

GLANMORE FOODS HOT MENU (2024 / 2025) - INGREDIENT LIST

Roast Chicken, Carrots, Peas, Mash & Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Gluten Free 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, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Garden Peas; Carrots
Mamma's Italian Meatballs in Tomato Sauce, Carrots and Fusilli Pasta	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
Super Goopy Mac 'n' Cheese with Peas	Macaroni Pasta (Durum WHEAT, Water) ; Cheese Sauce (MILK, Water, Cheddar cheese (MILK), Cornflour, Dijon MUSTARD (SULPHITES), Vegetable Bouillion (Maltodextrin, Sea salt, Yeast extract, Roasted Vegetable flavoured seasoning, Onion Powder, Potato Starch, Caster Sugar, Carrot Juice Powder, Flavourings, Extra Virgin Olive Oil, Garlic Powder, Black Pepper), Garlic Powder.; Garden Peas; Cheddar Cheese (MILK, Salt, Starter Culture, Rennet, Colour (Annatto / Beta Carotene), Anti-Caking Agent (Microcal))
Classic Cottage Pie with Carrots and Peas	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Shephards 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]); Gluten Free Gravy (Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb)
Tex-Mex Chicken Fajita with Peppers	Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Salsa Sauce (Tomato, Onion, Green Pepper, Water, Sugar, Spirit Vinegar, Modified Starch, Lemon Juice (from Concentrate), Salt Spices, Herbs, Acid (Citric Acid), Colour (Paprika Extract)); Peppers; Tortilla (WHEAT Flour, Water, Stabiliser (Glycerol), Sunflower Oil, Raising Agents (Sodium Bicarbonate, Calcium Phosphate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Dextrose, Salt); Fajita Seasoning (Salt, Paprika, Oregano, Chillies, Sugar, Onion Powder, Garlic Powder, Black Pepper, Cinnamon, Nutmeg, Citric Acid)
Moroccan Veggie Stew with chickpeas and potatoes	Moroccan Sauce (Water, Tomatoes, Tomato Puree, Onion, Sweet Mango Chutney (Sugar Syrup, Mango, Salt, Ginger, Chilli Powder, Garlic, Acetic Acid); Vegetable Bouillion (Maltodextrin, Sea Salt, Yeast Extract, Roasted Vegetable flavoured seasoning, Onion Powder, Potato Starch, Caster Sugar, Carrot Juice Powder, Flavourings, Extra Virgin Olive Oil, Garlic Powder, Black Pepper), Brown Sugar, Sunflower Oil, Garlic & Ginger Powder, Cumin, Coriander, Fennel, Turmeric, Paprika, Chilli Powder); Potatoes; Carrots; Chickpeas; Courgette; Butternut squash; Peppers
Potato Cubes and Beans	Beans (Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract); Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xanthan Gum)])
Sausages and Potato Cubes	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xanthan Gum)]; Sausage (Pork (55%), Pork Fat, Water, Rusk (WHEAT Flour, Salt), Seasoning (Salt, Rusk, Preservative: Sodium SULPHITE, Spice Extracts), Flavour Enhancer (Monosodium Glutamate), Stabiliser (Potassium and Sodium Diphosphates), Antioxidant (Ascorbic and Citric acids), Beef Collagen Casing, Rapeseed Oil
Chicken Tenders and Potato Cubes	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xanthan Gum)]; Chicken Goujon (Chicken Breast Fillet (58%), Flours (WHEAT, Rice), Starch (Maize, Tapioca), Raising Agents (Diphosphates, Sodium Carbonates), Yeast Extract, Salt, Sugar, Colour (Paprika Extract), Dextrose, Black Pepper, Palm Oil, Black Pepper)
Roast Chicken and Mash	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn))
Plain Pasta	Fusilli Pasta (Durum WHEAT, Water)

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Beef Burger, Pepper Sauce, Peas & Potatoes	Potatoes; Beef Burger (Beef (90%), Water, Rusk (WHEAT Flour, Salt, Raising Agent: Ammonium Carbonate), Onion, Textured SOYA Protein, Seasoning [Salt, Rusk (WHEAT Flour, Salt), Spices, Yeast Extract, Natural Flavouring]) ; Peppercorn Sauce (Water; Gluten Free Gravy (Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb); Cream (MILK); Cracked Pepper); Garden Peas
