



**GLANMORE  
FOODS**

# The Lunchtime Scoop

Your Nutrition & Ingredients Guide





# Your Handbook to Our Nutritious Lunches

Included you will find the following information for each of our meals:

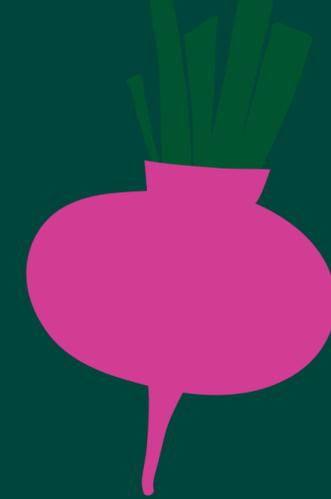
- Ingredients list
- Nutritional breakdown
- The traffic light labelling system
  - Nutri-nuggets
- Sourcing information



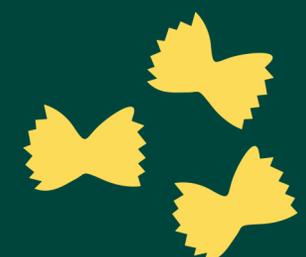
**Let's check  
it out!**



# Hot School Meals, an Introduction



The Hot School Meals are underpinned by the Healthy Ireland Nutrition Standards.

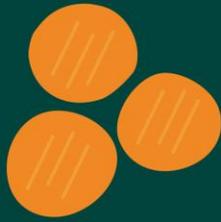


The objective of these standards is to include a balance of nutrients so that each meal contains a variety of vegetables, protein, and carbohydrates.

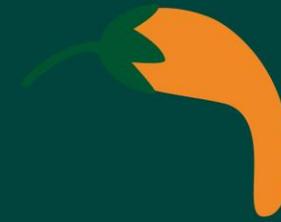


All of which are key in a child's diet, to allow them to thrive in the school environment.





# Traffic Light Labelling



The traffic light labelling system is an effective way to help us to determine which foods are more nutritious for us than others. The traffic light label is colour coded and shows that green is low in a particular nutrient, amber means medium and red is high in a nutrient per 100g of that food. This is based on the guidelines provided by the Irish Heart Foundation's Food Shopping Card.



**Red** means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts.



**Amber** means medium. If a food contains mostly amber, you can eat it most of the time.



**Green** means low. The more green lights a label displays, the healthier the food is.

	Sugars	Fat	Saturates	Salt
<b>HIGH</b> per 100g	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
<b>MEDIUM</b> per 100g	Between 5g and 22.5g	Between 3g and 17.5g	Between 1.5g and 5g	Between 0.3g and 1.5g
<b>LOW</b> per 100g	5g and below	3g and below	1.5g and below	0.3g and below



The amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.



**Irish Heart  
Foundation**

# Roast Chicken, Carrots, Peas, Mash & Gravy

Plenty of visible veg because vegetables in meals are a norm we support.

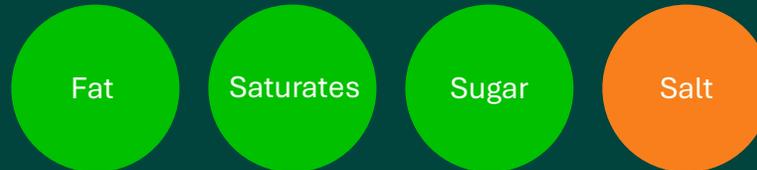


Low in fat, saturated fat, and sugar.



Eat the rainbow with our vitamin A packed peas and carrots!

Typical Values	Per 100g	Per Portion (250g)
Energy (kJ)	345	862
Energy (Kcal)	82	206
Fat (g)	2.2	5.5
Of which saturates (g)	1.2	2.9
Carbohydrates (g)	8.7	21.7
Of which sugars (g)	1.2	2.9
Protein (g)	6.2	15.5
Salt (g)	0.5	1.2
Fibre (g)	1.4	3.6



## Ingredients

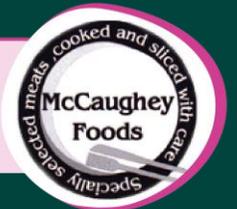
- **Mashed Potato** Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt
- **Gravy** Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb
- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **Garden Peas**
- **Carrots**

May Contain Gluten, Celery & Sulphites



Our potatoes are sourced from Finnegan's Farm in Co. Meath.

Our chicken is sourced from McCaughey Foods in Co. Monaghan.



# Mamma's Italian Meatballs in Tomato Sauce, Carrots & Fusilli Pasta

100%  
Irish beef!



Low in saturated fat  
and sugar.

Typical Values	Per 100g	Per Portion (256g)
Energy (kJ)	531	1360
Energy (Kcal)	126	322
Fat (g)	3.7	9.5
Of which saturates (g)	1.4	3.6
Carbohydrates (g)	16.4	42.1
Of which sugars (g)	3.2	8.1
Protein (g)	7.0	18.0
Salt (g)	0.4	1.1
Fibre (g)	1.5	3.9

Fat

Saturates

Sugar

Salt

## Ingredients

- **Arrabiata Sauce** *Tomato, Onion, Red Peppers, Tomato Paste, Modified Maize Starch, Sugar, Red Chilli Paste, Garlic Purée, Concentrated Lemon Juice, Salt, Thyme, Black Pepper*
- **Fusilli Pasta** *Durum WHEAT, Water*
- **Meatballs** *Beef (90%), Breadcrumbs (WHEAT), EGGS, Beef Stock (Beef Bones, Yeast Extract, Water, Salt), Cajun Spice (Salt, Paprika, Chilli, Onion, Cumin, Garlic, Black Pepper, Thyme, Oregano, White Pepper, Citric Acid)*
- **Carrots**

*May Contain Celery & Sulphites*

This meal is high in protein. Did you know that protein contributes to a growth in muscle mass?



# Super Gooney Mac 'n' Cheese with Peas



Low in sugar, suitable for vegetarians.

Typical Values	Per 100g	Per Portion (225g)
Energy (kJ)	460	1105
Energy (Kcal)	112	270
Fat (g)	6.2	14.8
Of which saturates (g)	1.3	3.2
Carbohydrates (g)	10.8	26.0
Of which sugars (g)	1.8	4.4
Protein (g)	3.0	7.2
Salt (g)	0.4	1.0
Fibre (g)	0.9	2.1

Fat

Saturates

Sugar

Salt

## Ingredients

- **Macaroni Pasta** *Durum WHEAT, Water*
- **White Sauce** *Water, Rapeseed Oil, Free Range EGG, Corn Starch, Sugar, Extra Virgin Olive Oil, Yeast Extract, Salt, Acidity Regulator: Lactic Acid; Stabilizer: Xanthan Gum; Spices, Flavourings*
- **Garden Peas**
- **Cheddar Cheese** *MILK, Salt, Starter Culture, Rennet, Colour (Annatto / Beta Carotene), Anti-Caking Agent (Microcal)*

*May Contain Soya & Mustard*

Milk & cheese are rich sources of calcium, which is needed for the normal growth & development of bone in children.



# Classic Cottage Pie with Carrots & Peas

100%  
Irish beef!



High in protein, low in  
sugar.

Lots of delicious  
visible veg.

Typical Values	Per 100g	Per Portion (250g)
Energy (kJ)	409	1022
Energy (Kcal)	97	244
Fat (g)	3.4	8.6
Of which saturates (g)	1.8	4.5
Carbohydrates (g)	10.5	26.3
Of which sugars (g)	1.4	3.5
Protein (g)	5.1	12.8
Salt (g)	0.4	1.1
Fibre (g)	1.6	4.0

Fat

Saturates

Sugar

Salt

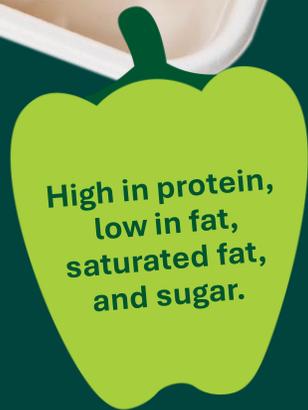
## Ingredients

- **Mashed Potato** Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt
- **Cottage Pie Mix** Water, Beef Mince (26%), Carrots, Peas, Onions, **WHEAT** Flour, Tomato Puree, Salt, Gravy Browning [Colour (Ammonia Caramel), Salt], Beef Stock (Beef Bones, Water, Salt), Yeast Extract, Water, Salt
- **Gravy** Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb

Potatoes are a tasty and nutrient dense source of carbohydrates, a nutrient that supports brain function.



