHEAT), colour (paprika extract))
Chicken Fajita with Peppers	Chicken cubed (Chicken, Water, Salt, Emulsifier (E451i)); Salsa sauce (Tomato, onion, green pepper, water, sugar, spirit vinegar, modified starch, lemon juice (from concentrate), salt spices, herbs, acid: citric acid, colour: paprika extract); Peppers; Tortilla (WHEAT flour, water, stabiliser (glycerol), sunflower oil, raising agents (sodium bicarbonate, calcium phosphate), emulsifier (mono- and diglycerides of fatty acids), dextrose, salt); Fajita seasoning (Salt, paprika, oregano, crushed chillies, sugar, onion powder, garlic powder, ground black pepper, ground cinnamon, ground nutmeg, citric acid)
Moroccan Veggie Stew with chickpeas and potatoes	Moroccan Sauce (water, tomatoes (33%), tomato puree (13%), onion, sweet mango chutney (sugar syrup, mango, salt, ginger, chilli powder, garlic, acetic acid); vegetable bouillon (salt, uncured vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides); potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley leaves, dill), flavourings, refined vegetable oil (rapeseed), colour (ammonia caramel); spices, flavourings, maltodextrin, acidity regulator: citric acid)); brown sugar, sunflower oil, garlic & ginger pastes (SULPHITES), cumin, coriander, fennel, turmeric, paprika, chilli powder, garlic paste; rehydrated garlic, salt, citric acid (e330), antioxidant: sodium metabisULPHITE (e223), ginger paste; ginger 78.5%, water, acidifying: acetic acid (e260), corn oil, stabilizer; xanthum gum and presevative sodium metabisULPHITE (e223)); Potatoes; Carrots; Chickpeas; Courgette; Butternut squash; Peppers
Baked Potato with Beans	Beans (Navy Beans (49%), Tomatoes (31%), Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika extract); Baked Potato, Irish Rooster Potato (99%), Sunflower oil

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Beef Burger, Pepper Sauce, Peas & Potatoes	Potatoes; Beef Burger (Beef (90%) Water, Rusk (WHEAT Flour, Salt, Raising Agent: E503), Onion (5%), Textured SOYA Protein, Seasoning [Salt, Rusk (WHEAT Flour, Salt), Spices, Yeast Extract, Natural Flavouring], Rapeseed Oil); Peppercorn Sauce (Water; Gravy (Maltodextrin, modified potato starch, palm fat, salt, LACTOSE, flavour enhancers (monosodium glutamate, disodium guanylate, disodium inosinate), caramel syrup, yeast extract, onion powder, tomato puree powder, thickener (guar gum), flavourings, glucose syrup, MILK protein, anti-caking agent, (silicon dioxide), sage, fructose, SOY sauce (SOYBEANS, WHEAT), colour (paprika extract)); Cream (MILK); Mustard (Water, Spirit Vinegar, MUSTARD Seed (15%), MUSTARD Flour (14%), Sea Salt, MUSTARD Bran (1%), Preservative (SODIUM HYDROGEN SULPHITE); Cracked Pepper); Garden Peas
Chicken Tenders, Savory Potato Cubes & Carrots	Potato Cubes (Potatoes 95.5%, sunflower oil, dextrose); Chicken goujon (Chicken Breast Fillet (58%), Batter (17%) (WHEAT Flour, Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Yeast Extract, Salt, Sugar, Colour: Paprika Extract; Dextrose, Rice Flour, Black Pepper), WHEAT Flour, Palm Oil, Tapioca Starch, Salt, Maize Starch, Yeast Extract, Sugar, Rice Flour, Raising Agents: Diphosphates, Sodium Carbonates; Black Pepper, Dextrose, Colour: Paprika Extract); Carrots
Chicken Korma, Peppers & Rice	Korma Sauce (Water, Tomatoes (33%), Tomato Puree (13%), Onion, Coconut Milk, Vegetable Bouillion (Salt, Vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleoties), potato start, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), Brown Sugar, Sunflower oil, Ginger Paste (SULPHITES), Coriander, Garlic (SULPHITES), Cardamon, Chilli Flakes); Rice (Rice, Water); Chicken cubed (Chicken, Water, Salt, Emulsifier (E451i)); Peppers
