



**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.

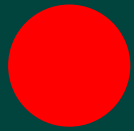




Traffic Light Labelling



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
HIGH per 100g	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
MEDIUM per 100g	Between 5g and 22.5g	Between 3g and 17.5g	Between 1.5g and 5g	Between 0.3g and 1.5g
LOW per 100g	5g and below	3g and below	1.5g and below	0.3g and below



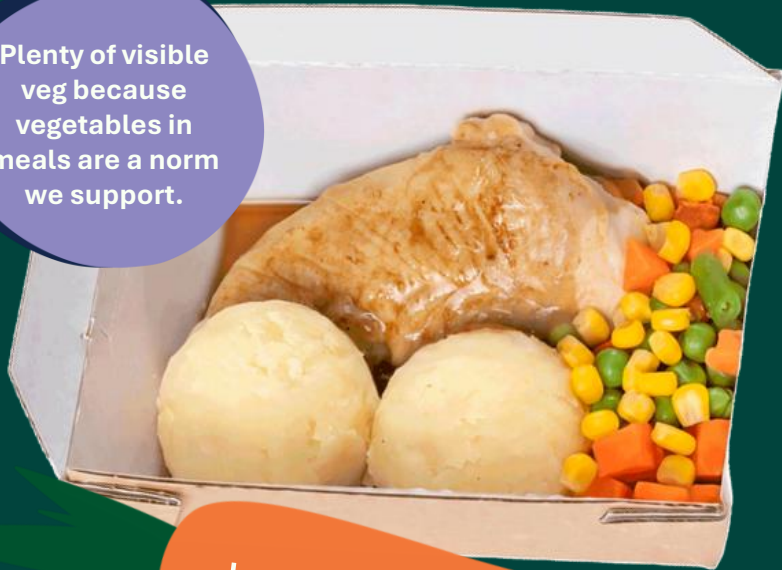
The amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.



**Irish Heart
Foundation**

Roast Chicken with Mashed Potato, Mixed Vegetables & Gravy

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



Low in fat, saturated fat, and sugar.

Typical Values	Per 100g	Per Portion (270g)
Energy (kJ)	344	928
Energy (Kcal)	82	221
Fat (g)	2.1	5.7
Of which saturates (g)	1.1	2.9
Carbohydrates (g)	8.8	23.7
Of which sugars (g)	0.9	2.3
Protein (g)	6.0	16.2
Salt (g)	0.5	1.2
Fibre (g)	1.8	4.7

Fat

Saturates

Sugar

Salt

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

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
- **Mixed Vegetables** Carrots, Peas, Green Beans, Sweetcorn

May Contain Gluten

Finnegan's
-- POWERED BY POTATOES --

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

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



Roast Turkey with Mashed Potato, Mixed Vegetables No Gravy



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

Typical Values	Per 100g	Per Portion (210g)
Energy (kJ)	456	957
Energy (Kcal)	108	228
Fat (g)	2.8	5.9
Of which saturates (g)	1.6	3.4
Carbohydrates (g)	11.0	23.1
Of which sugars (g)	0.8	1.6
Protein (g)	8.5	17.9
Salt (g)	0.3	0.6
Fibre (g)	2.9	6.0



Ingredients

- **Mashed Potato** Rooster Potato, Butter (*MILK*), Cream (*MILK*), Salt
- **Turkey** Turkey Breast (86%), Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar
- **Mixed Vegetables** Carrots, Peas, Green Beans, Sweetcorn

May Contain Gluten



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

Our delicious poultry is sourced from McCaughey Foods in Monaghan.



Chicken Curry with Rice & Peppers



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

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

Fat

Saturates

Sugar

Salt

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



Meatballs with Pasta, Arrabiata Sauce & Carrots

100%
Irish beef!



Low in saturated fat
and sugar.

Typical Values	Per 100g	Per Portion (266g)
Energy (kJ)	537	1427
Energy (Kcal)	127	338
Fat (g)	3.6	9.7
Of which saturates (g)	1.3	3.6
Carbohydrates (g)	17.0	45.3
Of which sugars (g)	3.1	8.2
Protein (g)	7.0	18.7
Salt (g)	0.4	1.1
Fibre (g)	1.5	4.1



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?



Margherita Pizza with Mixed Vegetables

Suitable for vegetarians!



Made using wholewheat flour for extra fibre!

