

## 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, Pea Starch, Potato Starch, Corn Starch); 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 (89.8%), Breadcrumbs (15%) (WHEAT), EGGS (13.3%), Beef (0.67%) [Beef Stock 50% (Beef Bones, Water, Salt) Yeast Extract (Yeast Extract, Salt) Water, Salt], Cajun Spice (0.33%) [Salt, Paprika, Chilli, Onion, Cumin, Garlic, Black Pepper, Chilli Coarse, Thyme, Oregano, White Pepper, Citric Acid]]; Carrots
Super Gooney Mac 'n' Cheese with Peas	Macaroni Pasta (Durum WHEAT, water) ; Cheese Sauce (MILK, water, Cheddar cheese (MILK), Cornflour, Dijon MUSTARD (SULPHITES), Vegetable Bouillion, Garlic Paste ( SULPHITES) ; 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 (25.8%), Carrots, Peas, Onions, WHEAT flour (GLUTEN), Tomato puree, Salt, Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid], Brown sauce (WHEAT), Gravy Browning); 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, Pea Starch, Potato Starch, Corn Starch); 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, crushed chillies, sugar, onion powder, garlic powder, ground black pepper, ground cinnamon, ground nutmeg, citric acid)
Moroccan Veggie Stew with chickpeas and potatoes	Moroccan Sauce (water, tomatoes (33%), tomato puree (13%), onion, sweet mango chutney (sugar syrup, mango, salt, ginger, chilli powder, garlic, acetic acid); vegetable bouillon (salt, uncured vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides); potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley leaves, dill), flavourings, refined vegetable oil (rapeseed), colour (ammonia caramel)); spices, flavourings, maltodextrin, acidity regulator: citric acid)); brown sugar, sunflower oil, garlic & ginger pastes (SULPHITES), cumin, coriander, fennel, turmeric, paprika, chilli powder, garlic paste; rehydrated garlic, salt, citric acid, antioxidant: sodium metabisULPHITE, ginger paste; ginger 78.5%, water, acidifying: acetic acid, corn oil, stabilizer; xanthum gum and presevative sodium metabisULPHITE); Potatoes; Carrots; Chickpeas; Courgette; Butternut squash; Peppers
Potato Cubes and Beans	Beans (Navy Beans (49%), Tomatoes (31%), Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika extract); Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]).
Sausages and Potato Cubes	Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]);Sausage (Pork (55%), Pork Fat, Water, Rusk (WHEAT flour, salt), Seasoning (salt, rusk, preservative: sodium SULPHITES, spice extracts), Flavour Enhancer: monosodium glutamate, Stabiliser: Potassium and Sodium Diphosphates, Antioxidant: Ascorbic acid and Citric acid, filled into a beef collagen casing, cooked in rapeseed oil
Chicken Tenders and Potato Cubes	Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]);Chicken goujon (Chicken Breast Fillet (58%), Batter (17%) (WHEAT Flour, Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Yeast Extract, Salt, Sugar, Colour: Paprika Extract; Dextrose, Rice Flour, Black Pepper), WHEAT Flour, Palm Oil, Tapioca Starch, Salt, Maize Starch, Yeast Extract, Sugar, Rice Flour, Raising Agents: Diphosphates, Sodium Carbonates; Black Pepper, Dextrose, Colour: Paprika Extract)
Roast Chicken and Mash	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt);Chicken (Chicken, Water, Salt, Dextrose, Pea Starch, Potato Starch, Corn Starch)
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 Carbonates), Onion (5%), Textured SOYA Protein, Seasoning [Salt, Rusk (WHEAT Flour, Salt), Spices, Yeast Extract, Natural Flavouring], Rapeseed Oil); 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 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]); Chicken goujon (Chicken Breast Fillet (58%), Batter (17%) (WHEAT Flour, Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Yeast Extract, Salt, Sugar, Colour: Paprika Extract; Dextrose, Rice Flour, Black Pepper), WHEAT Flour, Palm Oil, Tapioca Starch, Salt, Maize Starch, Yeast Extract, Sugar, Rice Flour, Raising Agents: Diphosphates, Sodium Carbonates; Black Pepper, Dextrose, Colour: Paprika Extract); Carrots
Mild Chicken Korma and Peppers with Fluffy Rice	Korma Sauce (Water, Tomatoes (33%), Tomato Puree (13%), Onion, Coconut Milk, Vegetable Bouillion (Salt, Vetetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleoties), potato start, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), Brown Sugar, Sunflower oil, Ginger Paste (SULPHITES), Coriander, Garlic (SULPHITES), Cardamon, Chilli Flakes); Rice (Rice, Water); Chicken (Chicken, Water, Salt, Dextrose, Pea Starch, Potato Starch, Corn Starch); Peppers
