

**GLANMORE FOODS HOT MENU (2024 / 2025) - NUTRITION AND ALLERGEN INFORMATION**

Hot Meals	Energy		Fat	Carbohydrate		Protein	Salt	Fibre	Allergen information														Vegetarian					
	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	Wheat	Soy	Egg	Gluten*	Milk	Mustard	Sesame	Tree nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs		Lupin	Legume			
										!	X	!	!	!	!	!	!	!	!	!	!	!		!	!	!	!	!
Roast Chicken, Carrots, Peas, Mash & Gravy	206	866	5.5	2.9	22.8	2.9	14.9	1.4	3.6	X	!								!					X	!			
Mamma's Italian Meatballs in Tomato Sauce, Carrots and Fusilli Pasta	322	1360	9.5	3.6	42.1	8.1	18.0	1.1	3.9	X	X <sup>W</sup>	!	!	!	!				!						X	!		
Super Goopy Mac 'n' Cheese with Peas	293	1335	7.8	4.8	24.2	1.3	7.3	1.3	2.0	X	X <sup>W</sup>	!	!	!	X	!			X	!	!	!		X	!			
Classic Cottage Pie with Carrots and Peas	253	1059	9.7	5.0	26.4	3.6	12.8	1.2	4.0	X	X <sup>W</sup>													X	!			
Tex-Mex Chicken Fajita with Peppers	179	755	3.1	0.6	20.9	5.3	16.3	1.5	1.8		X <sup>W</sup>														X	!		
Moroccan Veggie Stew with chickpeas and potatoes	136	570	1.0	0.2	26.3	7.2	4.4	1.0	4.0	!	!	!	!	!	!	!				!	!	!		X	!			
Potato Cubes and Beans	259	1092	4.0	0.5	44.4	7.8	8.2	1.2	7.8		!														X	!		
Sausages and Potato Cubes	297	1243	13.7	3.9	34.2	1.0	8.3	1.2	3.7		X <sup>W</sup>							X							X	!		
Chicken Tenders and Potato Cubes	302	1267	10.6	3.1	38.2	1.1	12.1	0.8	3.0	!	X <sup>W</sup>	!	!	!	!										X	!		
Roast Chicken & Mash	194	813	6.2	3.4	19.3	0.4	14.0	0.8	2.5	X																X	!	
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X <sup>W</sup>																X	!
Beef Burger, Pepper Sauce, Peas & Potatoes	275	1150	9.3	5.3	27.9	3.6	15.1	1.3	4.9	X	X <sup>W</sup>	X				!			!						X	!		
Crispy Chicken Tenders, Potato Cubes and Carrots	263	1101	9.6	3.0	31.7	3.2	11.4	0.7	3.0	!	X <sup>W</sup>	!	!	!	!	!			!						X	!		
Mild Chicken Korma and Peppers with Fluffy Rice	274	1157	4.1	2.5	42.1	3.9	15.7	1.6	1.6	!	!	!	!	!	!	!			X	!	!	!			X	!		
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	405	1694	14.7	3.9	53.1	13.9	14.6	1.4	3.8	!	X <sup>W</sup>	!	!	!	!	!									X	!		
Cheesy Margherita Pizza Served with Carrots and Peas	192	803	5.1	2.9	26.2	3.6	9.5	1.3	2.9	X	X <sup>W</sup>	!	!	!	!	!			!						X	!		
Veggie Curry with chickpeas and Rice	259	1095	2.1	0.1	53.0	7.6	5.8	0.9	3.0	!	!	!	!	!	!	!				!	!	!		X	!			
Potato Cubes and Beans	259	1092	4.0	0.5	44.4	7.8	8.2	1.2	7.8		!														X	!		
Baked Fish Fingers and Potato Cubes	254	1070	6.7	0.6	37.1	1.1	10.3	0.8	3.5		X <sup>W</sup>								X							X	!	
Baked Chicken Tenders and Potato Cubes	302	1267	10.6	3.1	38.2	1.1	12.1	0.8	3.0	!	X <sup>W</sup>	!	!	!	!											X	!	
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X <sup>W</sup>																X	!
Roast Turkey, Squash, Carrot, Mash & Gravy	211	885	6.3	3.2	21.5	3.3	16.0	1.4	3.9	X	!			!					!						X	!		
Mixed Veggie Rice with Quorn pieces	163	687	1.8	0.7	22.4	2.0	12.0	0.4	6.1		!		X												X	!		
Chicken with Sweet Peppers and Tomato Sauce with Fusilli Pasta	244	1040	2.4	0.5	38.7	8.2	18.2	1.4	3.7		X <sup>W</sup>															X	!	
Cajun Spiced Chicken with Sweet Potato Wedges and Sweetcorn	219	921	2.8	1.0	25.6	12.6	18.8	1.1	4.1	X	!	X			X										X	!		
Mexican Chicken Burrito Tortilla with Roasted Peppers	248	1051	3.1	0.6	37.6	5.4	16.6	1.6	2.1		X <sup>W</sup>															X	!	
Lebanese Falafel Bowl with Peppers and Rice	265	1118	4.1	0.3	51.0	5.5	6.6	0.9	1.6	!	X <sup>W</sup>	!	!	!	!	!				!	!	!			X	!		
Potato Cubes and Beans	259	1092	4.0	0.5	44.4	7.8	8.2	1.2	7.8		!															X	!	
Margherita Pizza and Potato Cubes	342	1435	9.1	3.6	52.1	2.2	11.9	1.8	4.2	X	X <sup>W</sup>	!	!	!	!											X	!	
Baked Chicken Tenders and Potato Cubes	302	1267	10.6	3.1	38.2	1.1	12.1	0.8	3.0	!	X <sup>W</sup>	!	!	!	!	!										X	!	
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	288	1218	2.6	0.4	50.8	6.8	15.5	1.5	1.0	!	!	!	!	!	!	!				!	!	!				X	!	
Chicken Casserole with Potato & Vegetables	216	905	4.6	0.7	29.4	6.2	14.3	2.3	3.4				!	X					!							X	!	
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X <sup>W</sup>																X	!
Roast Chicken, Peas, Sweetcorn, Mash & Gravy	216	906	5.8	3.0	23.7	2.8	15.3	1.4	3.8	X	!														X	!		
Beef Lasagne, Carrots & Peas	269	1129	8.1	4.0	27.9	9.1	19.8	1.7	3.7	X	X <sup>W</sup>			!					!						X	!		
Italian Beef Bolognese, Carrots and Fusilli Pasta	244	1030	5.2	1.8	34.2	7.0	16.7	0.7	2.8		X <sup>W</sup>								!							X	!	
Mild Thai Red Chicken Curry with Fluffy Rice and Broccoli	286	1210	7.0	5.3	39.0	2.6	15.3	0.6	1.7		X <sup>W</sup>															X	!	
Loaded Beef Burrito with Peppers	277	1174	4.4	1.3	49.4	5.6	9.7	0.5	3.0		X <sup>W</sup>														X	!		
Lentil & Sweet Potato Bolognese with Pasta	193	819	1.7	0.3	35.9	4.1	9.7	0.2	3.1		X <sup>W</sup>			!					!						X	!		
Potato Cubes and Beans	259	1092	4.0	0.5	44.4	7.8	8.2	1.2	7.8		!														X	!		
Sausages and Potato Cubes	297	1243	13.7	3.9	34.2	1.0	8.3	1.2	3.7		X <sup>W</sup>							X								X	!	
Pepperoni Pizza & Potato Cubes	367	1539	11.3	4.5	52.2	2.3	13.0	2.0	4.2	X	X <sup>W</sup>	!	!	!	!											X	!	
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X <sup>W</sup>																X	!
Roast Turkey, Sweetcorn and Carrots, Mash and Gravy	211	886	6.3	3.2	21.6	3.2	16.1	1.3	3.6	X	!			!					!							X	!	
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	288	1218	2.6	0.4	50.8	6.8	15.5	1.5	1.0	!	!	!	!	!	!	!				!	!	!				X	!	
Sweet & Sour Chicken, Broccoli & Rice	394	1661	1.6	0.4	77.1	39.5	15.0	1.5	1.8		X <sup>WB</sup>								!							X	!	
Mexican Chicken Burrito Bowl with Rice and Peppers	242	1027	1.6	0.4	41.4	4.9	14.9	1.3	1.8		!								!							X	!	
Cheesy Tuna Melt with Sweetcorn and Potato Cubes	358	1493	15.0	5.5	29.5	3.1	25.1	2.0	3.1	X	X <sup>W</sup>	X	X		X				X						X	!		
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	201	846	3.7	0.5	33.1	5.6	6.2	1.0	5.7	!	!	!	!	!	!	!				!	!	!		X	!			
Potato Cubes and Beans	259	1092	4.0	0.5	44.4	7.8	8.2	1.2	7.8		!														X	!		
Baked Fish Fingers and Potato Cubes	254	1070	6.7	0.6	37.1	1.1	10.3	0.8	3.5		X <sup>W</sup>								X							X	!	
Baked Chicken Tenders and Potato Cubes	302	1267	10.6	3.1	38.2	1.1	12.1	0.8	3.0	!	X <sup>W</sup>	!	!	!	!											X	!	
Roast Turkey & Mash	200	836	6.9	3.6	18.4	0.4	14.9	0.7	3.4	X																X	!	
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X <sup>W</sup>																X	!