Crispy Chicken Tenders, Potato Cubes and Carrots	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xantham Gum)]; Chicken Goujon (Chicken Breast Fillet (58%), Flours (WHEAT, Rice), Starch (Maize, Tapioca), Raising Agents (Diphosphates, Sodium Carbonates), Yeast Extract, Salt, Sugar, Colour (Paprika Extract), Dextrose, Black Pepper, Palm Oil, Black Pepper); Carrots
Mild Chicken Korma and Peppers with Fluffy Rice	Korma Sauce (Water, Tomato Puree, Onion, Conflour, Coconut Milk, Vegetable Bouillion (Maltodextrin, Sea salt, Yeast extract, Roasted Vegetable Flavoured Seasoning, Onion Powder, Potato Starch, Caster Sugar, Carrot Juice Powder, Flavourings, Extra Virgin Olive Oil, Garlic Powder, Black Pepper), Brown Sugar, Sunflower oil, Lime Juice (SULPHITES), Tumeric, Garam Masala, Ground Ginger, Coriander, Garlic Powder, Cardamon, Chilli Flakes); Rice, Water; Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Peppers
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xantham Gum)]; Crispy Shredded Chicken (Chicken Breast Fillets (58%), Flours (WHEAT, Rice), Starch (Maize, Tapioca), Acidity Regulators (Diphosphates, Sodium Carbonates, Sodium Citrates), Yeast Extract, Salt, Sugar, Colour (Paprika Extract), Dextrose, Capsicum Peppers Extract, Water, Palm Oil); Sweet Chilli Sauce (Water, Sugar, Spirit Vinegar, Garlic, Chilli Puree, Salt, Modified Starch, Red Bell Pepper, Malt Vinegar, Stabiliser: Guar Gum, Spices, Acid: Citric Acid); Peppers; Crispy Onions (Onion, WHEAT Flour, Rapeseed Oil, Paprika, Salt, Black Pepper); Garden Peas
Cheesy Margherita Pizza Served with Carrots and Peas	Margarita Pizza (Pizza Dough (WHEAT Flour, Water, Durum WHEAT Semolina, Salt, Extra Virgin Olive Oil, Yeast); Sauce 22% (Tomato), Mozzarella 22% (MILK, Lactic Acid Bacteria, Salt, Rennet), Salt, Oregano); Carrots; Garden Peas
Veggie Curry with chickpeas and Rice	Curry Sauce (Water, Onions, Tomato Puree, Cornflour, Curry Powder, Mango Chutney (Sugar Syrup, Mango, Salt, Ginger, Chilli Powder, Garlic, Acetic Acid), Vegetable Bouillion (Maltodextrin, Sea salt, Yeast extract, Roasted Vegetable flavoured seasoning, Onion Powder, Potato Starch, Caster Sugar, Carrot Juice Powder, Flavourings, Extra Virgin Olive Oil, Garlic Powder, Black Pepper), Brown Sugar, Sunflower Oil, Garlic Powder, Ground Ginger ; Rice, Water; Carrots; Chickpeas; Courgette; Butternut squash; Peppers
Fish Fingers & Potato cubes	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xantham Gum)]; 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))
Chicken Tenders and Potato Cubes	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xantham Gum)]; Chicken Goujon (Chicken Breast Fillet (58%), Flours (WHEAT, Rice), Starch (Maize, Tapioca), Raising Agents (Diphosphates, Sodium Carbonates), Yeast Extract, Salt, Sugar, Colour (Paprika Extract), Dextrose, Black Pepper, Palm Oil, Black Pepper)
Potato Cubes and Beans	Beans (Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract); Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xantham Gum)])
Plain Pasta	Fusilli Pasta (Durum WHEAT, Water)

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Roast Turkey, Squash, Carrot, Mash & Gravy	Turkey (Turkey Breast, Salt, Starch, Dextrose, MILK Protein, Gelling Agent (Carageenan), Preservative (Vinegar), Stabilisers (Triphosphate, Polyphosphate), Yeast Extract); Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Gluten Free Gravy (Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb); Carrots; Butternut squash
Mixed Veggie Rice with Quorn pieces	Quorn (Mycoprotein (94%), Rehydrated Free Range EGG White, Flavouring, Firming Agents (Calcium Chloride, Calcium Acetate)); Rice, Water, Peppers, Peas, 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); Tumeric; Salt