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	Potato Cubes (Potatoes 95.5%, sunflower oil, dextrose); Crispy Shredded Chicken (Chicken Breast Fillets (58%), Batter (26%) (WHEAT Flour, Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Yeast Extract, Salt, Sugar, Colour: Paprika Extract; Rice Flour, Dextrose, Capsicum Peppers Extract, Water), Tapioca Starch, Palm Oil, Modified Tapioca Starch, WHEAT Flour, Salt, Acidity Regulators: Sodium Citrates, Sodium Carbonates; Maize Starch); 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); Peppers; Crispy Onions (Onion, WHEAT flour, Rapeseed Oil, Paprika, Salt, Ground Black Pepper); Garden Peas
Margarita Pizza & Mixed Veg	Margarita Pizza (Pizza DOUGH (WHEAT flour, water, durum WHEAT semolina, salt, extra virgin olive oil, yeast); Sauce (tomato pulp 22,2%, mozzarella (MILK, lactic acid bacteria, salt, rennet) 22,2%, salt, oregano); Carrots; Garden Peas
Veggie Curry with chickpeas and Rice	Curry Sauce (Water, Onions, Tomato Puree, Cornflour, Curry Powder (MUSTARD), mango chutney, vegtable bouillion (Salt, Vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleoties), potato start, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), Brown Sugar, Sunflower Oil, Garlic Puree ((Rehydrated Garlic, Salt, Citric Acid (E330), Antioxidant: sodium metabiSULPHITE (E223)), Ginger Paste (SULPHITES); Rice (Rice, Water); Carrots; Chickpeas; Courgette; Butternut squash; Peppers
Baked Potato with Beans	Beans (Navy Beans (49%), Tomatoes (31%), Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika extract); Baked Potato, Irish Rooster Potato (99%), Sunflower oil

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Chicken, Rice, Carrots, Peas	Rice (Rice, Water); Chicken sliced (Chicken, Water, Salt, Emulsifier (E451i)); Carrots; Garden Peas
Roast Turkey, Squash, Carrot, Mash & Gravy	Turkey (Turkey Breast, Salt, Starch, Dextrose, MILK Protein, Gelling Agent (Carageenan), Preservative (Vinegar), Stabilisers (Triphosphate, Polyphosphate), Yeast Extract) ; Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Gluten Free Gravy (Maltodextrin, modified potato starch, palm fat, salt, LACTOSE, flavour enhancers (monosodium glutamate, disodium guanylate, disodium inosinate), caramel syrup, yeast extract, onion powder, tomato puree powder, thickener (guar gum), flavourings, glucose syrup, MILK protein, anti-caking agent, (silicon dioxide), sage, fructose, SOY sauce (SOYBEANS, WHEAT), colour (paprika extract)); Carrots;Butternut squash
Mixed Veggie Rice with Quorn pieces	Quorn (Mycoprotein (94%), rehydrated free range EGG white, flavouring, firming agents: calcium chloride, calcium acetate);Rice (Rice, Water); Peppers; Peas; Vegetable Boullion (Sunflower oil, salt, potato starch, maltodextrin,sugar, yeast extracts, vegetable powders (onion, carrot, garlic), herbs, spices, colour (caramel powder), antioxidant: E392, flavouring); Tumeric; Salt
Chicken with Peppers, Tomato sauce and Pasta	Arrabiata Sauce (Water, Tomatoes (33%), Tomato Puree (13%), Onion, Vegetable Boullion (Salt, Vegatable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleoties), potato start, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), Brown Sugar, Sunflower oil, Balsamic Vinegar (SULPHITES), Basil, Garlic Paste (SULPHITES), Oregano, Chilli Flakes);Pasta (Durum semolina (WHEAT), water);Chicken cubed (Chicken, Water, Salt, Emulsifier (E451i)); Peppers
Cajun spiced chicken with sweet potato and sweercorn	Cajun Sauce (Water; Cajun Sauce (Tomatoes, Sugar, Tomato Paste, Spirit Vinegar, Salt, Black Pepper, MUSTARD Flour, Spices, BARLEY Malt Vinegar, Modified Starch, SOYA Sauce (Water, Soybeans, Salt, Spirit Vinegar), Stabilisers: Guar Gum, Xanthan Gum; Herb Extract, Preservative: Potassium Sorbate; Colour: Paprika Extract; Smoke Flavour); Cream (MILK); Cornflour: Peppers);Sweet potato;Chicken cubed (Chicken, Water, Salt, Emulsifier (E451i));Sweetcorn