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]); Crispy Shredded Chicken (Chicken Breast Fillets (58%), Batter (26%) (WHEAT Flour, Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Yeast Extract, Salt, Sugar, Colour: Paprika Extract; Rice Flour, Dextrose, Capsicum Peppers Extract, Water), Tapioca Starch, Palm Oil, Modified Tapioca Starch, WHEAT Flour, Salt, Acidity Regulators: Sodium Citrates, Sodium Carbonates; Maize Starch); Sweet Chilli Sauce (Water, Sugar, Spirit Vinegar, Garlic (3%), Chilli Puree (3%), 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, Ground 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 (tomato pulp 22,2%, mozzarella (MILK, lactic acid bacteria, salt, rennet) 22,2%, salt, oregano); Carrots; Garden Peas
Veggie Curry with chickpeas and Rice	Curry Sauce (Water, Onions, Tomato Puree, Cornflour, Curry Powder (MUSTARD), mango chutney, vegtable bouillion (Salt, Vetetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleoties), potato start, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), Brown Sugar, Sunflower Oil, Garlic Puree ((Rehydrated Garlic, Salt, Citric Acid, Antioxidant: sodium metabiSULPHITE), Ginger Paste (SULPHITES); Rice (Rice, Water); Carrots; Chickpeas;Courgette; Butternut squash; Peppers
Fish Fingers & Potato cubes	Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]); Fish Fingers (60% Alaska Pollock (FISH), WHEATflour, water, rapeseed oil, stabiliser Modified Starch (WHEAT), WHEAT starch, maize flour, yeast, salt, raising agent Sodium Bicarbonate, stabilizer Carboxy methyl cellulose)
Chicken Tenders and Potato Cubes	Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]); Chicken goujon (Chicken Breast Fillet (58%), Batter (17%) (WHEAT Flour, Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Yeast Extract, Salt, Sugar, Colour: Paprika Extract; Dextrose, Rice Flour, Black Pepper), WHEAT Flour, Palm Oil, Tapioca Starch, Salt, Maize Starch, Yeast Extract, Sugar, Rice Flour, Raising Agents: Diphosphates, Sodium Carbonates; Black Pepper, Dextrose, Colour: Paprika Extract)
Potato Cubes and Beans	Beans (Navy Beans (49%), Tomatoes (31%), Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika extract); Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of 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 (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, Pea Starch, Potato Starch, Corn Starch); 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, Pea Starch, Potato Starch, Corn Starch);Sweetcorn
Mexican Chicken Burrito Tortilla with Roasted Peppers	Chicken (Chicken, Water, Salt, Dextrose, Pea Starch, Potato Starch, Corn Starch); 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 (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 (33%), tomato puree (13%), onion, sweet mango chutney (sugar syrup, mango, salt, ginger, chilli powder, garlic, acetic acid); vegetable bouillon (salt, uncured vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides); potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley leaves, dill), flavourings, refined vegetable oil (rapeseed), colour (ammonia caramel); spices, flavourings, maltodextrin, acidity regulator: citric acid)); brown sugar, sunflower oil, garlic & ginger pastes (SULPHITES), cumin, coriander, fennel, turmeric, paprika, chilli powder, garlic paste; rehydrated garlic, salt, citric acid, antioxidant: sodium metabisULPHITE, ginger paste; ginger 78.5%, water, acidifying: acetic acid, corn oil, stabilizer; xanthum gum and presevative sodium metabisULPHITE); Rice (Rice, Water); Falafel (Chickpeas, Carrot (33%), Onion, Rapeseed Oil, Potato Flakes, Coriander (4%), Breadcrumbs ((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 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]); Margarita Pizza (Pizza DOUGH (WHEAT flour, water, durum WHEAT semolina, salt, extra virgin olive oil, yeast); Sauce (tomato pulp 22,2%, mozzarella (MILK, lactic acid bacteria, salt, rennet) 22,2%, salt, oregano)
Chicken Tenders and Potato Cubes	Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]); Chicken goujon (Chicken Breast Fillet (58%), Batter (17%) (WHEAT Flour, Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Yeast Extract, Salt, Sugar, Colour: Paprika Extract; Dextrose, Rice Flour, Black Pepper), WHEAT Flour, Palm Oil, Tapioca Starch, Salt, Maize Starch, Yeast Extract, Sugar, Rice Flour, Raising Agents: Diphosphates, Sodium Carbonates; Black Pepper, Dextrose, Colour: Paprika Extract)
Baked Potato with Baked Beans	Beans (Navy Beans (49%), Tomatoes (31%), Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika extract); Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices(bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xantham gum)]).