Typical Values	Per 100g	Per Portion (140g)
Energy (kJ)	792	1109
Energy (Kcal)	188	264
Fat (g)	6.5	9.1
Of which saturates (g)	3.1	4.3
Carbohydrates (g)	21.1	29.6
Of which sugars (g)	2.1	3.0
Protein (g)	9.7	13.6
Salt (g)	0.6	0.9
Fibre (g)	4.0	5.6

Fat

Saturates

Sugar

Salt

Ingredients

- **Wholewheat Pizza** Mozzarella cheese 31,25% (MILK, salt, rennet), wholemeal WHEAT flour, tomato puree 21,7%, WHEAT flour, water, extra virgin olive oil, salt, oregano, yeast
- **Mixed Vegetables** Carrots, Peas, Green Beans, Sweetcorn

May Contain Soya & Mustard

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

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.



Beef Bolognese with Pasta & Carrots

100%
Irish beef!



Low in fat, saturated fat,
sugar & salt

Typical Values	Per 100g	Per Portion (230g)
Energy (kJ)	477	1098
Energy (Kcal)	113	260
Fat (g)	2.3	5.3
Of which saturates (g)	0.8	1.8
Carbohydrates (g)	16.2	37.4
Of which sugars (g)	3.1	7.0
Protein (g)	7.6	17.4
Salt (g)	0.3	0.7
Fibre (g)	1.3	3.0

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.



Chicken Stew 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.



Lentil & Sweet Potato Bolognese with 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 (205g)
Energy (kJ)	453	928
Energy (Kcal)	107	218
Fat (g)	0.9	1.9
Of which saturates (g)	0.2	0.3
Carbohydrates (g)	19.8	40.6
Of which sugars (g)	2.3	4.7
Protein (g)	5.4	11.1
Salt (g)	0.1	0.3
Fibre (g)	1.7	3.5

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!



Hot Ham & Cheese Roll with Carrot & Apple Snack Pack



Typical Values	Per 100g	Per Portion (204g)
Energy (kJ)	761	1561
Energy (Kcal)	181	370
Fat (g)	6.5	13.3
Of which saturates (g)	3.0	6.2
Carbohydrates (g)	21.7	44.2
Of which sugars (g)	4.5	9.1
Protein (g)	8.1	16.5
Salt (g)	1.1	2.2
Fibre (g)	2.6	5.2

Ingredients

- **Brown Petit Pain** *WHEAT* flour, water, wholemeal *WHEAT* flour, **WHEAT GLUTEN**, salt, yeast, flour treatment agent ascorbic acid
- **Dairy Spread** Rapeseed Oil, Cream (**MILK**), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)
- **Cheddar Cheese** Pasteurized **MILK**, salt, colour (E160b(ii)), microbial rennet, starter culture
- **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)
- **Apple and Carrot Snack Pack** Apple, Carrot

May Contain Soya & Nuts

Fat

Saturates

Sugar

Salt

Roast Chicken with Mashed Potato, Mixed Vegetables No 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 (210g)
Energy (kJ)	456	959
Energy (Kcal)	109	229
Fat (g)	3.1	6.5
Of which saturates (g)	1.6	3.5
Carbohydrates (g)	11.1	23.2
Of which sugars (g)	0.7	1.5
Protein (g)	7.9	16.5
Salt (g)	0.3	0.6
Fibre (g)	2.4	5.1



Ingredients

- **Mashed Potato** Rooster Potato, Butter (MILK), Cream (MILK), Salt
- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **Mixed Vegetables** Carrots, Peas, GreenBeans, Sweetcorn

May Contain Gluten



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

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



Roast Turkey with Mashed Potato, Mixed Vegetables & Gravy



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

Typical Values	Per 100g	Per Portion (275g)
Energy (kJ)	346	951
Energy (Kcal)	82	226
Fat (g)	1.9	5.1
Of which saturates (g)	1.0	2.9
Carbohydrates (g)	8.6	23.6
Of which sugars (g)	0.9	2.5
Protein (g)	6.9	18.9
Salt (g)	0.5	1.3
Fibre (g)	2.1	5.8



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
- **Turkey** Turkey Breast (86%), Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar
- **Mixed Vegetables** Carrots, Peas, GreenBeans, Sweetcorn

May Contain Gluten



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

Our delicious poultry is sourced from McCaughey Foods in Monaghan.



Chicken with Pasta, Arrabiata Sauce & Peppers

Hidden and visible veggies the perfect combo for all preferences!



Typical Values	Per 100g	Per Portion (270g)
Energy (kJ)	409	1104
Energy (Kcal)	96	260
Fat (g)	0.9	2.5
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	15.1	40.8
Of which sugars (g)	3.1	8.3
Protein (g)	7.2	19.5
Salt (g)	0.4	1.2
Fibre (g)	1.4	3.8

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**

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

Fat

Saturates

Sugar

Salt

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



Chicken Pesto Pasta with 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.



