

GLANMORE FOODS COLD LUNCH MENU '26/'27 - NUTRITIONAL INFORMATION
Nutritional information per 100g

Recipe Name	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Farmhouse Brown (No Dairy Spread)	883	210	4.1	0.5	33	3.5	5	7.7	1.4
White Demi Baguette (No Dairy Spread)	1251	295	0.9	0.2	62	4.6	2.4	8.6	1.0
Gluten Free Bread (No Dairy Spread)	1066	254	7.1	0.7	40	3.3	7.3	3.8	0.9
Hi Fibre Soft Roll	1345	318	2.8	1.8	60	2.9	3.5	12	1.9
Healthy Choice Pan	1083	257	4.3	1.3	45	3	2.8	8.5	1.1
Brown Demi Baguette	1096	260	4.9	1.4	43	2.9	4.5	8.3	1.2
100% Wholemeal	940	223	5.4	1.5	34	2.7	5.6	6.7	1.1
Turkey Slice	344	81	1.2	0.6	0	0	0	18	1.5
Chicken Breast	515	122	2	0.5	3.4	0.5	0	23	0.7
Brown Demi Baguette (No Dairy Spread)	1018	240	1.3	0.3	46	3.1	4.8	8.8	1.2
White Demi Baguette	1315	311	4.6	1.3	58	4.4	2.3	8.1	1.0
Ham Salad Sandwich (No Dairy Spread)	667	158	1	0.3	28	2.9	2.2	8.1	1.1
Ham Salad Sandwich	723	171	3	1	27	2.8	2.1	7.9	1.1
Chicken Salad Sandwich (No Dairy Spread)	668	158	0.9	0.2	26	2.5	2	11	0.8
Corned Beef	723	173	11	4.8	8.6	0	0	10	2.2
Egg Mayo	805	194	16	3.1	2	1.9	0	9.9	0.7
Cheddar Cheese	1702	411	35	22	0	0	0	25	1.8
Ham	436	104	3	1.2	4	1.3	0.5	15	2.7
White Soft Bap Tuna and Sweetcorn (No Dairy Spread)	960	229	9.6	1.4	25	2	1.8	10	1.0
White Soft Bap Tuna and Sweetcorn	1027	245	12	2.2	23	1.9	1.7	9.7	1.1
Brown Soft Bap Tuna and Sweetcorn (No Dairy Spread)	949	226	8.6	1.4	26	2.2	3.1	9.5	0.9
Brown Soft Bap Tuna and Sweetcorn	1007	241	11	2.2	25	2.1	3	9.1	0.9
White Soft Bap Ham and Cheese (No Dairy Spread)	962	229	8.8	5.3	23	1.5	1.4	13	1.8
White Soft Bap Ham and Cheese	1028	245	11	6	22	1.4	1.3	13	1.8
White Soft Bap Curried Chicken (No Dairy Spread)	983	234	9	1.3	25	3.6	1.6	13	1.2
White Soft Bap Curried Chicken	1042	249	11	2.1	24	3.5	1.5	12	1.3
Brown Soft Bap Curried Chicken (No Dairy Spread)	970	231	8.3	1.4	26	3.5	2.8	12	1.1
Cajun Chicken with Mayo Brown Baguette (No Dairy Spread)	1011	240	7.4	0.8	29	2.2	3.6	12	2.0
Cajun Chicken with Mayo Brown Baguette	1058	252	9.4	1.5	28	2.1	3.5	12	2.0
Cajun Chicken and Mayo White Baguette (No Dairy Spread)	1149	273	7.2	0.7	39	3.1	2.2	12	1.9
Cajun Chicken and Mayo White Baguette	1191	283	9.2	1.4	37	3	2.1	12	1.9
Chicken Salad Sandwich	720	170	2.8	0.8	25	2.5	1.9	10	0.8
Cheese Salad Sandwich (No Dairy Spread)	866	206	5.5	3.3	29	2.8	2.2	9.3	0.9
Cheese Salad Sandwich	916	218	7.5	3.8	28	2.8	2.2	8.9	0.9
Pasta Bolognaise	557	132	1.5	0.2	24	2.2	1.8	4.9	0.2
Jacobs Crackers & Cheese	1213	289	11	6	35	3.6	1.7	11	1.5
Vegetable Salad Pot	103	24	0.5	0	3.3	3	1.6	1.1	0.0
Falafel Sweet Chilli Salad Pot	620	147	3.5	0.2	25	12	3.4	2.7	0.9
Plain Pasta	724	171	1.5	0.3	32	0.6	1.9	6.6	0.0
Chicken & Stuffing	1092	262	17	1.7	12	1.2	0.7	16	1.2
Tuna Mayo	1290	311	27	2.1	0.5	0.5	0	17	1.0
Gluten Free Bread	1221	292	14	2.9	35	3	6.4	3.3	1.0
Farmhouse Brown	952	227	6.9	1.4	31	3.4	4.8	7.3	1.4
Healthy Choice Pan (No Dairy Spread)	1005	237	0.6	0.2	47	3.2	3	9	1.1
Hi Fibre Soft Roll (No Dairy Spread)	1345	318	2.8	1.8	60	2.9	3.5	12	1.9
100% Wholemeal (No Dairy Spread)	852	202	1.8	0.4	36	2.8	6	7.1	1.1
Brown Soft Bap Curried Chicken	1022	244	10	2.1	25	3.4	2.7	11	1.1