Mexican Chicken Burrito Tortilla with peppers	Chicken cubed (Chicken, Water, Salt, Emulsifier (E451i)); Salsa sauce (Tomato, onion, green pepper, water, sugar, spirit vinegar, modified starch, lemon juice (from concentrate), salt spices, herbs, acid: citric acid, colour: paprika extract); Rice (Rice, Water);Tortilla (WHEAT flour, water, stabiliser (glycerol), sunflower oil, raising agents (sodium bicarbonate, calcium phosphate), emulsifier (mono- and diglycerides of fatty acids), dextrose, salt); Peppers
Falafel Bowl with Peppers and Rice	Moroccan Sauce (water, tomatoes (33%), tomato puree (13%), onion, sweet mango chutney (sugar syrup, mango, salt, ginger, chilli powder, garlic, acetic acid); vegetable bouillon (salt, uncured vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides); potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley leaves, dill), flavourings, refined vegetable oil (rapeseed), colour (ammonia caramel); spices, flavourings, maltodextrin, acidity regulator: citric acid)); brown sugar, sunflower oil, garlic & ginger pastes (SULPHITES), cumin, coriander, fennel, turmeric, paprika, chilli powder, garlic paste; rehydrated garlic, salt, citric acid (e330), antioxidant: sodium metabiSULPHITE (e223), ginger paste; ginger 78.5%, water, acidifying: acetic acid (e260), corn oil, stabilizer; xanthum gum and presevative sodium metabiSULPHITE (e223));Rice (Rice, Water);Falafel (Chickpeas, Carrot (33%), Onion, Rapeseed Oil, Potato Flakes, Coriander (4%), Breadcrumb ((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);Peppers
Baked Potato with Baked Beans	Beans (Navy Beans (49%), Tomatoes (31%), Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika extract); Baked Potato, Irish Rooster Potato (99%), Sunflower oil
Chicken, Potato cubes, Carrots, Peas	Potato Cubes (Potatoes 95.5%, sunflower oil, dextrose); Chicken sliced (Chicken, Water, Salt, Emulsifier (E451i)); Carrots; Garden Peas

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Roast Chicken, Peas, Sweetcorn, Mash & Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Chicken sliced (Chicken, Water, Salt, Emulsifier (E451i)); Garden Peas; Sweetcorn; Gluten Free Gravy (Maltodextrin, modified potato starch, palm fat, salt, LACTOSE, flavour enhancers (monosodium glutamate, disodium guanylate, disodium inosinate), caramel syrup, yeast extract, onion powder, tomato puree powder, thickener (guar gum), flavourings, glucose syrup, MILK protein, anti-caking agent, (silicon dioxide), sage, fructose, SOY sauce (SOYBEANS, WHEAT), colour (paprika extract))
Beef Lasagne, Carrots & Peas	Lasagne (Bolognese Sauce (68.4%) [Chopped Tomatoes (43.4%), Beef mince (29.3%), Water, Diced Onions, Tomato Paste (10.8%), WHEAT flour, Garlic Puree, Salt, Sugar, Mixed herbs dried, Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid]], White Sauce (25.9%) [Water, WHEAT flour, Whole MILK Powder [Whole MILK], Kerrymaid Buttery [Reconstituted Skimmed MILK, Water, Palm Kernel Oil, Palm Oil, Buttermilk Powder (MILK), Butteroil (MILK), Modified Maize Starch, Flavourings (contain MILK), Emulsifiers (E435, E471, E322), Thickener (E415), Acidity Regulator (E331), Salt, Colour (E160a)], Salt, Chicken Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Flavouring, Chicken Fat, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Vegetables, Dried Parsley Extract, Turmeric, Black Pepper, Colour: Ammonia Caramel, Dried Chicken Extract, Acidity Regulator: Citric Acid, Antioxidant: Rosemary Extract], Corn flour], Lasagne Sheets (6.9%) (WHEAT), Cheese (3.7%) (MILK) [Mild Cheddar, Potato Startch]); Carrots; Garden Peas