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, Pea Starch, Potato Starch, Corn Starch); 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 (68.4%) [Chopped Tomatoes (43.4%), Beef mince (29.3%), Water, Diced Onions, Tomato Paste (10.8%), WHEAT flour, Garlic Puree, Salt, Sugar, Mixed herbs dried, Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid]], White Sauce (25.9%) [Water, WHEAT flour, Whole MILK Powder [Whole MILK], Kerrymaid Buttery [Reconstituted Skimmed MILK, Water, Palm Kernel Oil, Palm Oil, Buttermilk Powder (MILK), Butteroil (MILK), Modified Maize Starch, Flavourings (contain MILK), Emulsifiers (Polyoxyethylene (20) Sorbitan Monostearate, Mono and Diglycerides of fatty acids, Lecithin), Thickener Xanthan Gum, Acidity Regulator Sodium Citrate, Salt, Colour Carotenes], Salt, Chicken Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Flavouring, Chicken Fat, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Vegetables, Dried Parsley Extract, Turmeric, Black Pepper, Colour: Ammonia Caramel, Dried Chicken Extract, Acidity Regulator: Citric Acid, Antioxidant: Rosemary Extract], Corn flour], Lasagne Sheets (6.9%) (WHEAT), Cheese (3.7%) (MILK) [Mild Cheddar, Potato Startch]); Carrots; Garden Peas
Italian Beef Bolognese, Carrots and Fusilli Pasta	Bolognese (Chopped Tomatoes (43.4%), Beef mince (29.3%), Diced Onions, Water, Tomato Paste (10.8%) [Tomato], WHEAT flour (GLUTEN), Garlic Puree, Salt, Sugar, Mixed herbs dried, Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid]); 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 (contains 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, lemon grass, lime leaves, salt, Ketchup (Tomatoes, Sugar, Spirit Vinegar, Modified Starch, Salt, Barley Malt Vinegar, Spices), onion, rapeseed oil); Rice (Rice, Water); Chicken (Chicken, Water, Salt, Dextrose, Pea Starch, Potato Starch, Corn Starch); Broccoli
Loaded Beef Burrito with Peppers	Chilli Con Carne (Beef (33%), Chopped Tomatoes (18.4%), Water, Peppers, Diced Onions, Kidney beans, Tomato Paste (5.9%) [Tomato], Flour (WHEAT), Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid], Cumin seeds, Chilli powder); Rice (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 (Tomato, tomato juice, citric acid); Red Split Lentils; Carrot; Onion; Sweet Potato; Squash; Tomato Puree; Vegetable Bouillon (Sunflower oil, salt, potato starch, maltodextrin, sugar, yeast extracts, vegetable powders (onion, carrot, garlic), herbs, spices, colour (caramel powder), antioxidant: Extracts of rosemary, flavouring); Mixed herbs: Thyme, marjoram, oregano, parsley, basil; Bay leaf; Fusilli Pasta (Durum WHEAT, water)
Sausages and Potato Cubes	Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices (bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xanthan gum)]); Sausage (Pork (55%), Pork Fat, Water, Rusk (WHEAT flour, salt), Seasoning (salt, rusk, preservative: sodium SULPHITES, spice extracts), Flavour Enhancer: monosodium glutamate, Stabiliser: Potassium and Sodium Diphosphates, Antioxidant: Ascorbic acid and Citric acid, filled into a beef collagen casing, cooked in rapeseed oil