Chicken with Sweet Peppers and Tomato Sauce with Fusilli Pasta	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, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Peppers
Cajun Spiced Chicken with Sweet Potato Wedges and Sweetcorn	Cajun Sauce (Water; Cajun Sauce (Tomatoes, Sugar, Tomato Paste, Spirit Vinegar, Salt, Black Pepper, MUSTARD Flour, Spices, BARLEY Malt Vinegar, Modified Starch, SOYA Sauce (Water, Soybeans, Salt, Spirit Vinegar), Stabilisers: Guar Gum, Xanthan Gum; Herb Extract, Preservative: Potassium Sorbate; Colour: Paprika Extract; Smoke Flavour); Cream (MILK); Cornflour: Peppers); Sweet Potato; Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Sweetcorn
Mexican Chicken Burrito Tortilla with Roasted Peppers	Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Salsa Sauce (Tomato, Onion, Green Pepper, Water, Sugar, Spirit Vinegar, Modified Starch, Lemon Juice (from Concentrate), Salt Spices, Herbs, Acid (Citric Acid), Colour (Paprika Extract)); Rice, Water; Tortilla (WHEAT Flour, Water, Stabiliser (Glycerol), Sunflower Oil, Raising Agents (Sodium Bicarbonate, Calcium Phosphate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Dextrose, Salt); Peppers
Lebanese Falafel Bowl with Peppers and Rice	Moroccan Sauce (Water, Tomatoes, Tomato Puree, Onion, Sweet Mango Chutney (Sugar Syrup, Mango, Salt, Ginger, Chilli Powder, Garlic, Acetic Acid); Vegetable Boullion (Maltodextrin, Sea Salt, Yeast Extract, Roasted Vegetable flavoured seasoning, Onion Powder, Potato Starch, Caster Sugar, Carrot Juice Powder, Flavourings, Extra Virgin Olive Oil, Garlic Powder, Black Pepper), Brown Sugar, Sunflower Oil, Garlic & Ginger Powder, Cumin, Coriander, Fennel, Turmeric, Paprika, Chilli Powder); Rice, Water; Falafel (Chickpeas, Carrot, Onion, Rapeseed Oil, Potato Flakes, Coriander, Breadcrumb ((Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Self Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Sodium Carbonate, Calcium Phosphate)), Cumin, Salt, Dried Parsley, Ground Coriander, Raising Agent (Sodium Bicarbonate), Cumin Seeds, Garlic Powder, Black Pepper); Peppers
Margherita Pizza and Potato Cubes	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xanthan Gum)]; Margarita Pizza (Pizza Dough (WHEAT Flour, Water, Durum WHEAT Semolina, Salt, Extra Virgin Olive Oil, Yeast); Sauce 22% (Tomato), Mozzarella 22% (MILK, Lactic Acid Bacteria, Salt, Rennet), Salt, Oregano)
Chicken Tenders and Potato Cubes	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xanthan Gum)]; Chicken Goujon (Chicken Breast Fillet (58%), Flours (WHEAT, Rice), Starch (Maize, Tapioca), Raising Agents (Diphosphates, Sodium Carbonates), Yeast Extract, Salt, Sugar, Colour (Paprika Extract), Dextrose, Black Pepper, Palm Oil, Black Pepper)
Baked Potato with Baked Beans	Beans (Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract); Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xanthan Gum)])
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	Curry Sauce (Water, Onions, Tomato Puree, Cornflour, Curry Powder, Mango Chutney (Sugar Syrup, Mango, Salt, Ginger, Chilli Powder, Garlic, Acetic Acid), Vegetable Boullion (Maltodextrin, Sea salt, Yeast extract, Roasted Vegetable flavoured seasoning, Onion Powder, Potato Starch, Caster Sugar, Carrot Juice Powder, Flavourings, Extra Virgin Olive Oil, Garlic Powder, Black Pepper), Brown Sugar, Sunflower Oil, Garlic Powder, Ground Ginger ; Rice, Water; Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Peppers
Chicken Casserole with Potato & Vegetables	Chicken Casserole (Water, Carrot, Onion, Peas, Gravy (Potato Starch, Maltodextrin, Salt, Sugar, Caramelised 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, French MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acidity Regulator (Citric Acid)); Bay Leaves, Thyme, Marjoram, Oregano, Parsley, Basil); Potatoes; Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn))