**Allergen Information**

<b>X</b> CONTAINS	<b>!</b> MAY CONTAIN TRACES OF	FREE FROM
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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 is a Nut Free Production site.

\*For Gluten containing products see cereal reference: Wheat (W), Barley (B), Rye (R) , Oats (O), Triticale (T)

VEGAN OPTIONS ABOVE: All meals are produced on site that also handles meat, dairy, eggs and fish. Please contact Glanmore if you require further information

GLANMORE FOODS **GLUTEN FREE HOT MENU (2024 / 2025) - NUTRITION AND ALLERGEN INFORMATION**

Hot Meals	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information													Suitable for Vegetarians			
	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	Dairy	Gluten*	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs		Lupin	Sesame	
Vegan Rice and Meatless Meatballs	323	1337	12	3.2	39	4	13	1.3	4.7			!													X	✓
Vegan Cottage Pie	159	668	3.3	0.3	22	2.8	8.2	0.4	3.6			!													X	✓
Vegan Spice Box	408	1713	20	2.4	46	5.7	8.4	1.4	6.3			X													X	✓
Vegan Curry & Rice	268	1123	11	5.5	31	3.3	8.9	0.9	2.1			X													X	✓
Chicken Tikka Wrap	270.4	1134.9	11.4	3.0	26.0	0.9	16.9	1.6	NA	X															X	✗
Mexican Chicken Wrap	245.7	1032.2	8.3	4.0	24.7	0.5	18.2	1.6	NA	X															X	✗

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X CONTAINS

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 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