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Recipe Name	Serving	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Farmhouse Brown (No Dairy Spread)	100 g	883	210	4.1	0.5	33	3.5	5	7.7	1.4
White Demi Baguette (No Dairy Spread)	80 g	1001	236	0.7	0.2	50	3.7	1.9	6.9	0.8
Gluten Free Bread (No Dairy Spread)	36 g	384	91	2.6	0.3	14	1.2	2.6	1.4	0.3
Hi Fibre Soft Roll	48 g	778	184	1.6	1	35	1.7	2	6.7	1.1
Healthy Choice Pan	85 g	921	218	3.6	1.1	38	2.6	2.4	7.2	1.0
Brown Demi Baguette	85 g	931	221	4.2	1.2	37	2.5	3.8	7	1.0
100% Wholemeal	85 g	799	190	4.6	1.3	29	2.3	4.8	5.7	1.0
Chicken & Stuffing (Used in Hi Fibre Soft Roll, Farmhouse Brown)	50 g	589	141	9.9	0.9	5.2	0.6	0.5	7.7	0.6
Tuna Mayo (Gluten Free Bread)	20 g	266	64	5.6	0.4	0	0	0	3.4	0.2
Egg Mayo (Used in Hi Fibre Soft Roll, Gluten Free Bread, Farmhouse Brown)	25 g	201	49	4.1	0.8	0.5	0.5	0	2.5	0.2
Turkey Slice	27 g	93	22	0.5	0.2	0	0	0	4.7	0.4
Chicken Breast	40 g	206	49	0.8	0.2	1.4	0	0	9	0.3
Brown Demi Baguette (No Dairy Spread)	80 g	814	192	1	0.2	37	2.5	3.8	7	1.0
White Demi Baguette	85 g	1118	264	3.9	1.1	50	3.7	1.9	6.9	0.9
Ham Salad Sandwich (No Dairy Spread)	144 g	961	227	1.4	0.5	40	4.2	3.2	12	1.6
Ham Salad Sandwich	149 g	1078	255	4.5	1.4	40	4.2	3.2	12	1.7
Chicken Salad Sandwich (No Dairy Spread)	157 g	1049	248	1.4	0.4	41	4	3.1	17	1.2
Corned Beef	25 g	181	43	2.8	1.2	2.2	0	0	2.5	0.5
Egg Mayo (Used in Healthy Choice, 100% Wholemeal, White & Brown Demi Baguette)	40 g	322	78	6.5	1.2	0.8	0.8	0	4	0.3
Cheddar Cheese	20 g	340	82	6.9	4.3	0	0	0	5	0.4
Ham	27 g	118	28	0.8	0.3	1.1	0.5	0	4.1	0.7
White Soft Bap Tuna and Sweetcorn (No Dairy Spread)	97 g	931	222	9.3	1.3	24	1.9	1.7	9.9	1.0
White Soft Bap Tuna and Sweetcorn	102 g	1048	250	12	2.3	24	2	1.7	9.9	1.1
Brown Soft Bap Tuna and Sweetcorn (No Dairy Spread)	115 g	1092	260	9.9	1.6	30	2.5	3.6	11	1.0
Brown Soft Bap Tuna and Sweetcorn	120 g	1209	289	13	2.6	30	2.5	3.6	11	1.1
White Soft Bap Ham and Cheese (No Dairy Spread)	99 g	952	227	8.7	5.3	23	1.4	1.4	13	1.8
White Soft Bap Ham and Cheese	104 g	1069	255	12	6.2	23	1.5	1.4	13	1.9
White Soft Bap Curried Chicken (No Dairy Spread)	108 g	1061	253	9.8	1.5	27	3.9	1.7	14	1.3
White Soft Bap Curried Chicken	113 g	1178	281	13	2.4	27	3.9	1.7	14	1.4
Brown Soft Bap Curried Chicken (No Dairy Spread)	126 g	1222	291	10	1.8	33	4.4	3.5	15	1.4
Cajun Chicken with Mayo Brown Baguette (No Dairy Spread)	135 g	1365	325	10	1.1	39	3	4.9	17	2.7
Cajun Chicken with Mayo Brown Baguette	140 g	1482	353	13	2	39	3	4.9	17	2.8
Cajun Chicken and Mayo White Baguette (No Dairy Spread)	135 g	1551	368	9.7	1	52	4.2	3	17	2.5
Cajun Chicken and Mayo White Baguette	140 g	1668	397	13	2	52	4.2	3	17	2.6
Chicken Salad Sandwich	162 g	1166	276	4.5	1.3	41	4	3.1	17	1.3
Cheese Salad Sandwich (No Dairy Spread)	137 g	1186	282	7.5	4.5	39	3.9	3.1	13	1.2
Cheese Salad Sandwich	142 g	1300	309	11	5.4	39	3.9	3.1	13	1.3
Pasta Bolognaise	120 g	668	158	1.8	0.3	29	2.7	2.2	5.8	0.3
Jacobs Crackers & Cheese	33 g	394	94	3.7	2	11	1.2	0.6	3.7	0.5
Vegetable Salad Pot	94 g	96	23	0.5	0	3.1	2.8	1.5	1	0.0
Falafel Sweet Chilli Salad Pot	96 g	595	141	3.3	0.1	24	12	3.3	2.6	0.9
Plain Pasta	80 g	579	137	1.2	0.2	25	0.5	1.5	5.3	0.0
Chicken & Stuffing (Used in Healthy Choice, 100% Wholemeal, White & Brown Demi Baguette)	65 g	710	170	11	1.1	7.6	0.8	0.5	10	0.8
Tuna Mayo	30 g	387	93	8	0.6	0	0	0	5.2	0.3
Gluten Free Bread	41 g	501	120	5.7	1.2	14	1.2	2.6	1.4	0.4
Farmhouse Brown	105 g	1000	238	7.2	1.4	33	3.5	5	7.7	1.5
Healthy Choice Pan (No Dairy Spread)	80 g	804	190	0.5	0.2	38	2.6	2.4	7.2	0.9
Hi Fibre Soft Roll (No Dairy Spread)	48 g	778	184	1.6	1	35	1.7	2	6.7	1.1
100% Wholemeal (No Dairy Spread)	80 g	682	161	1.4	0.3	29	2.2	4.8	5.7	0.9
Brown Soft Bap Curried Chicken	131 g	1339	320	14	2.7	33	4.5	3.5	15	1.4