# Tex-Mex Chicken Fajita with Peppers



High in protein,  
low in fat,  
saturated fat,  
and sugar.



Typical Values	Per 100g	Per Portion (160g)
Energy (kJ)	443	750
Energy (Kcal)	105	178
Fat (g)	1.8	3.1
Of which saturates (g)	0.3	0.6
Carbohydrates (g)	11.5	19.5
Of which sugars (g)	3.2	5.3
Protein (g)	10.1	17.1
Salt (g)	0.8	1.3
Fibre (g)	1.0	1.8



## Ingredients

- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **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, Chillies, Sugar, Onion Powder, Garlic Powder, Black Pepper, Cinnamon, Nutmeg, Citric Acid

Did you know that half a pepper contains your daily vitamin C needs?



# Moroccan Veggie Stew with Chickpeas & Potatoes

Lots of  
yummy  
chunky veg!



Low in fat, saturated fat,  
sugar and salt.

Suitable  
for vegans.

Typical Values	Per 100g	Per Portion (270g)
Energy (kJ)	223	602
Energy (Kcal)	53	144
Fat (g)	1.0	2.7
Of which saturates (g)	0.1	0.3
Carbohydrates (g)	9.4	25.3
Of which sugars (g)	2.3	6.1
Protein (g)	1.7	4.5
Salt (g)	0.3	0.8
Fibre (g)	1.8	5.0

Fat

Saturates

Sugar

Salt

## Ingredients

- **Moroccan Sauce** *Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Water, Tomato Puree, White Onions, Vegetable Bouillion (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders (Onion, Carrot, Garlic), Herbs, Spices, Colour (Caramel Powder), Antioxidant: Rosemary extract, Flavouring), Sunflower oil, Garlic, Lemon Juice (Lemon Juice, Potassium metabiSULPHITE), Coriander, Cumin, Chilli, Smoked Paprika, Turmeric, Star Anise, Cinnamon, Bay leaves*
- **Potatoes**
- **Carrots**
- **Chickpeas**
- **Courgette**
- **Butternut Squash**
- **Peppers**

May Contain Gluten & Celery

Did you know that half a pepper  
contains your daily vitamin C needs?



# Beef Burger, Pepper Sauce, Peas & Potatoes

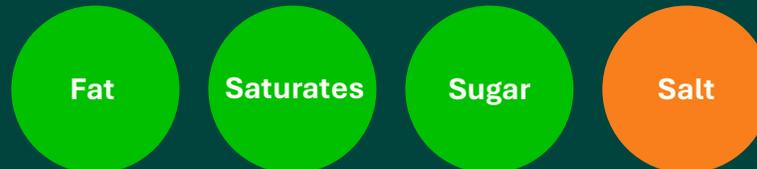
We Use 100%  
Irish Beef!



Low in sugar, fat &  
high in protein.



Typical Values	Per 100g	Per Portion (260g)
Energy (kJ)	412	1071
Energy (Kcal)	98	256
Fat (g)	2.9	7.6
Of which saturates (g)	1.5	3.9
Carbohydrates (g)	12.4	32.4
Of which sugars (g)	1.4	3.7
Protein (g)	5.3	13.9
Salt (g)	0.5	1.3
Fibre (g)	1.6	4.2



## Ingredients

- **Potatoes**
- **Beef Burger** Beef (80%), Water, Rusk (**WHEAT** Flour, Salt, Raising Agent: Ammonium Carbonate), Onion, Textured **SOYA** Protein, Seasoning [Salt, Rusk (**WHEAT** Flour, Salt), Spices, Yeast Extract, Natural Flavouring]
- **Peppercorn Sauce** Water; Gravy (Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb); Cream (**MILK**); Cracked Pepper
- **Garden Peas**

May Contain Oats & Sulphites

# Baked Chicken Breast Goujons, Pasta & Carrots

Made from  
100%  
Chicken  
Breast.



Typical Values	Per 100g	Per Portion (180g)
Energy (kJ)	424	1027
Energy (Kcal)	135	242
Fat (g)	1.8	3.3
Of which saturates (g)	0.2	0.4
Carbohydrates (g)	21.8	39.2
Of which sugars (g)	1.7	3.0
Protein (g)	8.4	15.2
Salt (g)	0.2	0.4
Fibre (g)	1.8	3.2

## Ingredients

- **Fusilli Pasta** *Durum WHEAT, Water*
- **Chicken Goujon** *Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (Ammonium Bicarbonate), Colour (Paprika Extract)*
- **Carrots**

*May Contain Celery & Sulphites*

Fat

Saturates

Sugar

Salt



# Mild Chicken Korma & Peppers with Fluffy Rice

Lots of chunky veg!



Typical Values	Per 100g	Per Portion (280g)
Energy (kJ)	502	1406
Energy (Kcal)	119	333
Fat (g)	3.4	9.6
Of which saturates (g)	2.1	5.9
Carbohydrates (g)	15.5	43.3
Of which sugars (g)	1.9	5.4
Protein (g)	6.2	17.4
Salt (g)	0.4	1.1
Fibre (g)	0.9	2.6



## Ingredients

- Korma Sauce** Water, Onion, Cream (**MILK**), Tomato, Coconut, Corn Starch, Desiccated Coconut, Skimmed **MILK** Powder, Tomato Paste, Spices, Garlic Purée, Ginger Purée, Sugar, Curry Powder (Spices, **MUSTARD** Powder, Black Pepper, Salt, Garlic Powder), Rapeseed Oil, Salt, Coriander, Ginger, Black Pepper)
- Rice**
- Chicken** Chicken (88%), Water, Salt, Corn Starch
- Peppers**

May Contain Gluten

Our chicken is sourced from McCaughey Foods in Monaghan.



# Baked Shredded Chicken Breast, Spiced Potato Bites with Peppers & Peas

Made from  
100%  
Chicken  
Breast.



Always baked, never fried!

Typical Values	Per 100g	Per Portion (225g)
Energy (kJ)	566	1274
Energy (Kcal)	135	305
Fat (g)	3.0	6.8
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	21.8	49.1
Of which sugars (g)	5.8	13.0
Protein (g)	5.6	12.5
Salt (g)	0.4	1.0
Fibre (g)	1.6	3.6

## Ingredients

- **Potatoes**
- **Chicken Goujon** *Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (Ammonium Bicarbonate), Colour (Paprika Extract)*
- **Sweet Chilli Sauce** *Water, Sugar, Spirit Vinegar, Garlic, Chilli Purée, Modified Starch, Red Bell Pepper, Malt vinegar, Stabiliser, Guar Gum, Spices, Acid, Citric Acid*
- **Peppers**
- **Crispy Onions** *Onion, WHEAT Flour, Rapeseed Oil, Paprika, Salt, Black Pepper*
- **Garden Peas**

Fat

Saturates

Sugar

Salt



# Cheesy Margherita Wholemeal Pizza with Carrots & Peas

Suitable for vegetarians!



Made using wholemeal flour for extra fibre!