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

Chicken Korma with Rice & Peppers

Lots of chunky veg!



Typical Values	Per 100g	Per Portion (280g)
Energy (kJ)	484	1356
Energy (Kcal)	115	332
Fat (g)	3.2	8.9
Of which saturates (g)	2.1	6.0
Carbohydrates (g)	15.5	43.4
Of which sugars (g)	1.6	4.4
Protein (g)	5.9	16.4
Salt (g)	0.4	1.1
Fibre (g)	0.9	2.6

Ingredients

- Korma Sauce** Water, Coconut Milk (Coconut Extract, Water), Onion, Tomato (8%), Coconut (5%), Corn Starch, Desiccated Coconut, Tomato Paste, Spices, Garlic Purée, Ginger Purée, Sugar, Curry Powder (Spices, **MUSTARD** Powder, Black Pepper, Salt, Garlic Powder), Salt, Rapeseed Oil, 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.



Vegetable 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

Fat

Saturates

Sugar

Salt

Enjoy 4 different
types of vegetables
in this dish!



Hot Chicken & Cheese Roll with Carrot & Apple Snack Pack



Typical Values	Per 100g	Per Portion (227g)
Energy (kJ)	743	1688
Energy (Kcal)	177	402
Fat (g)	5.9	13.5
Of which saturates (g)	2.7	6.2
Carbohydrates (g)	19.3	43.8
Of which sugars (g)	3.9	8.9
Protein (g)	10.7	24.3
Salt (g)	0.8	1.8
Fibre (g)	2.3	5.3

Ingredients

- **Brown Petit Pain** *WHEAT* flour, water, wholemeal *WHEAT* flour, *WHEAT GLUTEN*, salt, yeast, flour treatment agent ascorbic acid
- **Dairy Spread** Rapeseed Oil, Cream (*MILK*), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)
- **Chicken** *Chicken* (88%), Water, Salt, Corn Starch
- **Cheddar Cheese** *Pasteurized MILK*, salt, colour (E160b(ii)), microbial rennet, starter culture
- **Apple and Carrot Snack Pack** *Apple*, *Carrot*

May Contain Nuts



Vegetable & Chickpea Stew with 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?



Hot Curried Chicken Roll with Carrot & Apple Snack Pack



Typical Values	Per 100g	Per Portion (220g)
Energy (kJ)	647	1423
Energy (Kcal)	154	339
Fat (g)	3.7	8.1
Of which saturates (g)	1.0	2.2
Carbohydrates (g)	19.6	43.1
Of which sugars (g)	4.3	9.4
Protein (g)	9.8	21.5
Salt (g)	0.8	1.8
Fibre (g)	2.7	6.0

Ingredients

- **Ciabatta** *WHEAT* flour, water, bran *WHEAT*, salt, yeast, *WHEAT GLUTEN*, malted *WHEAT* flour, devitalised dehydrated *WHEAT* sourdough, hydrolysed *WHEAT* proteins
- **Dairy Spread** Rapeseed Oil, Cream (*MILK*), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)
- **Curry Powder** Coriander (41%), Fenugreek, Turmeric, Cumin, Salt, Garlic Powder, Onion Powder, Rice Flour, **MUSTARD** Seed, Cinnamon (1%), Clove, Ginger, Paprika, Black Pepper, Chilli Powder, Fennel Seed, Natural Capsicum Flavouring
- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **Apple and Carrot Snack Pack** Apple, Carrot

May Contain Sesame, Oats, Barley & Rye



Beef Lasagne with Mixed Vegetables

100%
Irish beef!



Packed full of veggies
& low in sugar!

Typical Values	Per 100g	Per Portion (240g)
Energy (kJ)	481	1153
Energy (Kcal)	115	275
Fat (g)	3.4	8.2
Of which saturates (g)	1.7	4.0
Carbohydrates (g)	11.8	28.4
Of which sugars (g)	3.2	7.6
Protein (g)	8.3	19.9
Salt (g)	0.7	1.7
Fibre (g)	1.7	4.1

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
- Mixed Vegetables** Carrots, Peas, Green Beans, Sweetcorn

Pesto Pasta with Quorn Pieces & Peas



Typical Values	Per 100g	Per Portion (215g)
Energy (kJ)	642	1380
Energy (Kcal)	153	329
Fat (g)	6.7	14.4
Of which saturates (g)	1.1	2.4
Carbohydrates (g)	15.7	33.7
Of which sugars (g)	0.9	2.0
Protein (g)	7.5	16.2
Salt (g)	0.7	1.6
Fibre (g)	4.3	9.2