Plain Pasta	Fusilli Pasta (Durum WHEAT, Water)

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Roast Chicken, Peas, Sweetcorn, Mash & Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Garden Peas; Sweetcorn; Gluten Free Gravy (Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb)
Beef Lasagne, Carrots & Peas	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]; Carrots; Garden Peas
Italian Beef Bolognese, Carrots and Fusilli Pasta	Bolognese (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
Mild Thai Red Chicken Curry with Fluffy Rice and Broccoli	Thai Curry Sauce (Cocounut milk, Cornflour, Red Chilli, Coriander, Cumin, Galangal, Garlic, Lemongrass, Lime Leaves, Salt, Ketchup (Tomatoes, Sugar, Spirit Vinegar, Modified Starch, Salt, Barley Malt Vinegar, Spices), Onion, Rapeseed Oil); Rice, Water; Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Broccoli
Loaded Beef Burrito with Peppers	Chilli Con Carne (Beef (33%), Chopped Tomatoes, Water, Diced Onions, Peppers, Kidney beans, Tomato Paste, Flour (WHEAT, GLUTEN), Cumin Seeds, Beef Stock (Beef Bones, Yeast Extract, Water, Salt), Chilli powder); Rice, Water; Tortilla (WHEAT Flour, Water, Stabiliser (Glycerol), Sunflower Oil, Raising Agents (Sodium Bicarbonate, Calcium Phosphate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Dextrose, Salt); Peppers; Arrabiata Sauce (Tomato, Onion, Red Peppers, Tomato Paste, Modified Maize Starch, Sugar, Red Chilli Paste, Garlic Purée, Concentrated Lemon Juice, Salt, Thyme, Black Pepper)
Lentil & Sweet Potato Bolognese with Pasta	Lentil Bolognese (Water, Tinned Tomatoes (with Citric Acid), Red Split Lentils, Carrot, Onion, Sweet Potato, Squash, Tomato Puree, 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)
Sausages and Potato Cubes	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xantham Gum)]; Sausage (Pork (55%), Pork Fat, Water, Rusk (WHEAT Flour, Salt), Seasoning (Salt, Rusk, Preservative: Sodium SULPHITE, Spice Extracts), Flavour Enhancer (Monosodium Glutamate), Stabiliser (Potassium and Sodium Diphosphates), Antioxidant (Ascorbic and Citric acids), Beef Collagen Casing, Rapeseed Oil
Pepperoni Pizza & Potato Cubes	Margarita Pizza (Pizza Dough (WHEAT Flour, Water, Durum WHEAT Semolina, Salt, Extra Virgin Olive Oil, Yeast); Sauce 22% (Tomato), Mozzarella 22% (MILK, Lactic Acid Bacteria, Salt, Rennet), Salt, Oregano); Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xantham Gum)]; Pepperoni (Pork Meat, Pork Fat, Salt, Spices, Maltodextrin, Dextrose, Antioxidant (Ascorbic Acid; Sodium Ascorbate), Spice Extracts, Preservative Sodium Nitrite, Mature Culture, Smoke)
Baked Potato with Baked Beans	Beans (Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract); Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xantham Gum)])
Plain Pasta	Fusilli Pasta (Durum WHEAT, Water)

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Roast Turkey, Sweetcorn and Carrots, Mash and Gravy	Turkey (Turkey Breast, Salt, Starch, Dextrose, MILK Protein, Gelling Agent (Carageenan), Preservative (Vinegar), Stabilisers (Triphosphate, Polyphosphate), Yeast Extract); Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Gluten Free Gravy (Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Rapeseed Oil, Onion Powder, Herb); Carrots; Sweetcorn
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	Curry Sauce (Water, Onions, Tomato Puree, Cornflour, Curry Powder, Mango Chutney (Sugar Syrup, Mango, Salt, Ginger, Chilli Powder, Garlic, Acetic Acid), Vegetable Bouillion (Maltodextrin, Sea salt, Yeast extract, Roasted Vegetable flavoured seasoning, Onion Powder, Potato Starch, Caster Sugar, Carrot Juice Powder, Flavourings, Extra Virgin Olive Oil, Garlic Powder, Black Pepper), Brown Sugar, Sunflower Oil, Garlic Powder, Ground Ginger ; Rice, Water; Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Peppers