Typical Values	Per 100g	Per Portion (130g)
Energy (kJ)	701	911
Energy (Kcal)	167	217
Fat (g)	3.4	4.4
Of which saturates (g)	1.7	2.2
Carbohydrates (g)	20.7	27.0
Of which sugars (g)	2.9	3.8
Protein (g)	8.2	10.7
Salt (g)	0.6	0.8
Fibre (g)	3.3	4.3

Fat

Saturates

Sugar

Salt

## Ingredients

- **Wholewheat Pizza** Wholemeal **WHEAT** Flour, Mozzarella cheese 24.5% (**MILK**, salt, rennet), tomato purée 24%, **WHEAT** flour, water, extra virgin olive oil, salt, yeast, oregano
- **Carrots**
- **Garden Peas**

*May Contain Soya, Celery, Mustard & Sulphites*

Supplied by Sorrento Pizza, an Irish-based company delivering authentic Italian pizza bases.

# Veggie Curry with Chickpeas & Rice

Lots of  
yummy  
chunky veg!

Suitable for  
vegans &  
vegetarians!



Typical Values	Per 100g	Per Portion (295g)
Energy (kJ)	378	1116
Energy (Kcal)	89	264
Fat (g)	1.2	3.6
Of which saturates (g)	0.1	0.4
Carbohydrates (g)	17.2	50.7
Of which sugars (g)	2.2	6.6
Protein (g)	2.1	6.1
Salt (g)	0.3	0.7
Fibre (g)	1.5	4.6

## Ingredients

- **Curry Sauce** Water, Curry Sauce Mix (Sugar, Rice Flour, Tomato Powder, Spices, Rapeseed Oil, Dried Onion, Dried Garlic, Natural Flavouring, Potato Starch, Yeast Extract, Colour (Turmeric Extract), Salt), Onions, Corn Starch, Rapeseed Oil
- **Rice**
- **Carrots**
- **Chickpeas**
- **Courgette**
- **Butternut Squash**
- **Peppers**

*May Contain Gluten*

Enjoy 4 different  
types of vegetables  
in this dish!

Fat

Saturates

Sugar

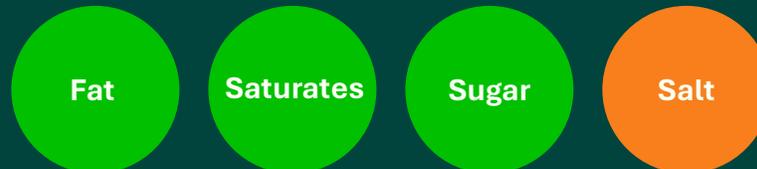
Salt

# Roast Turkey, Butternut Squash, Carrot, Mash & Gravy



High in protein, low in fat, saturated fat, and sugar.

Typical Values	Per 100g	Per Portion (255g)
Energy (kJ)	335	854
Energy (Kcal)	80	203
Fat (g)	1.9	4.9
Of which saturates (g)	1.1	2.8
Carbohydrates (g)	8.3	21.2
Of which sugars (g)	1.3	3.4
Protein (g)	6.8	17.4
Salt (g)	0.5	1.3
Fibre (g)	1.5	3.9



## Ingredients

- **Mashed Potato** Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt
- **Gravy** Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb
- **Turkey** Turkey Breast (86%), Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar
- **Carrots**
- **Butternut Squash**

May Contain Gluten, Celery & Sulphites



Our potatoes are homegrown coming from Finnegan's Farm in Co. Meath!

Our delicious poultry is sourced from McCaughey Foods in Monaghan.



# Mixed Veggie Rice with Quorn Pieces

Suitable for vegetarians!



Low in fat, saturated fat, sugar and salt.



Typical Values	Per 100g	Per Portion (201g)
Energy (kJ)	342	687
Energy (Kcal)	81	163
Fat (g)	0.9	1.8
Of which saturates (g)	0.4	0.7
Carbohydrates (g)	11.2	22.4
Of which sugars (g)	1.0	2.0
Protein (g)	6.0	12.0
Salt (g)	0.2	0.4
Fibre (g)	3.0	6.1

Fat

Saturates

Sugar

Salt

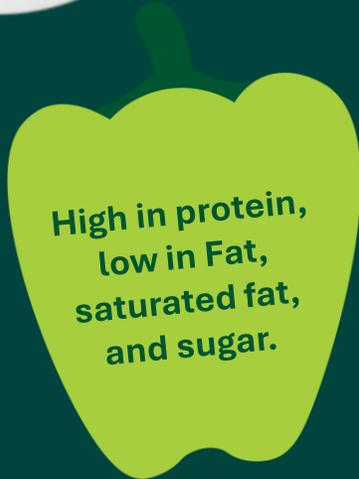
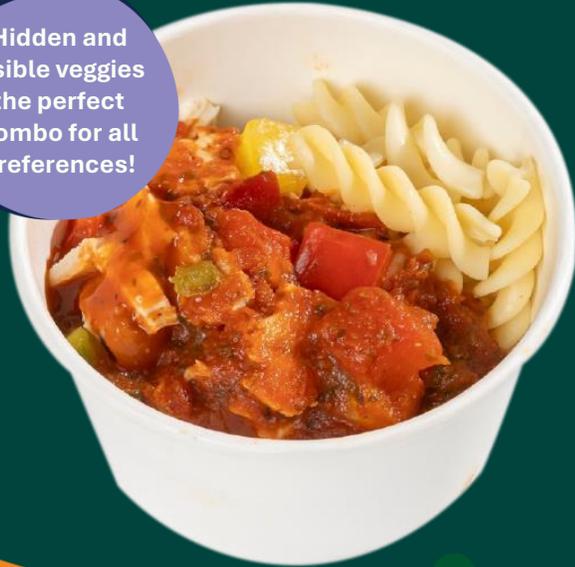
## Ingredients

- **Quorn** Mycoprotein (94%), Rehydrated Free Range **EGG** White, Flavouring, Firming Agents (Calcium Chloride, Calcium Acetate)
- **Rice**
- **Peppers**
- **Peas**
- **Vegetable Bouillon** Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders (Onion, Carrot, Garlic), Herbs, Spices, Colour (Caramel Powder), Antioxidant: Extracts of Rosemary, Flavouring
- **Turmeric**
- **Salt**

May Contain Gluten

# Chicken with Sweet Peppers & Tomato Sauce with Fusilli Pasta

Hidden and visible veggies the perfect combo for all preferences!



High in protein,  
low in Fat,  
saturated fat,  
and sugar.

Typical Values	Per 100g	Per Portion (260g)
Energy (kJ)	399	1037
Energy (Kcal)	94	244
Fat (g)	0.9	2.4
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	14.5	37.6
Of which sugars (g)	3.2	8.2
Protein (g)	7.2	18.8
Salt (g)	0.5	1.2
Fibre (g)	1.4	3.7



## Ingredients

- **Arrabiata Sauce** *Tomato, Onion, Red Peppers, Tomato Paste, Modified Maize Starch, Sugar, Red Chilli Paste, Garlic Purée, Concentrated Lemon Juice, Salt, Thyme, Black Pepper*
- **Fusilli Pasta** *Durum WHEAT, Water*
- **Chicken** *Chicken (88%), Water, Salt, Corn Starch*
- **Peppers**

Only the finest chicken, sourced from our local suppliers McCaughey Foods!



# Cajun Spiced Chicken with Sweet Potato Wedges & Sweetcorn



Typical Values	Per 100g	Per Portion (265g)
Energy (kJ)	334	917
Energy (Kcal)	79	218
Fat (g)	1.0	2.8
Of which saturates (g)	0.4	1.0
Carbohydrates (g)	8.9	24.5
Of which sugars (g)	4.6	12.6
Protein (g)	7.1	19.4
Salt (g)	0.3	0.9
Fibre (g)	1.5	4.1

## Ingredients

- **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** Chicken (88%), Water, Salt, Corn Starch
- **Sweetcorn**

Low in fat,  
saturated fat,  
sugar and salt.

Fat

Saturates

Sugar

Salt

Our chicken is sourced from  
McCaughey Foods in Monaghan.



# Mexican Chicken Burrito Tortilla with Roasted Peppers



High in protein, low in fat, saturated fat, and sugar.