Ingredients

- **Pasta** Water, Durum whole **WHEAT** flour
- **Quorn** Mycoprotein (93%), Rapeseed Protein, Natural Flavouring, Potato Protein, Mushroom Extract (Maltodextrin, Mushroom Extract).
- **Pesto** Basil Purée (Basil 59%, Sunflower oil, Salt), Sunflower Oil, Vegetarian Med Fat Hard Cheese (**MILK**)
- **Peas**



Hot Tuna & Sweetcorn Roll with Carrot & Apple Snack Pack



Typical Values	Per 100g	Per Portion (215g)
Energy (kJ)	567	1218
Energy (Kcal)	135	290
Fat (g)	1.5	3.3
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	20.2	43.5
Of which sugars (g)	4.6	9.8
Protein (g)	9.2	19.9
Salt (g)	0.7	1.5
Fibre (g)	2.7	5.8

Ingredients

- **Ciabatta** *WHEAT* flour, water, bran *WHEAT*, salt, yeast, *WHEAT GLUTEN*, malted *WHEAT* flour, devitalised dehydrated *WHEAT* sourdough, hydrolysed *WHEAT* proteins
- **Tuna** Skipjack Tuna (*FISH*), Water, Salt
- **Light Mayonnaise** Water, Rapeseed Oil, Pasteurised *EGG*, Modified Starch, Spirit Vinegar, Sugar, Salt, Stabiliser: Xanthan Gum; Lemon Juice (from Concentrate), Preservative: Potassium Sorbate; **MUSTARD** Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract
- **Sweetcorn**
- **Apple and Carrot Snack Pack** Apple, Carrot

May Contain Sesame, Oats, Barley & Rye

Fat

Saturates

Sugar

Salt

Butter Bean & Spinach Curry with Potato & Cauliflower

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

Roast Chicken with Boiled Potatoes



Typical Values	Per 100g	Per Portion (150g)
Energy (kJ)	409	613
Energy (Kcal)	97	146
Fat (g)	0.7	1.1
Of which saturates (g)	0.2	0.3
Carbohydrates (g)	13.7	20.6
Of which sugars (g)	0.7	1.1
Protein (g)	9.1	13.6
Salt (g)	0.3	0.4
Fibre (g)	1.2	1.9

Ingredients

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

May Contain Gluten



Meatballs with Plain Pasta



Typical Values	Per 100g	Per Portion (141g)
Energy (kJ)	848	1196
Energy (Kcal)	201	284
Fat (g)	6.7	9.5
Of which saturates (g)	2.5	3.6
Carbohydrates (g)	24.3	34.2
Of which sugars (g)	0.7	0.9
Protein (g)	12.2	17.2
Salt (g)	0.2	0.3
Fibre (g)	1.4	2.0



Ingredients

- **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)*

Beans & Mashed Potato

Suitable for vegetarians!

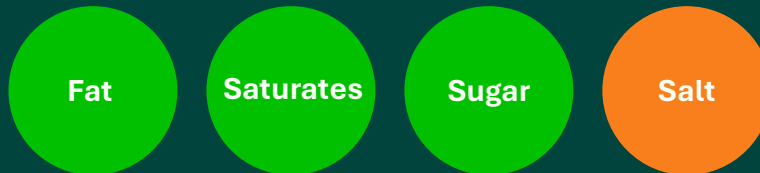


Typical Values	Per 100g	Per Portion (220g)
Energy (kJ)	413	908
Energy (Kcal)	98	217
Fat (g)	2.2	4.8
Of which saturates (g)	1.2	2.7
Carbohydrates (g)	14.6	32.2
Of which sugars (g)	3.4	7.4
Protein (g)	3.4	7.6
Salt (g)	0.4	1.0
Fibre (g)	3.1	6.8