Sweet & Sour Chicken, Broccoli & Rice	Sweet & Sour Sauce (Water; Ketchup (Tomatoes, Sugar, Spirit Vinegar, Modified Starch, Salt, Barley Malt Vinegar, Spices); Sugar; Malt Vinegar (BARLEY, WHEAT); Cornflour); Rice, Water; Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Broccoli
Mexican Chicken Burrito Bowl with Rice and Peppers	Rice, Water; Salsa Sauce (Tomato, Onion, Green Pepper, Water, Sugar, Spirit Vinegar, Modified Starch, Lemon Juice (from Concentrate), Salt Spices, Herbs, Acid (Citric Acid), Colour (Paprika Extract)); Chicken (Chicken, Water, Salt, Dextrose, Starches (Pea, Potato, Corn)); Peppers
Cheesy Tuna Melt with Sweetcorn and Potato Cubes	Tuna (Tuna (FISH) 95%, Water, Salt, Vegetable Broth) ; Mayonnaise (Rapeseed Oil, Pasteurised EGG, Water, Spirit Vinegar, Salt, Sugar, MUSTARD Flavouring, Lemon Oil, Antioxidant: Calcium Disodium EDTA); Sweetcorn; White Bap (WHEAT Flour (Calcium, Iron, Niacin, Thiamine), Water, Palm Oil, Rapeseed Oil, Yeast, Sugar, Salt, SOYA Flour, Vegetarian WHEY Powder (MILK), Dextrose, Emulsifiers: (Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, SOYA Lecithin), Raising Agent Disodium Diphosphate, Flour Treatment Agent (Ascorbic Acid)); Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xanthan Gum)])
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	Moroccan Sauce (Water, Tomatoes, Tomato Puree, Onion, Sweet Mango Chutney (Sugar Syrup, Mango, Salt, Ginger, Chilli Powder, Garlic, Acetic Acid); Vegetable Bouillion (Maltodextrin, Sea Salt, Yeast Extract, Roasted Vegetable flavoured seasoning, Onion Powder, Potato Starch, Caster Sugar, Carrot Juice Powder, Flavourings, Extra Virgin Olive Oil, Garlic Powder, Black Pepper), Brown Sugar, Sunflower Oil, Garlic & Ginger Powder, Cumin, Coriander, Fennel, Turmeric, Paprika, Chilli Powder); Butter Beans, Water, Ascorbic Acid; Cauliflower; Potato Cubes (Potatoes 95.5%, sunflower oil, dextrose); Chopped Spinach
Baked Potato Cubes with Beans	Beans (Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract); Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xanthan Gum)])
Fish Fingers & Potato cubes	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xanthan Gum)]; 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))
Chicken Tenders and Potato Cubes	Potato Cubes (Potatoes 92%, Sunflower Oil, Seasoning [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell & Black Peppers), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring (Paprika), Thickener (Xanthan Gum)]; Chicken Goujon (Chicken Breast Fillet (58%), Flours (WHEAT, Rice), Starch (Maize, Tapioca), Raising Agents (Diphosphates, Sodium Carbonates), Yeast Extract, Salt, Sugar, Colour (Paprika Extract), Dextrose, Black Pepper, Palm Oil, Black Pepper)
Roast Turkey and Mash	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Turkey (Turkey Breast, Salt, Starch, Dextrose, MILK Protein, Gelling Agent (Carageenan), Preservative (Vinegar), Stabilisers (Triphosphate, Polyphosphate), Yeast Extract)
Plain Pasta	Fusilli Pasta (Durum WHEAT, Water)

GLANMORE FOODS HOT MENU (2024 / 2025) - INGREDIENT LIST

GLANMORE FOODS **GLUTEN FREE** HOT MENU (2024 / 2025) - INGREDIENT LIST

Vegan Rice and Meatless Meatballs	Cooked White Basmati Rice (40%) (Water, Rice), Plant-based Meatballs (33%) (Water, Gluten Free Breadcrumb [Rice Flour, Chickpea Flour, Starch, Dextrose], Shea Fat, Pea Protein Isolate, Pea Protein, Mushrooms, Onions, Beetroot Purée, Sunflower Oil, Natural Flavours, Thickener: Methyl Cellulose; Potato Starch, Garlic Powder, Cider Vinegar, Lemon Juice, Colour: Burnt Sugar; Calcium Carbonate, Smoked Paprika, Nutmeg, Salt, Black Pepper, Iron, Vitamin B12), Bolognese Sauce (Crushed Tomatoes [Tomatoes, Tomato Juice, Citric Acid], Tomato Purée, Onion, Rapeseed Oil, Basil, Garlic Powder, Oregano, Salt, Black Pepper), Peas.