Typical Values	Per 100g	Per Portion (205g)
Energy (kJ)	513	1047
Energy (Kcal)	121	248
Fat (g)	1.5	3.1
Of which saturates (g)	0.3	0.6
Carbohydrates (g)	17.8	36.3
Of which sugars (g)	2.6	5.4
Protein (g)	8.5	17.3
Salt (g)	0.7	1.4
Fibre (g)	1.0	2.1



## Ingredients

- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **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**
- **Tortilla** WHEAT Flour, Water, Stabiliser (Glycerol), Sunflower Oil, Raising Agents (Sodium Bicarbonate, Calcium Phosphate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Dextrose, Salt
- **Peppers**

# Lebanese Falafel Bowl with Peppers & Rice

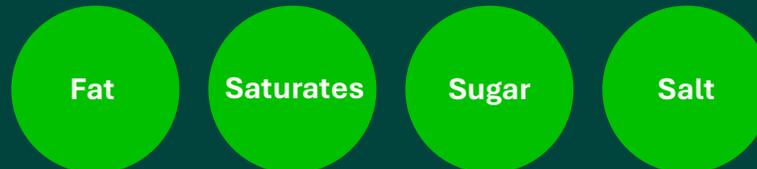
Suitable for vegans & vegetarians!



Low in fat, saturated fat, sugar & salt.



Typical Values	Per 100g	Per Portion (271g)
Energy (kJ)	424	1150
Energy (Kcal)	101	273
Fat (g)	2.1	5.7
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	18.5	50.1
Of which sugars (g)	1.6	4.4
Protein (g)	2.5	6.8
Salt (g)	0.3	0.7
Fibre (g)	0.9	2.6



## Ingredients

- Moroccan Sauce** Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Water, Tomato Puree, White Onions, Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetables Powders (Onion, Carrot, Garlic), Herbs, Spices, Colour (Caramel Powder), Antioxidant: Rosemary extract, Flavouring), Sunflower oil, Garlic, Lemon juice (Lemon juice, Potassium metabiSULPHITE), Coriander, Cumin, Chilli, Smoked Paprika, Turmeric, Star Anise, Cinnamon, Bay leaves
- Rice**
- Falafel** Chickpeas, Carrot, Onion, Rapeseed Oil, Potato Flakes, Coriander, Breadcrumbs ((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**

Our falafel includes chickpeas, carrots and onions. A delicious way to get variety in your diet!



# Chicken Hot Pot with Vegetables & Potatoes



Enjoy some chunky veg!

Low in fat, saturated fat, and sugar.

Typical Values	Per 100g	Per Portion (290g)
Energy (kJ)	299	867
Energy (Kcal)	71	207
Fat (g)	1.5	4.3
Of which saturates (g)	0.2	0.6
Carbohydrates (g)	9.4	27.2
Of which sugars (g)	2.0	5.7
Protein (g)	5.1	14.9
Salt (g)	0.5	1.5
Fibre (g)	1.2	3.4

Fat

Saturates

Sugar

Salt

## Ingredients

- Chicken Casserole Sauce** Water, Carrot, Onion, Garden Peas, Gravy (Potato Starch, Maltodextrin, Salt, Sugar, Carmelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb), Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders, (Onion, Carrot, Garlic), Herbs, Spices, Colour (Caramel Powder), Antioxidant, Rosemary Extract, Flavouring), Sunflower Oil, **MUSTARD** (Water, **MUSTARD** seeds, Spirit Vinegar, Salt, Acidity Regulator, Citric Acid), Garlic, Thyme, Marjoram, Oregano, Parsley, Basil, Bay leaves, Cornflour
- Potatoes**
- Chicken** Chicken (88%), Water, Salt, Corn Starch

May Contain Gluten, Celery & Sulphites

**Finnegan's**  
- POWERED BY POTATOES -

Our potatoes are homegrown coming from Finnegan's Farm in Co. Meath!

We love providing different ways to enjoy high quality ingredients like our potatoes.



# Roast Chicken, Peas, Sweetcorn, Mash & Gravy



Low in fat, saturated fat, and sugar.

Typical Values	Per 100g	Per Portion (250g)
Energy (kJ)	361	903
Energy (Kcal)	86	215
Fat (g)	2.3	5.8
Of which saturates (g)	1.2	3.0
Carbohydrates (g)	9.1	22.6
Of which sugars (g)	1.1	2.8
Protein (g)	6.4	16.0
Salt (g)	0.5	1.2
Fibre (g)	1.5	3.8



## Ingredients

- **Mashed Potato** Rooster Potato, Butter (MILK), Cream (MILK), Salt
- **Gravy** Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb
- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **Garden Peas**
- **Sweetcorn**

May Contain Gluten

Our chicken is sourced from McCaughey Foods in Monaghan.

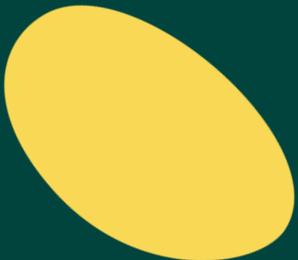


# Beef Lasagne, Carrots & Peas

100%  
Irish beef!



Packed full of veggies  
& low in sugar!



Typical Values	Per 100g	Per Portion (240g)
Energy (kJ)	470	1129
Energy (Kcal)	112	269
Fat (g)	3.4	8.1
Of which saturates (g)	1.7	4.0
Carbohydrates (g)	11.6	27.9
Of which sugars (g)	3.8	9.1
Protein (g)	8.2	19.8
Salt (g)	0.7	1.7
Fibre (g)	1.6	3.7

Fat

Saturates

Sugar

Salt

## Ingredients

- Lasagne** *Bolognese Sauce [Chopped Tomatoes, Beef Mince (29%), Water, Diced Onions, Tomato Paste, WHEAT Flour, Garlic, Salt, Sugar, Mixed Herbs, Beef Stock (Beef Bones, Yeast Extract, Water, Salt), White Sauce [Water, WHEAT Flour, Whole MILK Powder, Butter (MILK), Salt, Corn Flour, Beef Stock (Beef Bones, Yeast Extract, Water, Salt), Lasagne Sheets [Durum WHEAT Semolina], Grated Cheese (MILK), Potato Starch*
- Carrots**
- Garden Peas**

*May Contain Celery & Sulphites*

# Italian Beef Bolognese, Carrots & Fusilli Pasta

100%  
Irish beef!



Low in fat, saturated fat,  
sugar & salt

Typical Values	Per 100g	Per Portion (220g)
Energy (kJ)	468	1030
Energy (Kcal)	111	244
Fat (g)	2.3	5.2
Of which saturates (g)	0.8	1.8
Carbohydrates (g)	15.5	34.2
Of which sugars (g)	3.2	7.0
Protein (g)	7.6	16.7
Salt (g)	0.3	0.7
Fibre (g)	1.3	2.8

Fat

Saturates

Sugar

Salt

## Ingredients

- **Bolognese Mix** Chopped Tomatoes, Beef Mince (29.3%), Water, Diced Onions, Tomato Paste, **WHEAT** Flour, Garlic, Salt, Sugar, Mixed Herbs, Beef Stock (Beef Bones, Yeast Extract, Water, Salt)
- **Fusilli Pasta** Durum **WHEAT**, Water
- **Italian Tomato Sauce** Water, Tomatoes (29%), Tomato Puree, Onions, Lemon Juice (from Concentrate), Modified Starch, Sugar, Rapeseed Oil, Garlic, Salt, Herbs, Spices (**CELERY**), Basil, Tomato Powder
- **Carrots**

May Contain Sulphites

Beef is rich in iron – which contributes to normal cognitive development of children.