Beef Bolognese, Carrots & Fusilli Pasta	Bolognese (Chopped Tomatoes (43.4%), Beef mince (29.3%), Diced Onions, Water, Tomato Paste (10.8%) [Tomato], WHEAT flour (GLUTEN), Garlic Puree, Salt, Sugar, Mixed herbs dried, Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid]); Pasta (Durum semolina (WHEAT), water); Italian Tomato 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); Carrots
Thai Red Chicken Curry with Rice and Broccoli	Thai Curry Sauce (Cocounut milk, cornflour, Red chilli, Coriander, Cumin, galangal, garlic, lemon grass, lime leaves, salt, ketchup, onion, rapeseed oil); Rice (Rice, Water); Chicken cubed (Chicken, Water, Salt, Emulsifier (E451i)); Broccoli
Beef Burrito Wrap with Peppers	Chilli Con Carne (Beef (33%), Chopped Tomatoes (18.4%), Water, Peppers, Diced Onions, Kidney beans, Tomato Paste (5.9%) [Tomato], Flour (WHEAT), Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid], Cumin seeds, Chilli powder); Rice (Rice, Water); Tortilla (WHEAT flour, water, stabiliser (glycerol), sunflower oil, raising agents (sodium bicarbonate, calcium phosphate), emulsifier (mono- and diglycerides of fatty acids), dextrose, salt); Peppers; Arrabiata Sauce (Water, Tomatoes (33%), Tomato Puree (13%), Onion, Vegetable Bouillon (Salt, Vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides), potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltodextrin, acidity regulator, citric acid), Brown Sugar, Sunflower oil, Balsamic Vinegar (SULPHITES), Basil, Garlic Paste (SULPHITES), Oregano, Chilli Flakes)
Lentil & Sweet Potato Bolognese with Pasta	Lentil Bolognese (Water; Tinned Tomatoes (Tomato, tomato juice, citric acid); Red Split Lentils; Carrot; Onion; Sweet Potato; Squash; Tomato Puree; Vegetable Bouillon (Sunflower oil, salt, potato starch, maltodextrin, sugar, yeast extracts, vegetable powders (onion, carrot, garlic), herbs, spices, colour (caramel powder), antioxidant: E392, flavouring); Mixed herbs: Thyme, marjoram, oregano, parsley, basil; Bay leaf; Pasta (Durum semolina (WHEAT), water)
Baked Potato with Baked Beans	Beans (Navy Beans (49%), Tomatoes (31%), Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika extract); Baked Potato, Irish Rooster Potato (99%), Sunflower oil

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Turkey Breast, Carrot & Sweetcorn, Mashed Potato & Gravy	Turkey (Turkey Breast, Salt, Starch, Dextrose, MILK Protein, Gelling Agent (Carageenan), Preservative (Vinegar), Stabilisers (Triphosphate, Polyphosphate), Yeast Extract) ; Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Gluten Free Gravy (Maltodextrin, modified potato starch, palm fat, salt, LACTOSE, flavour enhancers (monosodium glutamate, disodium guanylate, disodium inosinate), caramel syrup, yeast extract, onion powder, tomato puree powder, thickener (guar gum), flavourings, glucose syrup, MILK protein, anti-caking agent, (silicon dioxide), sage, fructose, SOY sauce (SOYBEANS, WHEAT), colour (paprika extract)); Carrots; Sweetcorn
Chicken Curry, Peppers & Rice	Curry Sauce (Water, Onions, Tomato Puree, Cornflour, Curry Powder (MUSTARD), mango chutney, vegetable bouillon (Salt, Vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides), potato start, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltodextrin, acidity regulator, citric acid), Brown Sugar, Sunflower Oil, Garlic Puree ((Rehydrated Garlic, Salt, Citric Acid (E330), Antioxidant: sodium metabisULPHITE (E223)), Ginger Paste (SULPHITES); Rice (Rice, Water); Chicken cubed (Chicken, Water, Salt, Emulsifier (E451i)); Peppers
