

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		Sesame	
Roast Chicken, Carrots, Peas, Mash & Gravy	206	866	5	3	23	3	15	1	4	X	!								!						X	⊗
Mamma's Italian Meatballs in Tomato Sauce, Carrots and Fusilli Pasta	322	1360	10	4	42	8	18	1	4	X	X ^W		X	X					!							⊗
Super Goopy Mac 'n' Cheese with Peas	293	1335	8	5	24	1	7	1	2	X	X ^W	!	!	!	X	!			X	!	!	!			X	✓
Classic Cottage Pie with Carrots and Peas	253	1059	10	5	26	4	13	1	4	X	X ^W														X	⊗
Tex-Mex Chicken Fajita with Peppers	179	755	3	1	21	5	16	2	2		X ^W															⊗
Moroccan Veggie Stew with chickpeas and potatoes	136	570	1	0	26	7	4	1	3	!	!	!	!	!	!	!			X	!	!	!			X	✓
Potato Cubes and Beans	259	1092	4	0	44	8	8	1	8		!														X	✓
Sausages and Potato Cubes	297	1243	14	4	34	1	8	1	4		X ^W								X							⊗
Chicken Tenders and Potato Cubes	302	1267	11	3	38	1	12	1	3	!	X ^W	!	!	!		!										⊗
Roast Chicken & Mash	194	813	6	3	19	0	14	1	2	X																⊗
Plain Pasta	239	1016	2	0	48	1	10	0	3		X ^W															✓
Beef Burger, Pepper Sauce, Peas & Potatoes	365	1525	17	8	29	4	23	2	6	X	X ^W	X				!			!						X	⊗
Crispy Chicken Tenders, Potato Cubes and Carrots	263	1101	10	3	32	3	11	1	3	!	X ^W	!	!	!		!			!							⊗
Mild Chicken Korma and Peppers with Fluffy Rice	263	1111	5	3	40	4	15	2	1	!	!	!	!	!	!	!			X	!	!	!				⊗
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	405	1694	15	4	53	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	!	!	!			X	✓
Potato Cubes and Beans	259	1092	4	0	44	8	8	1	8		!														X	✓
Baked Fish Fingers and Potato Cubes	254	1070	7	1	37	1	10	1	3		X ^W								X							⊗
Baked Chicken Tenders and Potato Cubes	302	1267	11	3	38	1	12	1	3	!	X ^W	!	!	!		!										⊗
Plain Pasta	239	1016	2	0	48	1	10	0	3		X ^W															✓
Roast Turkey, Squash, Carrot, Mash & Gravy	211	885	6	3	21	3	16	1	4	X	!			!					!							⊗
Mixed Veggie Rice with Quorn pieces	157	661	2	1	21	2	12	0	6		!		X												X	✓
Chicken with Sweet Peppers and Tomato Sauce with Fusilli Pasta	244	1040	2	1	39	8	18	1	4		X ^W															⊗
Cajun Spiced Chicken with Sweet Potato Wedges and Sweetcorn	219	921	3	1	26	13	19	1	4	X	!	X			X										X	⊗
Mexican Chicken Burrito Tortilla with Roasted Peppers	243	1028	4	1	36	5	16	2	2		X ^W															⊗
Lebanese Falafel Bowl with Peppers and Rice	254	1072	5	1	49	5	6	1	1	!	X ^W	!	!	!	!	!			X	!	!	!			X	✓
Potato Cubes and Beans	259	1092	4	0	44	8	8	1	8		!														X	✓
Margherita Pizza and Potato Cubes	342	1435	9	4	52	2	12	2	4	X	X ^W	!			!											✓
Baked Chicken Tenders and Potato Cubes	302	1267	11	3	38	1	12	1	3	!	X ^W	!	!	!		!										⊗
Plain Pasta	239	1016	2	0	48	1	10	0	3		X ^W															✓
Roast Chicken, Peas, Sweetcorn, Mash & Gravy	216	906	6	3	24	3	15	1	4	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	243	1029	5	2	34	7	17	1	3		X ^W			X					!							⊗
Mild Thai Red Chicken Curry with Fluffy Rice and Broccoli	275	1164	8	6	37	3	15	1	1		X ^W															⊗
Loaded Beef Burrito with Peppers	266	1128	5	2	47	6	9	1	3		X ^W														X	⊗
Lentil & Sweet Potato Bolognaise with Pasta	193	819	2	0	36	4	10	0	3		X ^W			!					!						X	✓
Potato Cubes and Beans	259	1092	4	0	44	8	8	1	8		!														X	✓
Sausages and Potato Cubes	297	1243	14	4	34	1	8	1	4		X ^W								X							⊗
Pepperoni Pizza & Potato Cubes	367	1539	11	5	52	2	13	2	4	X	X ^W	!			!											⊗
Plain Pasta	239	1016	2	0	48	1	10	0	3		X ^W															✓
Roast Turkey, Sweetcorn and Carrots, Mash and Gravy	211	886	6	3	22	3	16	1	4	X	!			!					!							⊗
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	277	1172	4	1	49	7	15	1	1	!	!	!	!	!	X	!			X	!	!	!				⊗
Sweet & Sour Chicken, Broccoli & Rice	383	1615	3	1	75	39	15	2	1		X ^{WB}			!	!	!			!							⊗
Mexican Chicken Burrito Bowl with Rice and Peppers	231	981	2	1	39	5	15	1	1		!															⊗
Cheesy Tuna Melt with Sweetcorn and Potato Cubes	358	1493	15	6	30	3	25	2	3	X	X ^W	X	X		X				X						X	⊗
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	201	846	4	0	33	6	6	1	5	!	!	!	!	!	!	!			X	!	!	!			X	✓
Potato Cubes and Beans	259	1092	4	0	44	8	8	1	8		!														X	✓
Baked Fish Fingers and Potato Cubes	254	1070	7	1	37	1	10	1	3		X ^W								X							⊗
Baked Chicken Tenders and Potato Cubes	302	1267	11	3	38	1	12	1	3	!	X ^W	!	!	!		!										⊗
Roast Turkey & Mash	200	836	7	4	18	0	15	1	3	X																⊗
Plain Pasta	239	1016	2	0	48	1	10	0	3		X ^W															✓

Allergen Information

X 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

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

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	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	✗

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