GLANMORE FOODS COLD LUNCH MENU '26/'27 - INGREDIENTS

Recipe Name	Ingredients
Farmhouse Brown (No Dairy Spread)	Farmhouse Brown [BUTTERMILK (MILK) , Wholemeal WHEAT Flour, WHEATMEAL (WHEAT Flour, WHEAT Bran, WHEAT GLUTEN) , Plain WHEAT Flour (WHEAT Flour, Raising Agents: Sodium Bicarbonate, Acid Calcium Phosphate, Sodium Acid Pyrophosphate), Rapeseed Oil, OATS , Raising Agent: Sodium Bicarbonate, Sugar, WHEAT Bran, WHEAT Germ, Preservative: Calcium Propionate, Salt, Vinegar (Water, Vinegar 20%, Acetic Acid, Salt)]
White Demi Baguette (No Dairy Spread)	White Demi Baguette [WHEAT Flour, Water, Salt, WHEAT GLUTEN , Yeast, Malted WHEAT Flour, Flour Treatment Agent Ascorbic Acid]
Gluten Free Bread (No Dairy Spread)	Gluten Free Bread [Water, Sourdough (Water, Buckwheat Flour, Millet Flour, Corn Starch, Yeast, Xanthan Gum), Corn Starch, Potato Starch, Rapeseed Oil, Tapioca Starch, Rice Flour, Yeast, Bamboo Fibre, Rice Protein, Psyllium Husk, Sugar, Humectant (Glycerine), Thickeners (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Salt, Fermented Syrups, Apple Cider Vinegar, Vegetable Fibre]
Hi Fibre Soft Roll	Flour [WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase], Yeast, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Salt [Salt, Sodium Hexacyanoferrate (E535)], Sugar [100% Sugar], Buttermilk Powder [WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyl tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Dairy Spread [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Healthy Choice Pan	Goodness Of Both (94.1%) [WHEAT Flour (WHEAT , Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate (Added During Hot Weather To Inhibit Mould Growth) Flour (WHEAT) Treatment Agents: Ascorbic Acid (Vitamin C), L Cysteine), Dairy Spread (5.9%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Brown Demi Baguette	Brown Demi Baguette (94.1%) [WHEAT Flour, Water, Wholemeal WHEAT Flour, WHEAT GLUTEN , Salt, Yeast, Flour Treatment Agent Ascorbic Acid], Dairy Spread (5.9%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
100% Wholemeal	Wholemeal Bread (94.1%) [Wholemeal (WHEAT) WHEAT Flour, Water, Yeast, Salt, SOYA Flour, Dextrose, Emulsifier: E472e, Preservative: E282, Vegetable Fat (Palm), Vegetable Oil (Rapeseed), Flour Treatment Agent: E300 (Vitamin C)], Dairy Spread (5.9%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Chicken & Stuffing	Chicken [Chicken, Water, Salt, Corn Starch], Stuffing (20%) [Breadcrumbs (53%) (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Water, Yeast, Salt, Rapeseed Oil, SOYA Flour, Preservative: Calcium Propionate, Acidity Regulator: Calcium Carbonate, Emulsifiers: Mono And Di Glycerides Of Fatty Acids, Sodium Stearyl 2 Lactylate, Ascorbic Acid, Enzymes) Water, Sunflower Oil, Onion, Sage, Parsley, Salt], Mayonnaise (20%) [Rapeseed Oil, Pasteurised EGG , Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA]
Turkey Slice	Turkey Breast [Turkey Breast 75%, Water, Starch, Salt, Dextrose, Gelling Agent, Carrageenan (E407a), Potassium Chloride, Stabilisers: Sodium Diphosphate, Triphosphate, Polyphosphate, Salt, Vinegar]
Chicken Breast	Chicken [Chicken, Water, Salt, Corn Starch]
Brown Demi Baguette (No Dairy Spread)	Brown Demi Baguette [WHEAT Flour, Water, Wholemeal WHEAT Flour, WHEAT , Salt, Yeast, Flour Treatment Agent Ascorbic Acid] May contain traces of Eggs, Milk, Fish, Mustard, Sesame, Soya, Sulphites, Tree Nuts
White Demi Baguette	White Demi Baguette (94.1%) [WHEAT Flour, Water, Salt, WHEAT GLUTEN , Yeast, Malted WHEAT Flour, Flour Treatment Agent Ascorbic Acid], Dairy Spread (5.9%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Ham Salad Sandwich (No Dairy Spread)	Goodness Of Both (55.6%) [WHEAT Flour (WHEAT , Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate (Added During Hot Weather To Inhibit Mould Growth) Flour (WHEAT) Treatment Agents: Ascorbic Acid (Vitamin C), L Cysteine), Ham (18.8%) [Pork (EU 70%), Water, Starch, Salt, Sugars (Dried Glucose & Maltodextrin), Stabilisers (Diphosphates, Triphosphates & Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Pepper Red (8.7%), Pepper Yellow (8.7%), Iceberg Lettuce (8.3%)
Ham Salad Sandwich	Goodness Of Both (53.7%) [WHEAT Flour (WHEAT , Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate (Added During Hot Weather To Inhibit Mould Growth) Flour (WHEAT) Treatment Agents: Ascorbic Acid (Vitamin C), L Cysteine), Ham (18.1%) [Pork (EU 70%), Water, Starch, Salt, Sugars (Dried Glucose & Maltodextrin), Stabilisers (Diphosphates, Triphosphates & Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Pepper Red (8.4%), Pepper Yellow (8.4%), Iceberg Lettuce (8.1%), Dairy Spread (3.4%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Chicken Salad Sandwich (No Dairy Spread)	Goodness Of Both (51%) [WHEAT Flour (WHEAT , Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate (Added During Hot Weather To Inhibit Mould Growth) Flour (WHEAT) Treatment Agents: Ascorbic Acid (Vitamin C), L Cysteine), Chicken [Chicken, Water, Salt, Corn Starch], Pepper Red (8%), Pepper Yellow (8%), Iceberg Lettuce (7.6%)
Corned Beef	Corn Beef [Beef (44%), Water, Beef Hearts, Potato Starch, Salt, Flavour Enhancer Monosodium Glutamate, Gelatine, Dextrose, Stabiliser Di, Tri & Polyphosphate Sodium Bicarbonate, Xanthan Gum, Anti Oxidant Sodium Erythorbate, Preservative Sodium Nitrite]
