



**GLANMORE FOODS HOT MENU '25 / '26 - Nutrition PER 100g**

| PER 100g                                                                | Energy |     | Fat       |                        | Carbohydrate |                     | Protein | Salt | Fibre |
|-------------------------------------------------------------------------|--------|-----|-----------|------------------------|--------------|---------------------|---------|------|-------|
|                                                                         | kcal   | kj  | Total (g) | of which saturates (g) | Total (g)    | of which sugars (g) | (g)     | (g)  | (g)   |
|                                                                         |        |     |           |                        |              |                     |         |      |       |
| Roast Chicken, Carrots, Peas, Mash & Gravy                              | 82     | 346 | 2.2       | 1.2                    | 9.1          | 1.2                 | 5.9     | 0.6  | 1.4   |
| Mamma's Italian Meatballs in Tomato Sauce, Carrots and Fusilli Pasta    | 126    | 531 | 3.7       | 1.4                    | 16.4         | 3.2                 | 7.0     | 0.4  | 1.5   |
| Super Gooney Mac 'n' Cheese with Peas                                   | 122    | 556 | 3.2       | 2.0                    | 10.1         | 0.5                 | 3.0     | 0.5  | 0.8   |
| Classic Cottage Pie with Carrots and Peas                               | 97     | 409 | 3.4       | 1.8                    | 10.5         | 1.4                 | 5.1     | 0.4  | 1.6   |
| Tex-Mex Chicken Fajita with Peppers                                     | 105    | 445 | 1.8       | 0.3                    | 12.3         | 3.2                 | 9.6     | 0.9  | 1.0   |
| Moroccan Veggie Stew with chickpeas and potatoes                        | 51     | 214 | 1.0       | 0.1                    | 9.0          | 2.2                 | 1.6     | 0.3  | 1.8   |
| Potato Cubes and Beans                                                  | 108    | 455 | 1.7       | 0.2                    | 18.5         | 3.3                 | 3.4     | 0.5  | 3.3   |
| Sausages and Potato Cubes                                               | 189    | 791 | 9.8       | 3.2                    | 18.8         | 0.7                 | 6.0     | 0.8  | 1.8   |
| Chicken Tenders and Potato Cubes                                        | 168    | 704 | 5.9       | 1.7                    | 21.2         | 0.6                 | 6.7     | 0.4  | 1.7   |
| Roast Chicken & Mash                                                    | 114    | 478 | 3.6       | 2.0                    | 11.4         | 0.2                 | 8.2     | 0.5  | 1.4   |
| Plain Pasta                                                             | 159    | 677 | 1.5       | 0.3                    | 31.8         | 0.6                 | 6.6     | 0.0  | 1.9   |
| Beef Burger, Pepper Sauce, Peas & Potatoes                              | 96     | 404 | 2.9       | 1.5                    | 12.2         | 1.4                 | 5.2     | 0.5  | 1.6   |
| Crispy Chicken Tenders, Potato Cubes and Carrots                        | 146    | 612 | 5.3       | 1.7                    | 17.6         | 1.8                 | 6.3     | 0.4  | 1.6   |
| Mild Chicken Korma and Peppers with Fluffy Rice                         | 98     | 413 | 1.5       | 0.9                    | 15.0         | 1.4                 | 5.6     | 0.6  | 0.6   |
| Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box) | 172    | 721 | 6.3       | 1.7                    | 22.6         | 5.9                 | 6.2     | 0.6  | 1.6   |
| Cheesy Margherita Pizza Served with Carrots and Peas                    | 137    | 573 | 3.7       | 2.1                    | 18.7         | 2.6                 | 6.8     | 0.9  | 2.1   |
| Veggie Curry with chickpeas and Rice                                    | 88     | 371 | 0.7       | 0.0                    | 18.0         | 2.6                 | 2.0     | 0.3  | 1.0   |
| Potato Cubes and Beans                                                  | 108    | 455 | 1.7       | 0.2                    | 18.5         | 3.3                 | 3.4     | 0.5  | 3.3   |
| Baked Fish Fingers and Potato Cubes                                     | 141    | 594 | 3.7       | 0.3                    | 20.6         | 0.6                 | 5.7     | 0.4  | 1.9   |
| Baked Chicken Tenders and Potato Cubes                                  | 168    | 704 | 5.9       | 1.7                    | 21.2         | 0.6                 | 6.7     | 0.4  | 1.7   |
| Plain Pasta                                                             | 159    | 677 | 1.5       | 0.3                    | 31.8         | 0.6                 | 6.6     | 0.0  | 1.9   |
| Roast Turkey, Squash, Carrot, Mash & Gravy                              | 83     | 347 | 2.5       | 1.3                    | 8.4          | 1.3                 | 6.3     | 0.5  | 1.5   |
| Mixed Veggie Rice with Quorn pieces                                     | 81     | 342 | 0.9       | 0.4                    | 11.2         | 1.0                 | 6.0     | 0.2  | 3.0   |
| Chicken with Sweet Peppers and Tomato Sauce with Fusilli Pasta          | 94     | 400 | 0.9       | 0.2                    | 14.9         | 3.2                 | 7.0     | 0.5  | 1.4   |
| Cajun Spiced Chicken with Sweet Potato Wedges and Sweetcorn             | 79     | 335 | 1.0       | 0.4                    | 9.3          | 4.6                 | 6.8     | 0.4  | 1.5   |
| Mexican Chicken Burrito Tortilla with Roasted Peppers                   | 122    | 515 | 1.5       | 0.3                    | 18.4         | 2.6                 | 8.1     | 0.8  | 1.0   |
