

GLANMORE FOODS HOT MENU 2025 - Nutrition PER MEAL & Allergen Information																									
PER MEAL	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information															
	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	Wilk	Gluten*	soya	egg	celery	Mustard	sesame	tree nuts	peanuts	sulphites	fish	Crustaceans	Molluscs	Lupin	vegan	Vegetarian
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 ^W		X	!					!						✗
Super Gooney Mac 'n' Cheese with Peas	293	1335	7.8	4.8	24.2	1.3	7.3	1.3	2.0	X	X ^W	!	!	!	X	!			X	!	!	!		X	✓
Classic Cottage Pie with Carrots and Peas	244	1022	8.6	4.5	26.3	3.5	12.8	1.1	4.0	X	X ^W								X					X	✗
Tex-Mex Chicken Fajita with Peppers	179	755	3.1	0.6	20.9	5.3	16.3	1.5	1.8		X ^W														✗
Moroccan Veggie Stew with chickpeas and potatoes	144	602	2.7	0.3	25.3	6.1	4.5	0.8	5.0	!	!	!	!	!	!	!				!	!	!		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 ^W							X							✗
Chicken Tenders and Potato Cubes	302	1267	10.6	3.1	38.2	1.1	12.1	0.8	3.0	!	X ^W	!	!	!		!									✗
Roast Chicken & Mash	194	813	6.2	3.4	19.3	0.4	14.0	0.8	2.5	X															✗
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X ^W														✓
Beef Burger, Pepper Sauce, Peas & Potatoes	256	1071	7.6	3.9	32.4	3.7	13.9	1.3	4.2	X	X ^{WO}	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 ^W	!	!	!		!			!						✗
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	!	!	!			✗
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 ^W	!	!	!	!	!								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 ^W	!		!	!				!					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 ^W								X						✗
Baked Chicken Tenders and Potato Cubes	302	1267	10.6	3.1	38.2	1.1	12.1	0.8	3.0	!	X ^W	!	!	!		!									✗
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X ^W														✓
Roast Turkey, Squash, Carrot, Mash & Gravy	211	885	6.3	3.2	21.5	3.3	16.0	1.4	3.9	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 ^W														✗
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 ^W														✗
Lebanese Falafel Bowl with Peppers and Rice	273	1150	5.7	0.5	50.1	4.4	6.8	0.7	2.6	!	X ^W	!	!	!	!	!				!	!	!		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 ^W	!			!										✓
Baked Chicken Tenders and Potato Cubes	302	1267	10.6	3.1	38.2	1.1	12.1	0.8	3.0	!	X ^W	!	!	!	!	!									✗
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	288	1218	2.6	0.4	50.8	6.8	15.5	1.5	1.0	!	!	!	!	!	!	!				!	!	!			✗
Chicken Casserole with Potato & Vegetables	208	871	4.3	0.6	28.3	5.7	14.2	1.7	3.4					X				!							✗
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X ^W			!	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 ^W			!				!						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 ^W			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 ^W														✗
Loaded Beef Burrito with Peppers	277	1174	4.4	1.3	49.4	5.6	9.7	0.5	3.0		X ^W													X	✗
Lentil & Sweet Potato Bolognese with Pasta	193	819	1.7	0.3	35.9	4.1	9.7	0.2	3.1		X ^W			!					!					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 ^W							X							✗
Pepperoni Pizza & Potato Cubes	367	1539	11.3	4.5	52.2	2.3	13.0	2.0	4.2	X	X ^W	!			!										✗
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X ^W														✓
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	!			!					!						✗
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	288	1218	2.6	0.4	50.8	6.8	15.5	1.5	1.0	!	!	!	!	!	!	!				!	!	!			✗
Sweet & Sour Chicken, Broccoli & Rice	394	1661	1.6	0.4	77.1	39.5	15.0	1.5	1.8		X ^{WB}	!						!							✗
Mexican Chicken Burrito Bowl with Rice and Peppers	242	1027	1.6	0.4	41.4	4.9	14.9	1.3	1.8		!														✗
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 ^W	X	X		X				X					X	✗
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	166	697	2.6	0.3	29.7	4.9	5.6	0.5	6.0	!	!	!	!	!	!	!				!	!	!		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 ^W								X						✗
Baked Chicken Tenders and Potato Cubes	302	1267	10.6	3.1	38.2	1.1	12.1	0.8	3.0	!	X ^W	!	!	!		!									✗
Roast Turkey & Mash	200	836	6.9	3.6	18.4	0.4	14.9	0.7	3.4	X															✗
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X ^W														✓

X
CONTAINS

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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

All Beef Dishes Contain Irish Beef

GLANMORE FOODS 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	
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	174	731	8.1	2.3	20.1	0.6	4.9	0.7	2.1	
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	174	731	8.1	2.3	20.1	0.6	4.9	0.7	2.1	
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	

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	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
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												

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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	