Egg Mayo	EGG Mayo [EGG (77.5%), (Whole Cooked Hard Boiled), Mayonnaise (Water, Rapeseed Oil, Sugar, Modified Corn Starch, Vinegar, EGG , Salt, MUSTARD (Water, MUSTARD Seed, Vinegar, Salt, Sugar, Spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservative: Potassium Sorbate, Antioxidant: EDTA, Colour: Beta Carotene)]
Cheddar Cheese	Cheddar Cheese [Pasteurized MILK , Salt, Microbial Rennet, Starterculture, Colour (E160b(ii))]
Ham	Ham [Pork (EU 70%), Water, Starch, Salt, Sugars (Dried Glucose & Maltodextrin), Stabilisers (Diphosphates, Triphosphates & Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)]
White Soft Bap (53.8%)	White Soft Bap (53.8%) [Flour [WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase], Water, Yeast, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Salt [Salt, Sodium Hexacyanoferrate (E535)], Sugar [100% Sugar], Buttermilk Powder (1.2%) (WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyl tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Tuna Mayo (30.8%) [Tuna [Skipjack Tuna (FISH), Water, Salt], Mayonnaise [Rapeseed Oil, Pasteurised EGG , Water, Spirit Vinegar, Salt, Sugar, Flavouring (MUSTARD), Lemon Oil, Antioxidant: Calcium Disodium EDTA]], Sweetcorn (15.4%)]
White Soft Bap Tuna and Sweetcorn (No Dairy Spread)	White Soft Bap (51.1%) [Flour [WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase], Water, Yeast, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Salt [Salt, Sodium Hexacyanoferrate (E535)], Sugar [100% Sugar], Buttermilk Powder (1.2%) (WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyl tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Tuna Mayo (29.3%) [Tuna [Skipjack Tuna (FISH), Water, Salt], Mayonnaise [Rapeseed Oil, Pasteurised EGG , Water, Spirit Vinegar, Salt, Sugar, Flavouring (MUSTARD), Lemon Oil, Antioxidant: Calcium Disodium EDTA]], Sweetcorn (14.7%) [Sweetcorn], Dairy Spread (4.9%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
White Soft Bap Tuna and Sweetcorn	Wholemeal Soft Bap (60.8%) [Wholemeal Flour, Flour [WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase], Water, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Yeast, Sugar [100% Sugar], Buttermilk Powder [WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyl tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Tuna Mayo (26.1%) [Tuna [Skipjack Tuna (FISH), Water, Salt], Mayonnaise [Rapeseed Oil, Pasteurised EGG , Water, Spirit Vinegar, Salt, Sugar, Flavouring (MUSTARD), Lemon Oil, Antioxidant: Calcium Disodium EDTA]], Sweetcorn (13.1%)]
Brown Soft Bap Tuna and Sweetcorn (No Dairy Spread)	Wholemeal Soft Bap (58.3%) [Wholemeal Flour, Flour [WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase], Water, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Yeast, Sugar [100% Sugar], Buttermilk Powder [WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyl tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Tuna Mayo (25%) [Tuna [Skipjack Tuna (FISH), Water, Salt], Mayonnaise [Rapeseed Oil, Pasteurised EGG , Water, Spirit Vinegar, Salt, Sugar, Flavouring (MUSTARD), Lemon Oil, Antioxidant: Calcium Disodium EDTA]], Sweetcorn (12.5%) [Sweetcorn], Dairy Spread (4.2%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Brown Soft Bap Tuna and Sweetcorn	White Bap (Flour (58.7%) (WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase), Water, Yeast, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Salt [Salt, Sodium Hexacyanoferrate (E535)], Sugar, Buttermilk Powder (WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyl tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Tuna Mayo (26.1%) [Tuna [Skipjack Tuna (FISH), Water, Salt], Mayonnaise [Rapeseed Oil, Pasteurised EGG , Water, Spirit Vinegar, Salt, Sugar, Flavouring (MUSTARD), Lemon Oil, Antioxidant: Calcium Disodium EDTA]], Sweetcorn (13.1%)]
White Soft Bap Ham and Cheese (No Dairy Spread)	White Bap (Flour (58.7%) (WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase), Water, Yeast, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Salt [Salt, Sodium Hexacyanoferrate (E535)], Sugar, Buttermilk Powder (WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyl tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Ham (27.2%) [Pork (EU 70%), Water, Starch, Salt, Sugars (Dried Glucose & Maltodextrin), Stabilisers (Diphosphates, Triphosphates & Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Cheddar Cheese (20.1%) [Pasteurized MILK , Salt, Microbial Rennet, Starterculture, Colour (E160b(ii))]
White Soft Bap Ham and Cheese	White Bap (Flour (58.7%) (WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase), Water, Yeast, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Salt [Salt, Sodium Hexacyanoferrate (E535)], Sugar, Buttermilk Powder (WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyl tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Ham (27.2%) [Pork (EU 70%), Water, Starch, Salt, Sugars (Dried Glucose & Maltodextrin), Stabilisers (Diphosphates, Triphosphates & Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Cheddar Cheese (20.1%) [Pasteurized MILK , Salt, Microbial Rennet, Starterculture, Colour (E160b(ii))], Dairy Spread (4.8%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]