# Mild Thai Red Chicken Curry with Fluffy Rice & Broccoli



Typical Values	Per 100g	Per Portion (295g)
Energy (kJ)	409	1207
Energy (Kcal)	97	285
Fat (g)	2.4	7.0
Of which saturates (g)	1.8	5.3
Carbohydrates (g)	12.8	37.9
Of which sugars (g)	0.9	2.6
Protein (g)	5.4	16.0
Salt (g)	0.1	0.4
Fibre (g)	0.6	1.7



## Ingredients

- **Thai Curry Sauce** Coconut milk, Cornflour, Red Chilli, Coriander, Cumin, Galangal, Garlic, Lemongrass, Lime Leaves, Salt, Ketchup (Tomatoes, Sugar, Spirit Vinegar, Modified Starch, Salt, **BARLEY** Malt Vinegar, Spices), Onion, Rapeseed Oil)
- **Rice**
- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **Broccoli**

Our chicken is sourced from McCaughey Foods in Monaghan.



# Chicken Paella with Mixed Vegetables



Low in fat,  
saturated fat,  
and sugar.

Typical Values	Per 100g	Per Portion (250g)
Energy (kJ)	305	761
Energy (Kcal)	72	180
Fat (g)	0.9	2.4
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	9.9	24.7
Of which sugars (g)	1.6	4.1
Protein (g)	5.8	14.5
Salt (g)	0.6	1.5
Fibre (g)	0.9	2.3

Fat

Saturates

Sugar

Salt

## Ingredients

- **Rice**
- **Peppers**
- **Peas**
- **Onion**
- **Paella Sauce** Tomatoes, Tomato Paste, Onions, Modified Starch, Sugar, Rapeseed Oil, Garlic Purée, Salt, Lemon Juice (from Concentrate), Spices, Basil, Tomato Powder, Flavourings (**CELERY**), Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders (Onion, Carrot, Garlic), Herbs, Spices, Colour (Caramel Powder), Antioxidant: Rosemary Extract, Flavouring) Smoked Paprika, Peeled Garlic, Turmeric, Tomato & Basil Seasoning (Salt, Garlic, Tomato, Onion, Black Pepper, Parsley, Basil, Basil Flavouring, Chilli Pepper, Yeast Extract, Citric Acid)), Mixed Herbs (Thyme, Marjoram, Oregano, Parsley, Sage, Basil)
- **Chicken** Chicken (88%), Water, Salt, Corn Starch

May Contain Gluten & Sulphites



# Loaded Beef Burrito with Peppers

100%  
Irish beef!



Low in fat,  
saturated fat,  
sugar & salt.



Typical Values	Per 100g	Per Portion (239g)
Energy (kJ)	491	1174
Energy (Kcal)	116	277
Fat (g)	1.9	4.4
Of which saturates (g)	0.6	1.3
Carbohydrates (g)	20.7	49.4
Of which sugars (g)	2.3	5.6
Protein (g)	4.0	9.7
Salt (g)	0.2	0.5
Fibre (g)	1.2	3.0

Fat

Saturates

Sugar

Salt

## Ingredients

- **Chilli Con Carne** Beef (33%), Chopped Tomatoes, Water, Diced Onions, Peppers, Kidney Beans, Tomato Paste, Flour (**WHEAT, GLUTEN**), Cumin Seeds, Beef Stock (Beef Bones, Yeast Extract, Water, Salt), Chilli powder
- **Rice**
- **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** Tomato, Onion, Red Peppers, Tomato Paste, Modified Maize Starch, Sugar, Red Chilli Paste, Garlic Purée, Concentrated Lemon Juice, Salt, Thyme, Black Pepper

# Lentil & Sweet Potato Bolognese with Fusilli Pasta

Suitable for vegetarians & vegans!



Low in fat, saturated fat, sugar & salt.

A source of hidden and visible veggies!

Typical Values	Per 100g	Per Portion (180g)
Energy (kJ)	455	819
Energy (Kcal)	107	193
Fat (g)	0.9	1.7
Of which saturates (g)	0.2	0.3
Carbohydrates (g)	19.9	35.9
Of which sugars (g)	2.3	4.1
Protein (g)	5.4	9.7
Salt (g)	0.1	0.2
Fibre (g)	1.7	3.1

Fat

Saturates

Sugar

Salt

## Ingredients

- Lentil Bolognese** Water, Tinned Tomatoes (with Citric Acid), Red Split Lentils, Carrot, Onion, Sweet Potato, Squash, Tomato Purée, Vegetable Boullion (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders (Onion, Carrot, Garlic), Herbs, Spices, Colour (Caramel Powder), Antioxidant: Extracts of Rosemary, Flavouring), Thyme, Marjoram, Oregano, Parsley, Basil, Bay Leaf
- Fusilli Pasta** Durum **WHEAT**, Water

May Contain Celery & Sulphites

Lentils are one of the Future 50 Foods to support our environment. Lentils provide a source of protein and fibre!

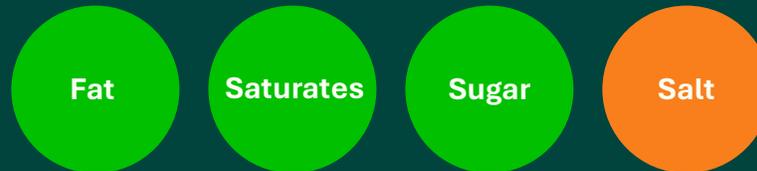


# Roast Turkey, Sweetcorn, Carrots, Mash & Gravy



Low in fat, saturated fat & sugar.

Typical Values	Per 100g	Per Portion (255g)
Energy (kJ)	335	855
Energy (Kcal)	80	203
Fat (g)	1.9	4.9
Of which saturates (g)	1.1	2.8
Carbohydrates (g)	8.4	21.3
Of which sugars (g)	1.3	3.2
Protein (g)	6.8	17.4
Salt (g)	0.5	1.3
Fibre (g)	1.4	3.6



## Ingredients

- **Turkey** Turkey Breast (86%), Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar
- **Mashed Potato** Rooster Potato, Butter (MILK), Cream (MILK), Salt
- **Gravy** Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb
- **Carrots**
- **Sweetcorn**

May Contain Gluten, Celery & Sulphites



Our potatoes are homegrown coming from Finnegan's Farm in Co. Meath!

Our delicious poultry is sourced from McCaughey Foods in Monaghan.



# Mega Yummy Chicken Curry, Peppers & Fluffy Rice



High in protein,  
low in fat,  
saturated fat,  
and sugar.

Typical Values	Per 100g	Per Portion (280g)
Energy (kJ)	441	1235
Energy (Kcal)	104	292
Fat (g)	1.5	4.1
Of which saturates (g)	0.2	0.6
Carbohydrates (g)	16.9	47.4
Of which sugars (g)	2.1	5.8
Protein (g)	5.9	16.4
Salt (g)	0.4	1.1
Fibre (g)	0.9	2.6

## Ingredients

- **Curry Sauce** Water, Curry Sauce Mix (13%) (Sugar, Rice Flour, Tomato Powder, Spices, Rapeseed Oil, Dried Onion, Dried Garlic, Natural Flavouring, Potato Starch, Yeast Extract, Colour (Turmeric Extract), Salt), Onions, Corn Starch, Rapeseed Oil)
- **Rice**
- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **Peppers**

May Contain Gluten



Did you know peppers are full of  
vitamin A & C?



# Sweet & Sour Chicken with Broccoli & Rice



Typical Values	Per 100g	Per Portion (280g)
Energy (kJ)	592	1658
Energy (Kcal)	141	394
Fat (g)	0.6	1.6
Of which saturates (g)	0.1	0.4
Carbohydrates (g)	27.2	76.0
Of which sugars (g)	14.1	39.5
Protein (g)	5.6	15.6
Salt (g)	0.5	1.3
Fibre (g)	0.6	1.8

## Ingredients

- **Sweet and Sour Sauce** Water, Ketchup (Tomatoes, Sugar, Spirit Vinegar, Modified Starch, **BARLEY** Malt Vinegar, Spices), Sugar, Malt Vinegar (**BARLEY, WHEAT**), Cornflour
- **Rice**
- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **Broccoli**

May Contain Sulphites

Our chicken is sourced from  
McCaughey Foods in Monaghan.