Vegan Cottage Pie	Mashed Potato (Potatoes, Water), Plant-based Mince (Pea Protein, Beetroot Purée, Natural Flavours, Garlic Powder, Colour: Burnt Sugar; Calcium Carbonate, Black Pepper, Smoked Paprika, Nutmeg, Iron, Vitamin B12), Bolognese Sauce (Crushed Tomatoes [Tomatoes, Tomato Juice, Citric Acid], Tomato Purée, Rapeseed Oil, Basil, Oregano, Salt, Black Pepper), Carrots, Peas, Onion, Rapeseed Oil, Vegetable Stock (Sunflower Oil, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Colour: Plain Caramel, Antioxidant: Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper).
Vegan Spice Box	French Fries (43%) (Potatoes, Sunflower Oil, Coating [Modified Starch, Rice Flour, Starch, Salt, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Thickener: Xanthan Gum, Turmeric, Dextrose]), Chicken Free Salt & Chilli Strips (29%) (Water, Rapeseed Oil, Chickpea Flour, SOYA Protein Isolate, Rice Cones, Potato Starch, Chilli Powder, Maize Flour, Black Pepper, Paprika, Thickener: Methyl Cellulose; Natural Flavours, Cayenne Pepper, Garlic Powder, Colour: Calcium Carbonate; Gluten Free Oat Fibre, Salt and Chilli Glaze [Sugar, Spices {Paprika, Star Anise, Fennel Seed, Clove, Cassia}, Onion Powder, Yeast Extract Powder, Herbs: Parsley, Oregano), Onions, Red Peppers, Green Peppers, Seasoning (Spice [Chilli, Coriander Seed, Aniseed], Sugar, Dried Garlic, Dried Onion, Acid: Citric Acid).
Vegan Curry & Rice	Cooked White Basmati Rice (Water, Rice), Curry Sauce (Coconut Milk [Coconut Extract 53%, Water, Antioxidant: Citric Acid], Curry Paste [Garlic, Lemongrass, Salt, Shallot, Galangal, Dried Red Chilli, Coriander Seed, Kaffir Lime Peel, Curry Powder, Cinnamon, Turmeric, Cardamom, Nutmeg], Sugar, Maize Starch, Turmeric]), Chicken-free Chunks (SOYA Protein Isolate, Potato Starch, Sunflower Oil, Rapeseed Oil, Maize Starch, Thickener: Methyl Cellulose; Natural Flavours, Colour: Calcium Carbonate; Gluten Free Oat Fibre, Xanthan Gum, Carrageenan, Guar Gum, Iron, Vitamin B12), Green Peppers, Red Peppers
Chicken Tikka Wrap	Gluten free Tortilla (28%),(Water, Chickpea flour, Rice flour, Buckwheat flour, Millet flour, potato starch, Maize starch, rapeseed oil, Thickeners(Cellulose, Xanthan Gum, Guar Gum), Yeast, Raising Agents (Sodium carbonate, Calcium phosphate), Acidity regulators (Malic acid, Citric Acid, Tartaric acid), Preservatives (Sorbic acid, Potassium sorbate), Salt, Flavourings) , Chicken (38%) (Chicken Breast Fillet, Salt), Cheddar CHEESE (MILK, Salt, Colour: Annatto), Tikka Sauce (24%) (contains: 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 (potassium sorbate, sodium benzoate)),Cooked long grain white rice, Sweetcorn, Diced onion.
Mexican Chicken Wrap	Gluten free Tortilla (29%),(Water, Chickpea flour, Rice flour, Buckwheat flour, Millet flour, potato starch, Maize starch, Rapeseed oil, Thickeners(Cellulose, Xanthan Gum, Guar Gum), Yeast, Raising Agents (Sodium carbonate, Calcium phosphate), Acidity regulators (Malic acid, Citric Acid,Tartaric acid), Preservatives (Sorbic acid, Potassium sorbate) Salt, Flavourings) , Chicken (30%) (Chicken Breast Fillet, Salt), Cheddar CHEESE (MILK, salt, Colour : Annatto), Mexican Salsa sauce (20%) (contains: 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 (monosodium glutamate), acidity regulators: (citric acid, acetic acid), preservative (potassium sorbate)) ,Cooked long grain white rice, Red and Green Peppers, Red Kidney Beans ,Sweetcorn, Sliced Green Beans.