GLANMORE FOODS COLD LUNCH MENU '26/'27 - INGREDIENTS

Recipe Name	Ingredients
White Soft Bap Curried Chicken (No Dairy Spread)	White Soft Bap (48.3%) [Flour [WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase], Water, Yeast, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Salt [Salt, Sodium Hexacyanoferrate (E535)], Sugar [100% Sugar], Buttermilk Powder [WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyltartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Chicken [Chicken, Water, Salt , Corn Starch], Mayonnaise (9.2%) [Rapeseed Oil, Pasteurised EGG , Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA], Mango Chutney (4.6%) [Sugar, Mangoes (46%), Salt, Acid (Acetic Acid), Sugar Cane Vinegar, Ground Paprika, Ground Cayenne Pepper], Curry Powder (0.92%) [Ground Coriander Seeds (44%), Ground Fenugreek Seeds, Ground Turmeric, Ground Cumin Seeds, Salt, Garlic Powder, Onion Powder, Rice Flour, Ground Cinnamon (1.5%), Ground Cloves, Ground Ginger, Anti Caking Agent (Silicon Dioxide), Ground Paprika, Ground Black Pepper, Chilli Powder, Ground Fennel Seeds, Natural Capsicum Flavouring]
White Soft Bap Curried Chicken	White Soft Bap (46.2%) [Flour [WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase], Water, Yeast, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Salt [Salt, Sodium Hexacyanoferrate (E535)], Sugar [100% Sugar], Buttermilk Powder [WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyltartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Chicken [Chicken, Water, Salt , Corn Starch], Mayonnaise (8.8%) [Rapeseed Oil, Pasteurised EGG , Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA], Mango Chutney (4.4%) [Sugar, Mangoes (46%), Salt, Acid (Acetic Acid), Sugar Cane Vinegar, Ground Paprika, Ground Cayenne Pepper], Dairy Spread (4.4%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)], Curry Powder (0.88%) [Ground Coriander Seeds (44%), Ground Fenugreek Seeds, Ground Turmeric, Ground Cumin Seeds, Salt, Garlic Powder, Onion Powder, Rice Flour, Ground Cinnamon (1.5%), Ground Cloves, Ground Ginger, Anti Caking Agent (Silicon Dioxide), Ground Paprika, Ground Black Pepper, Chilli Powder, Ground Fennel Seeds, Natural Capsicum Flavouring]
Brown Soft Bap Curried Chicken (No Dairy Spread)	Wholemeal Soft Bap (55.5%) [Wholemeal Flour, Flour [WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase], Water, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Yeast , Sugar [100% Sugar], Buttermilk Powder (1.2%) [WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyltartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Chicken [Chicken, Water, Salt , Corn Starch], Mayonnaise (7.9%) [Rapeseed Oil, Pasteurised EGG , Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA], Mango Chutney (4%) [Sugar, Mangoes (46%), Salt, Acid (Acetic Acid), Sugar Cane Vinegar, Ground Paprika, Ground Cayenne Pepper], Curry Powder (0.79%) [Ground Coriander Seeds (44%), Ground Fenugreek Seeds, Ground Turmeric, Ground Cumin Seeds, Salt, Garlic Powder, Onion Powder, Rice Flour, Ground Cinnamon (1.5%), Ground Cloves, Ground Ginger, Anti Caking Agent (Silicon Dioxide), Ground Paprika, Ground Black Pepper, Chilli Powder, Ground Fennel Seeds, Natural Capsicum Flavouring]
Cajun Chicken with Mayo Brown Baguette (No Dairy Spread)	Brown Demi Baguette (59.3%) [WHEAT Flour, Water, Wholemeal WHEAT Flour, WHEAT GLUTEN , Salt, Yeast, Flour Treatment Agent Ascorbic Acid], Chicken [Chicken, Water, Salt , Corn Starch], Mayonnaise (7.4%) [Rapeseed Oil, Pasteurised EGG , Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA], Cajun Seasoning (3.7%) [Paprika, Salt, Ground Cumin, Onion Powder, Garlic Powder, Ground Black Pepper, Chilli Flakes, Thyme, Oregano, Ground White Pepper, Ground Chillies, Acid (Citric Acid)]