Sweet & Sour Chicken, Broccoli & Rice	Sweet & Sour Sauce (Water; Tomato Ketchup (Water, Glucose-Fructose Syrup, Tomato Paste (17%), Sugar, Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Tomato Spice (Salt, Natural Clove, Flavourings, Natural Flavourings, Spice Extract)); Sugar; Malt Vinegar (BARLEY); Cornflour); Rice (Rice, Water); Chicken cubed (Chicken, Water, Salt, Emulsifier (E451i)); Broccoli
Mexican Chicken Burrito Bowl with Rice and Peppers	Rice (Rice, Water); Salsa sauce (Tomato, onion, green pepper, water, sugar, spirit vinegar, modified starch, lemon juice (from concentrate), salt spices, herbs, acid: citric acid, colour: paprika extract); Chicken cubed (Chicken, Water, Salt, Emulsifier (E451i)); Tortilla (WHEAT flour, water, stabiliser (glycerol), sunflower oil, raising agents (sodium bicarbonate, calcium phosphate), emulsifier (mono- and diglycerides of fatty acids), dextrose, salt); Peppers
Cheesy Tuna Melt with Sweetcorn	Tuna (Skipjack Tuna (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; 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))
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	Moroccan Sauce (water, tomatoes (33%), tomato puree (13%), onion, sweet mango chutney (sugar syrup, mango, salt, ginger, chilli powder, garlic, acetic acid); vegetable bouillon (salt, uncured vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides); potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley leaves, dill), flavourings, refined vegetable oil (rapeseed), colour (ammonia caramel); spices, flavourings, maltodextrin, acidity regulator: citric acid); brown sugar, sunflower oil, garlic & ginger pastes (SULPHITES), cumin, coriander, fennel, turmeric, paprika, chilli powder, garlic paste; rehydrated garlic, salt, citric acid (e330), antioxidant: sodium metabisULPHITE (e223), ginger paste; ginger 78.5%, water, acidifying: acetic acid (e260), corn oil, stabilizer; xanthum gum and preservative sodium metabisULPHITE (e223)); Butter beans, water, ascorbic acid; Cauliflower; Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices (bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]; Chopped spinach (100%)
Baked Potato with Beans	Beans (Navy Beans (49%), Tomatoes (31%), Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika extract); Baked Potato, Irish Rooster Potato (99%), Sunflower oil
Chicken, Rice, Carrots, Peas	Rice (Rice, Water); Chicken sliced (Chicken, Water, Salt, Emulsifier (E451i)); Carrots; Garden Peas

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GLANMORE FOODS **GLUTEN FREE** HOT MENU (2024 / 2025) - INGREDIENT LIST

Vegan Rice and Meatless Meatballs	Cooked White Basmati Rice (40%) (Water, Rice), Plant-based Meatballs (33%) (Water, Gluten Free Breadcrumb [Rice Flour, Chickpea Flour, Starch, Dextrose], Shea Fat, Pea Protein Isolate, Pea Protein, Mushrooms, Onions, Beetroot Purée, Sunflower Oil, Natural Flavours, Thickener: Methyl Cellulose; Potato Starch, Garlic Powder, Cider Vinegar, Lemon Juice, Colour: Burnt Sugar; Calcium Carbonate, Smoked Paprika, Nutmeg, Salt, Black Pepper, Iron, Vitamin B12), Bolognese Sauce (Crushed Tomatoes [Tomatoes, Tomato Juice, Citric Acid], Tomato Purée, Onion, Rapeseed Oil, Basil, Garlic Powder, Oregano, Salt, Black Pepper), Peas.
Vegan Cottage Pie	Mashed Potato (Potatoes, Water), Plant-based Mince (Pea Protein, Beetroot Purée, Natural Flavours, Garlic Powder, Colour: Burnt Sugar; Calcium Carbonate, Black Pepper, Smoked Paprika, Nutmeg, Iron, Vitamin B12), Bolognese Sauce (Crushed Tomatoes [Tomatoes, Tomato Juice, Citric Acid], Tomato Purée, Rapeseed Oil, Basil, Oregano, Salt, Black Pepper), Carrots, Peas, Onion, Rapeseed Oil, Vegetable Stock (Sunflower Oil, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Colour: Plain Caramel, Antioxidant: Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper).