| Lebanese Falafel Bowl with Peppers and Rice                             | 101    | 424 | 2.1       | 0.2                    | 18.5         | 1.6                 | 2.5     | 0.3  | 0.9   |
| Potato Cubes and Beans                                                  | 108    | 455 | 1.7       | 0.2                    | 18.5         | 3.3                 | 3.4     | 0.5  | 3.3   |
| Margherita Pizza and Potato Cubes                                       | 163    | 683 | 4.3       | 1.7                    | 24.8         | 1.1                 | 5.7     | 0.9  | 2.0   |
| Baked Chicken Tenders and Potato Cubes                                  | 168    | 704 | 5.9       | 1.7                    | 21.2         | 0.6                 | 6.7     | 0.4  | 1.7   |
| Mega Yummy Chicken Curry, Peppers and Fluffy Rice                       | 103    | 435 | 0.9       | 0.1                    | 18.1         | 2.4                 | 5.5     | 0.5  | 0.4   |
| Chicken Casserole with Potato & Vegetables                              | 72     | 300 | 1.5       | 0.2                    | 9.7          | 2.0                 | 4.9     | 0.6  | 1.2   |
| Plain Pasta                                                             | 159    | 677 | 1.5       | 0.3                    | 31.8         | 0.6                 | 6.6     | 0.0  | 1.9   |
| Roast Chicken, Peas, Sweetcorn, Mash & Gravy                            | 86     | 362 | 2.3       | 1.2                    | 9.5          | 1.1                 | 6.1     | 0.6  | 1.5   |
| Beef Lasagne, Carrots & Peas                                            | 112    | 470 | 3.4       | 1.7                    | 11.6         | 3.8                 | 8.2     | 0.7  | 1.6   |
| Italian Beef Bolognese, Carrots and Fusilli Pasta                       | 98     | 412 | 2.1       | 0.7                    | 13.7         | 2.8                 | 6.7     | 0.3  | 1.1   |
| Mild Thai Red Chicken Curry with Fluffy Rice and Broccoli               | 97     | 410 | 2.4       | 1.8                    | 13.2         | 0.9                 | 5.2     | 0.2  | 0.6   |
| Loaded Beef Burrito with Peppers                                        | 116    | 491 | 1.9       | 0.6                    | 20.7         | 2.3                 | 4.0     | 0.2  | 1.2   |
| Lentil & Sweet Potato Bolognese with Pasta                              | 107    | 455 | 0.9       | 0.2                    | 19.9         | 2.3                 | 5.4     | 0.1  | 1.7   |
| Potato Cubes and Beans                                                  | 108    | 455 | 1.7       | 0.2                    | 18.5         | 3.3                 | 3.4     | 0.5  | 3.3   |
| Sausages and Potato Cubes                                               | 189    | 791 | 9.8       | 3.2                    | 18.8         | 0.7                 | 6.0     | 0.8  | 1.8   |
| Pepperoni Pizza & Potato Cubes                                          | 170    | 713 | 5.3       | 2.1                    | 24.2         | 1.0                 | 6.0     | 0.9  | 1.9   |
| Plain Pasta                                                             | 159    | 677 | 1.5       | 0.3                    | 31.8         | 0.6                 | 6.6     | 0.0  | 1.9   |
| Roast Turkey, Sweetcorn and Carrots, Mash and Gravy                     | 83     | 347 | 2.5       | 1.2                    | 8.5          | 1.2                 | 6.3     | 0.5  | 1.4   |
| Mega Yummy Chicken Curry, Peppers and Fluffy Rice                       | 103    | 435 | 0.9       | 0.1                    | 18.1         | 2.4                 | 5.5     | 0.5  | 0.4   |
| Sweet & Sour Chicken, Broccoli & Rice                                   | 141    | 593 | 0.6       | 0.1                    | 27.5         | 14.1                | 5.4     | 0.5  | 0.6   |
| Mexican Chicken Burrito Bowl with Rice and Peppers                      | 108    | 456 | 0.7       | 0.2                    | 18.4         | 2.2                 | 6.6     | 0.6  | 0.8   |
| Cheesy Tuna Melt with Sweetcorn and Potato Cubes                        | 179    | 747 | 7.5       | 2.8                    | 14.8         | 1.6                 | 12.5    | 1.0  | 1.5   |
| Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes          | 58     | 245 | 0.9       | 0.1                    | 10.4         | 1.7                 | 2.0     | 0.2  | 2.1   |
| Potato Cubes and Beans                                                  | 108    | 455 | 1.7       | 0.2                    | 18.5         | 3.3                 | 3.4     | 0.5  | 3.3   |
| Baked Fish Fingers and Potato Cubes                                     | 141    | 594 | 3.7       | 0.3                    | 20.6         | 0.6                 | 5.7     | 0.4  | 1.9   |
| Baked Chicken Tenders and Potato Cubes                                  | 168    | 704 | 5.9       | 1.7                    | 21.2         | 0.6                 | 6.7     | 0.4  | 1.7   |
| Roast Turkey & Mash                                                     | 117    | 492 | 4.0       | 2.1                    | 10.8         | 0.3                 | 8.7     | 0.4  | 2.0   |
| Plain Pasta                                                             | 159    | 677 | 1.5       | 0.3                    | 31.8         | 0.6                 | 6.6     | 0.0  | 1.9   |

| GLANMORE FOODS <b>GLUTEN FREE</b> HOT MENU '25 / '26 - Nutrition PER MEAL & Allergen Information |        |      |           |                        |              |                     |         |      |       |                      |         |      |     |        |         |        |           |         |           |
|--------------------------------------------------------------------------------------------------|--------|------|-----------|------------------------|--------------|---------------------|---------|------|-------|----------------------|---------|------|-----|--------|---------|--------|-----------|---------|-----------|