Cajun Chicken with Mayo Brown Baguette	Brown Demi Baguette (57.1%) [WHEAT Flour, Water, Wholemeal WHEAT Flour, WHEAT GLUTEN , Salt, Yeast, Flour Treatment Agent Ascorbic Acid], Chicken [Chicken, Water, Salt , Corn Starch], Mayonnaise (7.1%) [Rapeseed Oil, Pasteurised EGG , Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA], Cajun Seasoning (3.6%) [Paprika, Salt, Ground Cumin, Onion Powder, Ground Black Pepper, Chilli Flakes, Thyme, Oregano, Ground White Pepper, Ground Chillies, Acid (Citric Acid)], Dairy Spread (3.6%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Cajun Chicken and Mayo White Baguette (No Dairy Spread)	White Demi Baguette (59.3%) [WHEAT Flour, Water, Salt, WHEAT GLUTEN , Yeast, Malted WHEAT Flour, Flour Treatment Agent Ascorbic Acid], Chicken [Chicken, Water, Salt , Corn Starch], Mayonnaise (7.4%) [Rapeseed Oil, Pasteurised EGG , Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA], Cajun Seasoning (3.7%) [Paprika, Salt, Ground Cumin, Onion Powder, Garlic Powder, Ground Black Pepper, Chilli Flakes, Thyme, Oregano, Ground White Pepper, Ground Chillies, Acid (Citric Acid)]
Cajun Chicken and Mayo White Baguette	White Demi Baguette (57.1%) [WHEAT Flour, Water, Salt, WHEAT GLUTEN , Yeast, Malted WHEAT Flour, Flour Treatment Agent Ascorbic Acid], Chicken [Chicken, Water, Salt , Corn Starch], Mayonnaise (7.1%) [Rapeseed Oil, Pasteurised EGG , Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA], Cajun Seasoning (3.6%) [Paprika, Salt, Ground Cumin, Onion Powder, Garlic Powder, Ground Black Pepper, Chilli Flakes, Thyme, Oregano, Ground White Pepper, Ground Chillies, Acid (Citric Acid)], Dairy Spread (3.6%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Chicken Salad Sandwich	Goodness Of Both (49.4%) [WHEAT Flour (WHEAT , Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate (Added During Hot Weather To Inhibit Mould Growth) Flour (WHEAT) Treatment Agents: Ascorbic Acid (Vitamin C), L Cysteine], Chicken [Chicken, Water, Salt , Corn Starch], Pepper Red (7.7%), Pepper Yellow (7.7%), Iceberg Lettuce (7.4%), Dairy Spread (3.1%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Cheese Salad Sandwich (No Dairy Spread)	Goodness Of Both (58.4%) [WHEAT Flour (WHEAT , Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate (Added During Hot Weather To Inhibit Mould Growth) Flour (WHEAT) Treatment Agents: Ascorbic Acid (Vitamin C), L Cysteine], Cheddar Cheese (14.6%) [Pasteurized MILK , Salt, Microbial Rennet, Starterculture, Colour (E160b(iii))], Red Pepper (9.1%) [Red Pepper], Yellow Peppers (9.1%) [Yellow Pepper], Iceberg Lettuce (8.8%)
Cheese Salad Sandwich	Goodness Of Both (56.3%) [WHEAT Flour (WHEAT , Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate (Added During Hot Weather To Inhibit Mould Growth) Flour (WHEAT) Treatment Agents: Ascorbic Acid (Vitamin C), L Cysteine], Cheddar Cheese (14.1%) [Pasteurized MILK , Salt, Microbial Rennet, Starterculture, Colour (E160b(iii))], Pepper Red (8.8%), Pepper Yellow (8.8%), Iceberg Lettuce (8.5%), Dairy Spread (3.5%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Pasta Bolognaise	Pasta (66.7%) [Water, Durum WHEAT], Pasta Sauce (33.3%) [Tomatoes, Tomato Paste, Onions, Modified Starch, Sugar, Rapeseed Oil, Garlic Purée, Salt, Lemon Juice (From Concentrate), Spices, Basil, Tomato Powder, Flavoursings (CELERY)]
Jacobs Crackers & Cheese	Cheese Square (53.8%) [Rehydrated Skimmed MILK , Cheeses (MILK), MILK Protein, Lactic Acid Concentrate (MILK), Emulsifying Salts (Polyphosphates), Butter (MILK), Natural Flavouring], Cream Cracker (46.2%) [WHEAT Flour, Vegetable Palm Fat, Salt, Yeast, Raising Agent [Sodium Hydrogen Carbonate]]
Vegetable Salad Pot	Iceberg Lettuce (26.6%), Cucumber (16%), Carrot (16%), Cherry Tomato (14.9%) [Cherry Tomatoes], Spring Onion (10.6%), Pepper Red (8%), Pepper Yellow (8%)