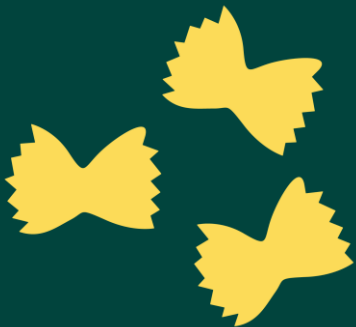
Ingredients

- **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



Plain Pasta



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



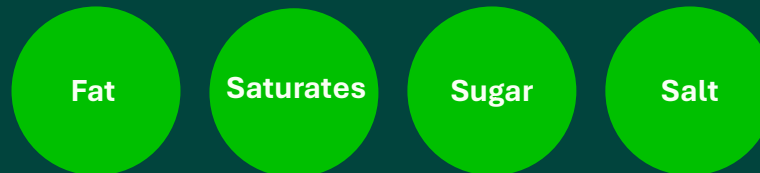
Ingredients

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

Roast Chicken with Plain Pasta



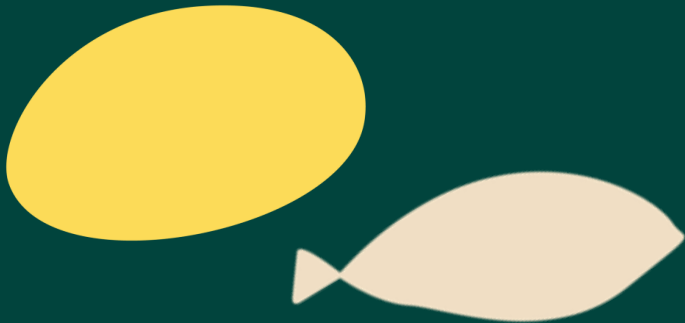
Typical Values	Per 100g	Per Portion (140g)
Energy (kJ)	616	862
Energy (Kcal)	145	203
Fat (g)	1.7	2.4
Of which saturates (g)	0.4	0.5
Carbohydrates (g)	20.9	29.2
Of which sugars (g)	0.5	0.7
Protein (g)	12.7	17.8
Salt (g)	0.3	0.4
Fibre (g)	1.3	1.8



Ingredients

- **Pasta** *Durum WHEAT, Water*
- **Chicken** *Chicken (88%) Water, Salt, Corn Starch*

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)

Roast Turkey & Mashed Potato



Typical Values	Per 100g	Per Portion (155g)
Energy (kJ)	456	740
Energy (Kcal)	108	176
Fat (g)	2.8	4.8
Of which saturates (g)	1.6	2.8
Carbohydrates (g)	11.0	15.3
Of which sugars (g)	0.8	0.5
Protein (g)	8.5	16.9
Salt (g)	0.3	0.6
Fibre (g)	2.9	3.1



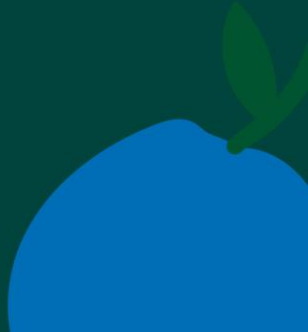
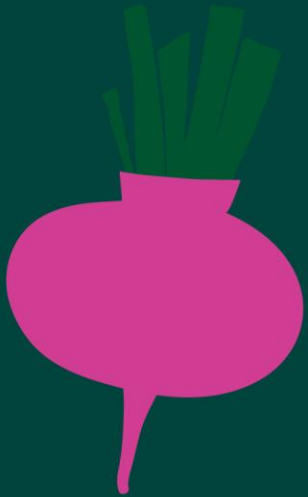
Ingredients

- **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

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
Roast Chicken & Turkey Dinners (with & without Gravy)		!													
Chicken Curry with Rice & Peppers		!													
Meatballs with Pasta, Arrabiata Sauce Tomato Sauce & Carrots					!					!					
Margherita Pizza with Mixed Vegetables			!			!									
Beef Bolognese with Pasta & Carrots										!					
Chicken Stew with Vegetables &		!			!					!					

Caution: Meat and Fish products may contain bone.

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					!					!					
Hot Ham & Cheese Roll with Carrot & Apple Snack Pack			!					!							
Chicken Paella with Mixed Vegetables		!								!					
Veggie Curry With Chickpeas & Rice		!													
Chicken Korma with Rice & Peppers		!													
Vegetable & Chickpea Stew with Potatoes		!			!					!					
Hot Chicken & Cheese Roll with Carrot & Apple Snack Pack								!							

Check Out Our ‘May Contains’

Dish Name	Milk	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree Nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin	Legumes
Hot Curried Chicken Roll with Carrot & Apple Snack Pack							!								
Hot Tuna & Sweetcorn Roll with Carrot & Apple Snack Pack							!								
Butter Bean & Spinach Curry with Potato & Cauliflower		!													
Roast Chicken with Boiled Potatoes		!													
Beans & Mashed Potato		!													
Roast Turkey & Mashed Potato		!													

Disclaimer: Information correct as of 29/05/26. 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.