Fat

Saturates

Sugar

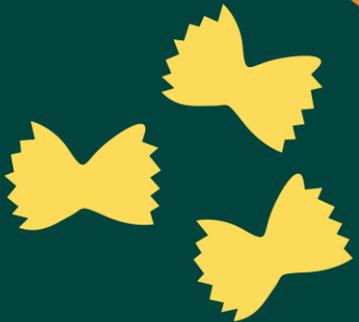
Salt

# Pesto Pasta with Chicken & Peas

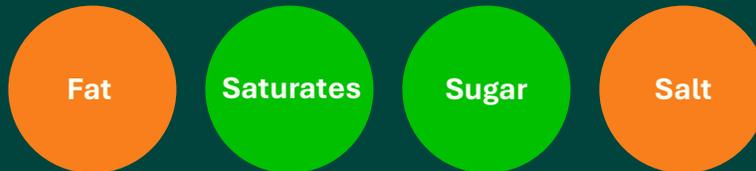
We've included wholewheat pasta for additional fibre!



Low in saturated fat and sugar.



Typical Values	Per 100g	Per Portion (215g)
Energy (kJ)	666	1431
Energy (Kcal)	159	341
Fat (g)	6.8	14.6
Of which saturates (g)	1.2	2.5
Carbohydrates (g)	15.9	34.2
Of which sugars (g)	0.9	2.0
Protein (g)	9.0	19.5
Salt (g)	0.8	1.8
Fibre (g)	3.1	6.7



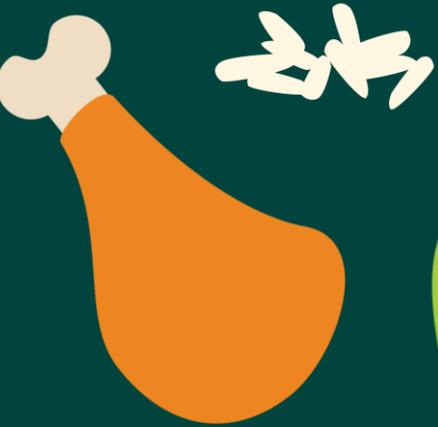
## Ingredients

- **Pasta** Water, Durum whole **WHEAT** flour
- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **Pesto** Basil Purée (Basil 59%, Sunflower oil, Salt), Sunflower Oil, Vegetarian Med Fat Hard Cheese (**MILK**)
- **Peas**

Our chicken is sourced from McCaughey Foods in Monaghan.



# Mexican Chicken Burrito Bowl with Rice & Peppers



Low in fat,  
saturated fat  
& sugar.

Typical Values	Per 100g	Per Portion (225g)
Energy (kJ)	455	1023
Energy (Kcal)	107	241
Fat (g)	0.7	1.6
Of which saturates (g)	0.2	0.4
Carbohydrates (g)	17.9	40.3
Of which sugars (g)	2.2	4.9
Protein (g)	6.9	15.6
Salt (g)	0.5	1.1
Fibre (g)	0.8	1.8



## Ingredients

- **Rice**
- **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** *Chicken (88%), Water, Salt, Corn Starch*
- **Peppers**

*May Contain Gluten*

Our chicken is sourced from  
McCaughey Foods in Monaghan.



# Cheesy Tuna Melt Bap with Sweetcorn



High in protein,  
low in sugar.

Typical Values	Per 100g	Per Portion (230g)
Energy (kJ)	838	1927
Energy (Kcal)	199	458
Fat (g)	6.8	15.7
Of which saturates (g)	2.6	6.1
Carbohydrates (g)	21.4	49.3
Of which sugars (g)	2.0	4.5
Protein (g)	13.6	31.4
Salt (g)	0.8	1.8
Fibre (g)	1.6	3.6

Fat

Saturates

Sugar

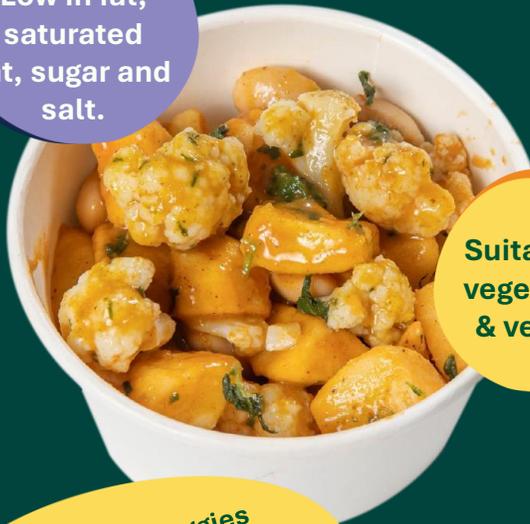
Salt

## Ingredients

- **Tuna** Skipjack Tuna (**FISH**) 95%, Water, Salt
- **White Bap** **WHEAT** Flour (Calcium, Iron, Niacin, Thiamine), Water, Palm Oil, Rapeseed Oil, Yeast, Sugar, Salt, **SOYA** Flour, Vegetarian **WHEY** Powder (**MILK**), Dextrose, Emulsifiers: (Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, **SOYA** Lecithin), Raising Agent Disodium Diphosphate, Flour Treatment Agent (Ascorbic Acid)
- **Fusilli Pasta** Durum **WHEAT**, Water
- **Sweetcorn**
- **Cheddar Cheese** **MILK**, Salt, Starter Culture, Rennet, Colour (Annatto / Beta Carotene), Anti-Caking Agent (Microcal)
- **Mayonnaise** Rapeseed Oil, Pasteurised **EGG**, Water, Spirit Vinegar, Salt, Sugar, **MUSTARD** Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDT

# Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes

Low in fat, saturated fat, sugar and salt.



Suitable for vegetarians & vegans!

Packed with veggies & beans – a great way to get some variety into your diet and keep your tummy happy!



Typical Values	Per 100g	Per Portion (285g)
Energy (kJ)	245	697
Energy (Kcal)	58	166
Fat (g)	0.9	2.6
Of which saturates (g)	0.1	0.3
Carbohydrates (g)	10.4	29.7
Of which sugars (g)	1.7	4.9
Protein (g)	2.0	5.6
Salt (g)	0.2	0.5
Fibre (g)	2.1	6.0

Fat

Saturates

Sugar

Salt

## Ingredients

- **Moroccan Sauce** *Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Water, Tomato Purée, White Onions, Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders (Onion, Carrot, Garlic), Herbs, Spices, Colour (Caramel Powder), Antioxidant: Rosemary Extract, Flavouring), Sunflower oil, Garlic, Lemon Juice (Lemon Juice, Potassium metabiSULPHITE), Coriander, Cumin, Chilli, Smoked Paprika, Turmeric, Star Anise, Cinnamon, Bay leaves*
- **Butter Beans** *Water, Ascorbic Acid*
- **Cauliflower**
- **Potatoes**
- **Chopped Spinach**

May Contain Gluten



**GLANMORE  
FOODS**

# **Our Plain Food Menu**

For ASD Classes & Units & Those with  
Sensory Needs

# Baked Chicken Breast Goujons & Pasta

Made from  
100%  
Chicken  
Breast.

Typical Values	Per 100g	Per Portion (140g)
Energy (kJ)	698	977
Energy (Kcal)	165	230
Fat (g)	2.3	3.2
Of which saturates (g)	0.2	0.3
Carbohydrates (g)	26.3	36.8
Of which sugars (g)	0.5	0.7
Protein (g)	10.6	14.9
Salt (g)	0.3	0.4
Fibre (g)	1.6	2.2

## Ingredients

- **Fusilli Pasta** *Durum WHEAT, Water*
- **Chicken Goujon** *Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (Ammonium Bicarbonate), Colour (Paprika Extract)*

Fat

Saturates

Sugar

Salt

# Sausages & Mashed Potato



Typical Values	Per 100g	Per Portion (150g)
Energy (kJ)	724	1086
Energy (Kcal)	174	261
Fat (g)	10.7	16.1
Of which saturates (g)	4.7	7.1
Carbohydrates (g)	12.8	19.2
Of which sugars (g)	0.5	0.7
Protein (g)	5.9	8.8
Salt (g)	0.7	1.1
Fibre (g)	1.3	2.0

## Ingredients

- **Mashed Potato** Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt
- **Sausage** Pork (70%), Water, Rusk (**WHEAT** Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine)), Pea Starch, Salt, Dextrose, Stabiliser (Triphosphates), Preservative (Sodium **SULPHITE**), Yeast Extract, Spice Extract, Antioxidant (Sodium Ascorbate)

Fat

Saturates

Sugar

Salt

# Beans & Mashed Potato

Suitable for vegetarians!