Falafel Sweet Chilli Salad Pot	Falafel (37.5%) [Chickpeas, Carrot (33%), Onion, Rapeseed Oil, Potato Flakes, Coriander, Breadcrumb (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Water, Yeast, Salt), Self Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents (Sodium Carbonate, Calcium Phosphate), WHEAT), Cumin, Salt, Dried Parsley, Ground Coriander, Raising Agent (Sodium Bicarbonate), Cumin Seeds, Garlic Powder, Black Pepper], Sweet Chilli (31.3%) [Water, Sugar, Spirit Vinegar, Garlic Purée, Red Chilli Purée, Salt, Modified Starch, Red Bell Pepper, BARLEY Malt Vinegar, Stabiliser: Guar Gum; Spices, Spice Extracts, Colour: Paprika Extract; Acid: Citric Acid], Cucumber (12.5%), Spring Onion (6.3%), White Cabbage (6.3%), Carrot (6.3%)
Plain Pasta	Pasta [Water, Durum WHEAT]
Tuna Mayo	Tuna (66.7%) [Skipjack Tuna (FISH), Water, Salt], Mayonnaise (33.3%) [Rapeseed Oil, Pasteurised EGG , Water, Spirit Vinegar, Salt, Sugar, Flavouring (MUSTARD), Lemon Oil, Antioxidant: Calcium Disodium EDTA]
Gluten Free Bread	Gluten Free Bread (87.8%) [Water, Sourdough (Water, Buckwheat Flour, Millet Flour, Corn Starch, Yeast, Xanthan Gum), Corn Starch, Potato Starch, Rapeseed Oil, Tapioca Starch, Rice Flour, Yeast, Bamboo Fibre, Rice Protein, Psyllium Husk, Sugar, Humectant (Glycerine), Thickeners (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Salt, Fermented Syrups, Apple Cider Vinegar, Vegetable Fibre], Dairy Spread (12.2%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Farmhouse Brown	Farmhouse Brown (95.2%) [BUTTERMILK (MILK), Wholemeal WHEAT Flour (20%), WHEATMEAL (11%) (WHEAT Flour, WHEAT Bran, WHEAT GLUTEN), Plain WHEAT Flour (WHEAT Flour, Raising Agents: Sodium Bicarbonate, Acid Calcium Phosphate, Sodium Acid Pyrophosphate), Rapeseed Oil, OATS , Raising Agent: Sodium Bicarbonate, Sugar, WHEAT Germ, Preservative: Calcium Propionate, Salt, Vinegar (Water, Vinegar 20%, Acetic Acid, Salt)], Dairy Spread (4.8%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)]
Healthy Choice Pan (No Dairy Spread)	Goodness Of Both (WHEAT Flour (WHEAT , Calcium Carbonate, Iron, Thiamin, Niacin), Water, Wholemeal WHEAT Flour, Yeast (Yeast, Vitamin D Yeast), Salt, SOYA Flour, Vegetable Oil (Rapeseed), Emulsifiers: E472e, E481, Vegetable Fat (Palm), Preservative: Calcium Propionate (Added During Hot Weather To Inhibit Mould Growth) Flour (WHEAT) Treatment Agents: Ascorbic Acid (Vitamin C), L Cysteine]
Hi Fibre Soft Roll (No Dairy Spread)	Flour (83.1%) [WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase], Yeast, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Salt [Salt, Sodium Hexacyanoferrate (E535)], Sugar [100% Sugar], Buttermilk Powder [WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyltartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)]
100% Wholemeal (No Dairy Spread)	Wholemeal Bread [Wholemeal (WHEAT) WHEAT Flour, Water, Yeast, Salt, SOYA Flour, Dextrose, Emulsifier: E472e, Preservative: E282, Vegetable Fat (Palm), Vegetable Oil (Rapeseed), Flour Treatment Agent: E300 (Vitamin C)]
Brown Soft Bap Curried Chicken	Wholemeal Soft Bap (53.4%) [Wholemeal Flour, Flour [WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Flour Treatment Agent: Alpha Amylase], Water, Shortening [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Yeast, Sugar [100% Sugar], Buttermilk Powder [WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Improver [SOYA Flour, Emulsifier (E472e Mono And Diacetyltartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Flour Treatment Agent (E300 Ascorbic Acid), Enzymes (WHEAT)], Chicken [Chicken, Water, Salt , Corn Starch], Mayonnaise (7.6%) [Rapeseed Oil, Pasteurised EGG , Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA], Mango Chutney (3.8%) [Sugar, Mangoes (46%), Salt, Acid (Acetic Acid), Sugar Cane Vinegar, Ground Paprika, Ground Cayenne Pepper], Dairy Spread (3.8%) [Rapeseed Oil, Cream (MILK), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)], Curry Powder (0.76%) [Ground Coriander Seeds (44%), Ground Fenugreek Seeds, Ground Turmeric, Ground Cumin Seeds, Salt, Garlic Powder, Onion Powder, Rice Flour, Ground Cinnamon (1.5%), Ground Cloves, Ground Ginger, Anti Caking Agent (Silicon Dioxide), Ground Paprika, Ground Black Pepper, Chilli Powder, Ground Fennel Seeds, Natural Capsicum Flavouring]

