

GLANMORE FOODS *GLUTEN FREE* HOT 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)
Cheese & Potato Bake	705	169	11	4.8	10	3	0.7	7.2	0.6
Cottage Pie	447	107	5.6	1.8	8	1	0.9	5.7	0.6
Chicken & Vegetable Casserole	304	73	3.2	0.6	6.1	2.2	1.1	4.3	0.4
Chicken Curry with Rice	471	112	2.1	0.5	17	2.6	0.5	5.9	0.3
Mexican Chicken Wrap	761	181	5.3	2.3	19	1.3		14	1.0
Chicken Tikka Wrap	798	190	7.7	2.2	21	1.2		9.5	0.8

Nutritional information per serving

Recipe Name	Serving	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Cheese & Potato Bake	300g	2115	508	33	14	30	9	2.1	22	1.8
Cottage Pie	220g	984	235	12	4	18	2.2	2	13	1.3
Chicken & Vegetable Casserole	220g	669	160	7	1.3	13	4.8	2.4	9.5	0.9
Chicken Curry with Rice	220g	1036	245	4.6	1.1	37	5.7	1.1	13	0.7
Mexican Chicken Wrap	130g	989	235	6.9	3	24	1.7		19	1.3
Chicken Tikka Wrap	130g	1038	247	10	2.8	27	1.6		12	1.0

GLANMORE FOODS **GLUTEN FREE** HOT MENU '26/'27 - INGREDIENTS

Recipe Name	Ingredients
Cheese & Potato Bake	Cheese & Potato Bake [Water, Potato (26%), Mature Cheddar Cheese (MILK), Broccoli, Vegetable Oils (Rapeseed, Palm), Skimmed Milk Powder, Vegetarian Cheese (MILK) (2.8%), Onion, Modified Starch, Maltodextrin, Starch, Salt, MUSTARD Powder, Pepper, Dextrose]
Cottage Pie	Cottage Pie [Water, Potato, Beef (23%), Onion, Rapeseed Oil, Modified Starch, Butter (MILK), Yeast Extract, Salt, Stabilisers (Hydroxypropyl Methyl Cellulose, Cellulose), Dried MILK , Caramelised Sugar, Tomato Puree, Cornflour, Flavouring, Natural Flavourings, Burnt Sugar Powder, Sugar, Pepper, Onion Powder, Concentrated Carrot Juice, Concentrated Onion Juice, Garlic, Dark Brown Sugar, Beef Extract, Tomato Concentrate, Onion Oil]
Chicken & Vegetable Casserole	Chicken Vegetable Casserole [Water, Potato, Carrot, Cooked Chicken (13%), Green Beans, Swede, Mushroom, Onion, Rapeseed Oil, Tomato Puree, Modified Starch, Garlic, Butter (MILK), Salt, Cranberries, Sugar, Dried MILK , Roast Chicken Carcass, Starch, Caramelised Sugar, Mushroom Powder, Rosemary, Thyme, Cornflour, Pepper, Ground Bay Leaf, Yeast Extract, Carrot Juice Concentrate, Leek Juice Concentrate]
Chicken Curry with Rice	Chicken Curry with Rice [Cooked Rice, Water, Cooked Chicken (18%), Onion, Tomato, Tomato Puree, Apple, Modified Starch, Sultanas, Sugar, Peppers, Vegetable Oils (Rapeseed, Sunflower), Ground Spice Blend (Turmeric, Coriander, Pepper, MUSTARD , Cumin, Fenugreek, Ginger, Clove, Fennel), Mango, Salt, Mango Puree, Starch, Lemon Juice From Concentrate, Garlic, Ginger, Ground Cumin, Caramelised Sugar, Ground Turmeric, Garlic Powder, Preservative (Acetic Acid), Ground Paprika, Thickener (Pectins), Ground Chilli]
Mexican Chicken Wrap	Mexican Chicken Wrap [Gluten Free Tortilla (31%), (Water, Sorghum Flour, Chickpea Flour, Wholegrain Rice Flour, Rice Flour, Corn Flour, Buckwheat Flour, Millet Flour, Teff Flour, Maize Flour, Psyllium Husk, Rapeseed Oil, Potato Starch, Maize Starch, Sugar, Pea Protein, Thickeners (Cellulose, Xanthan Gum, Gaur Gum), Yeast, Salt, Acidity Regulators (Malic Acid, Citric Acid, Tartaric Acid), Raising Agents (Sodium Carbonate, Sodium Acid Pyrophosphate), Preservatives (Sorbic Acid, Potassium Sorbate), Flavourings), Chicken (20%) (Chicken Breast Fillet, Salt), Mexican Salsa Sauce (14%) (Water, Glucose, Sugar, Tomato Paste, Herbs And Spices (Onion, Peppers, Paprika, Garlic, Cumin, Chilli, Coriander, Ginger, Clove), Vinegar, Modified Corn Starch, Salt, Molasses, Tamarind Paste, Flavour Enhancer (E621), Acidity Regulators (E330, E260), Preservative(E202)), Cooked Long Grain White Rice (11%), Cheddar CHEESE (11%, MILK) (MILK , Salt, Colour : Annatto), Red And Green Peppers, Red Kidney Beans , Sweetcorn, Sliced Green Beans]
Chicken Tikka Wrap	Chicken Tikka Wrap [Gluten Free Tortilla (31%), (Water, Sorghum Flour, Chickpea Flour, Wholegrain Rice Flour, Rice Flour, Corn Flour, Buckwheat Flour, Millet Flour, Teff Flour, Maize Flour, Psyllium Husk, Rapeseed Oil, Potato Starch, Maize Starch, Sugar, Pea Protein, Thickeners (Cellulose, Xanthan Gum, Gaur Gum), Yeast, Salt, Acidity Regulators (Malic Acid, Citric Acid, Tartaric Acid), Raising Agents (Sodium Carbonate, Sodium Acid Pyrophosphate), Preservatives (Sorbic Acid, Potassium Sorbate), Flavourings), Chicken (26%) (Chicken Breast Fillet, Salt), Tikka Sauce (15%) (Water, Soya Oil, YOGHURT (MILK), Sugar, Orange Juice Concentrate, Vinegar, Vegetables (Bell Pepper, Onion, Garlic), MILK Protein, Salt, Modified Maize Starch, Spices, Stabilizer: Xanthan Gum, Herbs, Paprika Concentrate, Preservatives (E202, E211)), Cooked Long Grain White Rice (11%), Cheddar CHEESE (6%, MILK) (MILK , Salt, Colour: Annatto), Sweetcorn, Diced Onion]

GLANMORE FOODS GLUTEN FREE HOT 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
Cheese & Potato Bake									C					C				
Cottage Pie									C									
Chicken & Vegetable Casserole									C									
Chicken Curry with Rice														C				
Mexican Chicken Wrap									C									
Chicken Tikka Wrap									C									

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

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