| PER MEAL                                                                                         | Energy |      | Fat       |                        | Carbohydrate |                     | Protein | Salt | Fibre | Allergen information |         |      |     |        |         |        |           |         |           |
|                                                                                                  | kcal   | kJ   | Total (g) | of which saturates (g) | Total (g)    | of which sugars (g) | (g)     | (g)  | (g)   | Milk                 | Gluten* | Soya | Egg | Celery | Mustard | Sesame | Tree nuts | Peanuts | Sulphites |
|                                                                                                  |        |      |           |                        |              |                     |         |      |       |                      |         |      |     |        |         |        |           |         |           |
| NEW Chicken Curry with Rice                                                                      | 242    | 1021 | 5         | 1.0                    | 37.0         | 5.7                 | 13.0    | 0.7  | 1.0   |                      |         |      |     | X      |         |        |           |         |           |
| NEW Chicken and Vegetable Casserole                                                              | 160    | 672  | 7         | 1.3                    | 13.0         | 4.8                 | 9.4     | 0.9  | 2.4   | X                    |         |      |     |        |         |        |           |         |           |
| NEW Comforting Cottage Pie                                                                       | 236    | 985  | 12        | 4.0                    | 18.0         | 2.2                 | 13.0    | 1.3  | 2.0   | X                    |         |      |     |        |         |        |           |         |           |
| NEW Cheese and Potato Bake (V)                                                                   | 504    | 2101 | 33        | 14.0                   | 30.0         | 9.1                 | 22.0    | 1.8  | 2.0   | X                    |         |      |     | X      |         |        |           |         |           |
| Chicken Tikka Wrap                                                                               | 270    | 1135 | 11.4      | 3.0                    | 26.0         | 0.9                 | 16.9    | 1.6  | NA    | X                    |         |      |     |        |         |        |           |         |           |
| Mexican Chicken Wrap                                                                             | 246    | 1032 | 8.3       | 4.0                    | 24.7         | 0.5                 | 18.2    | 1.6  | NA    | X                    |         |      |     |        |         |        |           |         |           |

| 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 <b>GLUTEN FREE</b> HOT MENU 2025 - Nutrition PER 100g |                  |                |                     |                                  |                     |                               |               |               |               |
|----------------------------------------------------------------------|------------------|----------------|---------------------|----------------------------------|---------------------|-------------------------------|---------------|---------------|---------------|
| PER 100g                                                             | Energy           |                | Fat                 |                                  | Carbohydrate        |                               | Protein       | Salt          | Fibre         |
|                                                                      | 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 |
|                                                                      |                  |                |                     |                                  |                     |                               |               |               |               |
| NEW Chicken Curry with Rice                                          | 110              | 464            | 2                   | 0                                | 17                  | 3                             | 6             | 0             | 0             |
| NEW Chicken and Vegetable Casserole                                  | 73               | 305            | 3                   | 1                                | 6                   | 2                             | 4             | 0             | 1             |
| NEW Comforting Cottage Pie                                           | 107              | 448            | 5                   | 2                                | 8                   | 1                             | 6             | 1             | 1             |
| NEW Cheese and Potato Bake (V)                                       | 168              | 700            | 11                  | 5                                | 10                  | 3                             | 7             | 1             | 1             |
| Chicken Tikka Wrap                                                   | 208              | 873            | 8.8                 | 2.3                              | 20.0                | 0.7                           | 13.0          | 1.3           | NA            |
| Mexican Chicken Wrap                                                 | 189              | 794            | 6.4                 | 3.1                              | 19.0                | 0.4                           | 14.0          | 1.2           | NA            |