GLANMORE FOODS COLD FOOD MENU '26/'27 - ALLERGEN INFORMATION

Recipe Name	Gluten	Oats	Wheat	Barley	Rye	Tree nuts	Peanuts	Eggs	Milk	Fish	Crustaceans	Molluscs	Celery	Mustard	Sesame	Soya	Sulphites	Lupin
Farmhouse Brown (No Dairy Spread)	C	C	C					MC	C	MC				MC	MC	MC	MC	
White Demi Baguette (No Dairy Spread)	C		C			MC		MC	MC	MC				MC	MC	MC	MC	
Gluten Free Bread (No Dairy Spread)								MC						MC	MC			
Hi Fibre Soft Roll	C		C					MC	C	MC				MC	MC	C	MC	
Healthy Choice Pan	C		C					MC	C	MC				MC	MC	C	MC	
Brown Demi Baguette	C		C			MC		MC	C	MC				MC	MC	MC	MC	
100% Wholemeal	C		C					MC	C	MC				MC	MC	C	MC	
Chicken & Stuffing	C		C					C						C		C		
Egg Mayo								C						C				
Turkey Slice																		
Chicken Breast																		
Brown Demi Baguette (No Dairy Spread)	C		C			MC		MC	MC	MC				MC	MC	MC	MC	
White Demi Baguette	C		C			MC		MC	C	MC				MC	MC	MC	MC	
Ham Salad Sandwich (No Dairy Spread)	C		C					MC	MC	MC				MC	MC	C	MC	
Ham Salad Sandwich	C		C					MC	C	MC				MC	MC	C	MC	
Chicken Salad Sandwich (No Dairy Spread)	C		C					MC	MC	MC				MC	MC	C	MC	
Corned Beef																		
Cheddar Cheese									C									
Ham	MC		MC						C							MC		
White Soft Bap Tuna and Sweetcorn (No Dairy Spread)	C		C					C	C	C				C	MC	C	MC	
White Soft Bap Tuna and Sweetcorn	C		C					C	C	C				C	MC	C	MC	
Brown Soft Bap Tuna and Sweetcorn (No Dairy Spread)	C	MC	C	MC	MC			C	C	C				C	MC	C	MC	
Brown Soft Bap Tuna and Sweetcorn	C	MC	C	MC	MC			C	C	C				C	MC	C	MC	
White Soft Bap Ham and Cheese (No Dairy Spread)	C		C					MC	C	MC				MC	MC	C	MC	
White Soft Bap Ham and Cheese	C		C					MC	C	MC				MC	MC	C	MC	
White Soft Bap Curried Chicken (No Dairy Spread)	C		C					C	C	MC				C	MC	C	MC	
White Soft Bap Curried Chicken	C		C					C	C	MC				C	MC	C	MC	
Brown Soft Bap Curried Chicken (No Dairy Spread)	C	MC	C	MC	MC			C	C					C		C		
Cajun Chicken with Mayo Brown Baguette (No Dairy Spread)	C		C			MC		C	MC	MC				C	MC	MC	MC	
Cajun Chicken with Mayo Brown Baguette	C		C			MC		C	C	MC				C	MC	MC	MC	
Cajun Chicken and Mayo White Baguette (No Dairy Spread)	C		C			MC		C	MC	MC				C	MC	MC	MC	
Cajun Chicken and Mayo White Baguette	C		C			MC		C	C	MC				C	MC	MC	MC	
Chicken Salad Sandwich	C		C					MC	C	MC				MC	MC	C	MC	
Cheese Salad Sandwich (No Dairy Spread)	C		C					MC	C	MC				MC	MC	C	MC	
Cheese Salad Sandwich	C		C					MC	C	MC				MC	MC	C	MC	
Pasta Bolognese	C		C										C					
Jacobs Crackers & Cheese	C		C			MC			C									
Vegetable Salad Pot													MC				MC	
Falafel Sweet Chilli Salad Pot	C		C	C									MC				MC	
Plain Pasta	C		C										MC					
Tuna Mayo								C		C				C				
Gluten Free Bread								MC	C	MC				MC	MC			
Farmhouse Brown	C	C	C					MC	C	MC				MC	MC	MC	MC	
Healthy Choice Pan (No Dairy Spread)	C		C					MC	MC	MC				MC	MC	C	MC	
Hi Fibre Soft Roll (No Dairy Spread)	C		C					MC	C	MC				MC	MC	C	MC	
100% Wholemeal (No Dairy Spread)	C		C					MC	MC	MC				MC	MC	C	MC	
Brown Soft Bap Curried Chicken	C	MC	C	MC	MC			C	C	MC				C	MC	C	MC	

C = Contains MC = May Contains

Please refer to this table and the ingredient list for allergen information. Allergens are highlighted within the ingredients.

Information correct on date of issue. Recipes and ingredients may change over time, which could affect allergen, ingredient and nutrition information.

Please note that any products with 'May Contain Nuts' are from supplier sites

If you have any food allergy concerns, please contact Glanmore Foods directly.

Gluten Free Bread options: All listed Gluten Free bread products are made on a site that also handles products containing gluten

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