Vegan Spice Box	French Fries (43%) (Potatoes, Sunflower Oil, Coating [Modified Starch, Rice Flour, Starch, Salt, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Thickener: Xanthan Gum, Turmeric, Dextrose]), Chicken Free Salt & Chilli Strips (29%) (Water, Rapeseed Oil, Chickpea Flour, SOYA Protein Isolate, Rice Cones, Potato Starch, Chilli Powder, Maize Flour, Black Pepper, Paprika, Thickener: Methyl Cellulose; Natural Flavours, Cayenne Pepper, Garlic Powder, Colour: Calcium Carbonate; Gluten Free Oat Fibre, Salt and Chilli Glaze [Sugar, Spices {Paprika, Star Anise, Fennel Seed, Clove, Cassia}, Onion Powder, Yeast Extract Powder, Herbs: Parsley, Oregano), Onions, Red Peppers, Green Peppers, Seasoning (Spice [Chilli, Coriander Seed, Aniseed,], Sugar, Dried Garlic, Dried Onion, Acid: Citric Acid).
Vegan Curry & Rice	Cooked White Basmati Rice (Water, Rice), Curry Sauce (Coconut Milk [Coconut Extract 53%, Water, Antioxidant: Citric Acid], Curry Paste [Garlic, Lemongrass, Salt, Shallot, Galangal, Dried Red Chilli, Coriander Seed, Kaffir Lime Peel, Curry Powder, Cinnamon, Turmeric, Cardamom, Nutmeg], Sugar, Maize Starch, Turmeric)), Chicken-free Chunks (SOYA Protein Isolate, Potato Starch, Sunflower Oil, Rapeseed Oil, Maize Starch, Thickener: Methyl Cellulose; Natural Flavours, Colour: Calcium Carbonate; Gluten Free Oat Fibre, Xanthan Gum, Carrageenan, Guar Gum, Iron, Vitamin B12), Green Peppers, Red Peppers
Chicken Tikka Wrap	Gluten free Tortilla (28%),(Water, Chickpea flour, Rice flour, Buckwheat flour, Millet flour, potato starch, Maize starch, rapeseed oil, Thickeners(Cellulose, Xanthan Gum, Gaur Gum), Yeast, Raising Agents (Sodium carbonate, Calcium phosphate), Acidity regulators (Malic acid, Citric Acid,Tartaric acid), Preservatives (Sorbic acid, Potassium sorbate) Salt, Flavourings) , Chicken (38%) (Chicken Breast Fillet, Salt), Cheddar CHEESE (MILK ,salt, Colour: Annatto),Tikka Sauce (24%) (contains: water, soya oil, yoghurt (MILK), sugar, orange juice concentrate, vinegar, vegetables (bell pepper,onion, garlic), MILK protein, salt, modified maize starch, spices, stabilizer: Xanthan Gum, herbs, paprika concentrate, preservatives (E202, E211)),Cooked long grain white rice, Sweetcorn, Diced onion.
Mexican Chicken Wrap	Gluten free Tortilla (29%),(Water, Chickpea flour, Rice flour, Buckwheat flour, Millet flour, potato starch, Maize starch, Rapeseed oil, Thickeners(Cellulose, Xanthan Gum, Gaur Gum), Yeast, Raising Agents (Sodium carbonate, Calcium phosphate), Acidity regulators (Malic acid, Citric Acid,Tartaric acid), Preservatives (Sorbic acid, Potassium sorbate) Salt, Flavourings) , Chicken (30%) (Chicken Breast Fillet, Salt), Cheddar CHEESE (MILK , salt, Colour : Annatto), Mexican Salsa sauce (20%) (contains: water, Glucose, Sugar, Tomato paste, Herbs and Spices (Onion, peppers, paprika,garlic, cumin, chilli, coriander, ginger, clove),vinegar, modified corn starch, salt molasses, tamarind paste, flavour Enhancer (E621), acidityregulators: (E330,E260), preservative(E202)) ,Cooked long grain white rice, Red and Green Peppers, Red Kidney Beans ,Sweetcorn, Sliced GreenBeans.