Typical Values	Per 100g	Per Portion (220g)
Energy (kJ)	413	908
Energy (Kcal)	98	217
Fat (g)	2.2	4.8
Of which saturates (g)	1.2	2.7
Carbohydrates (g)	14.6	32.2
Of which sugars (g)	3.4	7.4
Protein (g)	3.4	7.6
Salt (g)	0.4	1.0
Fibre (g)	3.1	6.8

Fat

Saturates

Sugar

Salt

## Ingredients

- **Mashed Potato** Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt
- **Beans** Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract

May Contain Gluten

# Fish Fingers & Mashed Potato



Typical Values	Per 100g	Per Portion (160g)
Energy (kJ)	554	886
Energy (Kcal)	132	211
Fat (g)	4.7	7.5
Of which saturates (g)	1.8	2.8
Carbohydrates (g)	15.6	25.0
Of which sugars (g)	0.4	0.7
Protein (g)	6.1	9.7
Salt (g)	0.4	0.6
Fibre (g)	1.6	2.5

## Ingredients

- **Mashed Potato** Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt
- **Fish Fingers** 60% Alaska Pollock (**FISH**), **WHEAT** Flour, Water, Rapeseed Oil, Stabiliser (Modified **WHEAT** Starch), **WHEAT** Starch, Maize Flour, Yeast, Salt, Raising Agent (Sodium Bicarbonate), Stabilizer (Carboxymethyl Cellulose)



# Margherita Pizza & Plain Pasta

Suitable for vegetarians!

Made using wholewheat flour for extra fibre!



Typical Values	Per 100g	Per Portion (140g)
Energy (kJ)	890	1247
Energy (Kcal)	211	296
Fat (g)	3.9	5.5
Of which saturates (g)	1.8	2.6
Carbohydrates (g)	30.0	42.0
Of which sugars (g)	1.5	2.1
Protein (g)	9.8	13.7
Salt (g)	0.6	0.8
Fibre (g)	2.6	3.7

Fat

Saturates

Sugar

Salt

## Ingredients

- **Fusilli Pasta** *Durum WHEAT, Water*
- **Wholewheat Pizza** *Wholemeal WHEAT Flour, Mozzarella cheese 24.5% (MILK, salt, rennet), tomato purée 24%, WHEAT flour, water, extra virgin olive oil, salt, yeast, oregano*

*May Contain Soya & Mustard*

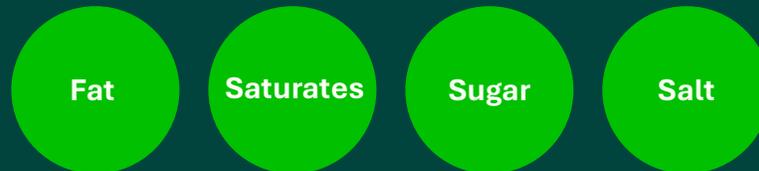
Supplied by Sorrento Pizza, an Irish-based company delivering authentic Italian pizza bases.

# Plain Pasta

Suitable for vegetarians!



Typical Values	Per 100g	Per Portion (150g)
Energy (kJ)	677	1016
Energy (Kcal)	159	239
Fat (g)	1.5	2.3
Of which saturates (g)	0.3	0.4
Carbohydrates (g)	31.8	47.7
Of which sugars (g)	0.6	0.9
Protein (g)	6.6	9.9
Salt (g)	0.0	0.1
Fibre (g)	1.9	2.9



## Ingredients

- **Pasta** *Durum WHEAT, Water*

# Roast Chicken and Mashed Potato



Typical Values	Per 100g	Per Portion (170g)
Energy (kJ)	476	810
Energy (Kcal)	114	193
Fat (g)	3.6	6.2
Of which saturates (g)	2.0	3.4
Carbohydrates (g)	10.7	18.2
Of which sugars (g)	0.2	0.4
Protein (g)	8.6	14.7
Salt (g)	0.3	0.6
Fibre (g)	1.4	2.5

## Ingredients

- **Mashed Potato** Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt
- **Chicken** Chicken (88%), Water, Salt, Corn Starch

*May Contain Gluten*

Fat

Saturates

Sugar

Salt

# Roast Turkey and Mashed Potato



Typical Values	Per 100g	Per Portion (170g)
Energy (kJ)	475	808
Energy (Kcal)	113	192
Fat (g)	3.3	5.6
Of which saturates (g)	1.9	3.3
Carbohydrates (g)	10.7	18.1
Of which sugars (g)	0.3	0.5
Protein (g)	9.4	16.1
Salt (g)	0.4	0.6
Fibre (g)	2.0	3.4

## Ingredients

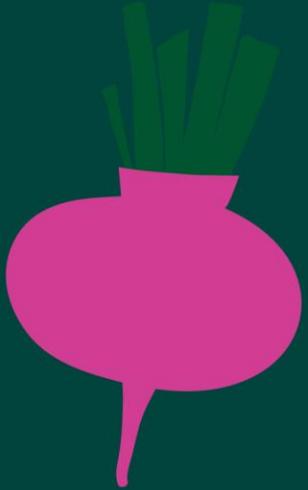
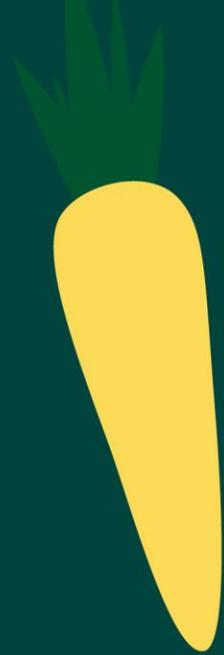
- **Mashed Potato** Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt
- **Turkey** Turkey, Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar

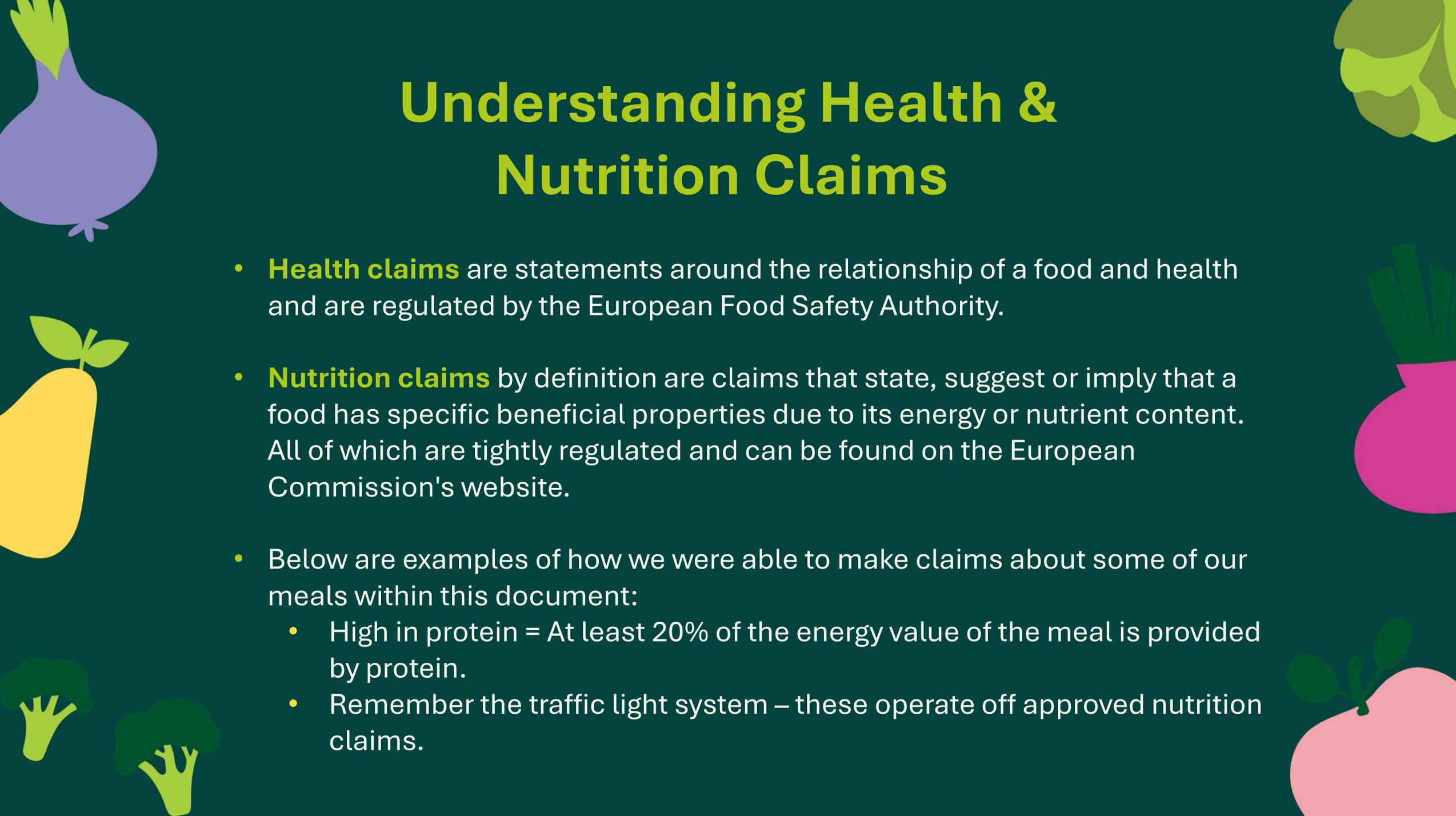
May Contain Gluten



# Preservatives & Additives: Why are they sometimes necessary?

- Our team has worked hard to review all ingredients and remove any preservatives or additives that are not essential. Only those necessary to maintain product quality, freshness, and safety have been retained.
  - Maltodextrin is used to thicken our gravy and bouillon to eliminate a watery consistency.
  - Modified maize and potato starch are used so that the texture of the food doesn't change when reheating the food.
  - Any stabilisers that are used aid in stabilising the balance between acidity and alkalinity thus allowing for a longer shelf life and less food waste.
  - All preservatives and additives used by Glanmore Foods are EFSA (European Food Safety Authority) approved as safe.



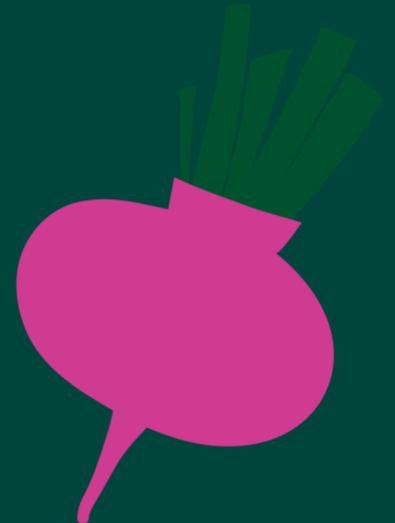
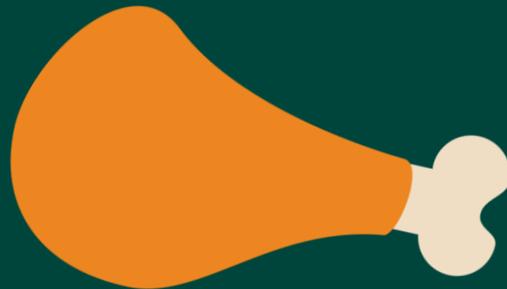
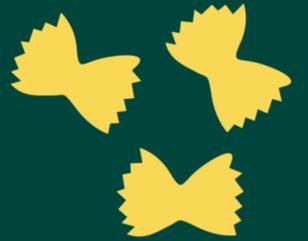
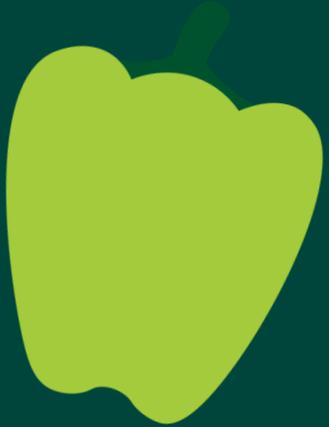


# Understanding Health & Nutrition Claims

- **Health claims** are statements around the relationship of a food and health and are regulated by the European Food Safety Authority.
- **Nutrition claims** by definition are claims that state, suggest or imply that a food has specific beneficial properties due to its energy or nutrient content. All of which are tightly regulated and can be found on the European Commission's website.
- Below are examples of how we were able to make claims about some of our meals within this document:
  - High in protein = At least 20% of the energy value of the meal is provided by protein.
  - Remember the traffic light system – these operate off approved nutrition claims.

# Understanding 'May Contains'

We include precautionary allergen labelling ('may contains' label) to inform customers that although the allergen is not present in the food as an ingredient, certain allergens may be present in the facility that the food has been prepared in. This means that there is a rare chance that allergens may be unintentionally present in a food due to cross-contamination. Although every effort is made to ensure this doesn't happen, we state whether any of the 14 EU allergens may be contained in our meals so that people with allergies can make safe and informed decisions about the food they choose to eat.





# The Lunchtime Scoop



We hope this guide has answered your queries around the ingredients and nutritional breakdown of our hot school lunches. We also hope you enjoyed the nutri-nuggets dotted in between!

If you have any further questions, don't hesitate to reach out on:

[customerservice@glanmorefoods.ie](mailto:customerservice@glanmorefoods.ie)

Did you know: We share **push notifications** with you through **our App** to keep you in the loop when it comes to our meals.

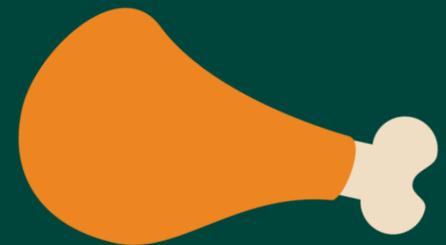
**We also share updates on our socials**



glanmore\_foods



Glanmore Foods



*Disclaimer: Updates may occur to some of our recipes over time which may alter the allergens, ingredients and nutrition information. Updates will be made to this document to reflect these changes.*





# Check Out Our 'May Contains'

Dish Name	Milk	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree Nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin	Legumes
Sweet & Sour Chicken with Broccoli & Rice										!					
Mexican Chicken Burrito Bowl with Rice & Peppers		!													
Chicken Paella with Mixed Vegetables		!								!					
Mixed Veggie Rice with Quorn pieces		!													
Cajun Spiced Chicken with Sweet Potato Wedges & Sweetcorn		!													
Beef Lasagne, Carrots & Peas					!					!					
Italian Beef Bolognese, Carrots & Fusilli Pasta										!					

# Check Out Our ‘May Contains’

Dish Name	Milk	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree Nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin	Legumes
Lentil & Sweet Potato Bolognese with Pasta					!					!					
Mega Yummy Chicken Curry, Peppers & Fluffy Rice		!													
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes		!													
Beans & Mashed Potato		!													
Margherita Pizza and Plain Pasta			!			!									

*Disclaimer: Information correct as of 14/01/26. Please note that our recipes and ingredients may change over time, which could affect allergen, ingredient and nutrition information. Updates will be made to this document and our App to reflect these changes.*