Pepperoni Pizza & Potato Cubes	Margarita Pizza (Pizza DOUGH (WHEAT flour, water, durum WHEAT semolina, salt, extra virgin olive oil, yeast); Sauce (tomato pulp 22,2%, mozzarella (MILK, lactic acid bacteria, salt, rennet) 22,2%, salt, oregano); Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices (bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xanthan 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 (31%), Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika extract); Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices (bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xanthan 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 (MUSTARD), mango chutney, vegetable bouillon (Salt, Vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides), potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltodextrin, acidity regulator, citric acid), Brown Sugar, Sunflower Oil, Garlic Puree ((Rehydrated Garlic, Salt, Citric Acid, Antioxidant: sodium metabisULPHITE), Ginger Paste (SULPHITES); Rice (Rice, Water); Chicken (Chicken, Water, Salt, Dextrose, Pea Starch, Potato Starch, Corn Starch); Peppers
Sweet & Sour Chicken, Broccoli & Rice	Sweet & Sour Sauce (Water; Ketchup (Tomatoes (135g per 100g Ketchup), Sugar, Spirit Vinegar, Modified Starch, Salt, Barley Malt Vinegar, Spices); Sugar; Malt Vinegar (BARLEY); Cornflour); Rice (Rice, Water); Chicken (Chicken, Water, Salt, Dextrose, Pea Starch, Potato Starch, Corn Starch); Broccoli
Mexican Chicken Burrito Bowl with Rice and Peppers	Rice (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, Pea Starch, Potato Starch, Corn Starch); Peppers
Cheesy Tuna Melt with Sweetcorn and Potato Cubes	Tuna (Skipjack 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 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices (bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xanthan gum)]).
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	Moroccan Sauce (water, tomatoes (33%), tomato puree (13%), onion, sweet mango chutney (sugar syrup, mango, salt, ginger, chilli powder, garlic, acetic acid); vegetable bouillon (salt, uncured vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides); potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley leaves, dill), flavourings, refined vegetable oil (rapeseed), colour (ammonia caramel); spices, flavourings, maltodextrin, acidity regulator: citric acid)); brown sugar, sunflower oil, garlic & ginger pastes (SULPHITES), cumin, coriander, fennel, turmeric, paprika, chilli powder, garlic paste; rehydrated garlic, salt, citric acid, antioxidant: sodium metabisULPHITE, ginger paste; ginger 78.5%, water, acidifying: acetic acid, corn oil, stabilizer; xanthum gum and preservative sodium metabisULPHITE); Butter beans, water, ascorbic acid; Cauliflower; Potato Cubes (Potatoes 95.5%, sunflower oil, dextrose); Chopped spinach (100%)
Baked Potato Cubes with Beans	Beans (Navy Beans (49%), Tomatoes (31%), Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika extract); Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices (bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xanthan gum)]).
Fish Fingers & Potato cubes	Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices (bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xanthan gum)]); Fish Fingers (60% Alaska Pollock (FISH), WHEAT flour, water, rapeseed oil, stabiliser Modified Starch (WHEAT), WHEAT starch, maize flour, yeast, salt, raising agent Sodium Bicarbonate, stabilizer Carboxy methyl cellulose)
Chicken Tenders and Potato Cubes	Potato cubes (Potatoes 92%, sunflower oil 4%, seasoning 4% [modified potato starch, rice flour, garlic powder, onion powder, salt, spices (bell pepper, black pepper), potato dextrin, raising agents (disodium diphosphate, sodium bicarbonate), natural flavouring preparation of paprika, thickener (xanthan gum)]); Chicken goujon (Chicken Breast Fillet (58%), Batter (17%) (WHEAT Flour, Maize Starch, Raising Agents: Diphosphates, Sodium Carbonates; Yeast Extract, Salt, Sugar, Colour: Paprika Extract; Dextrose, Rice Flour, Black Pepper), WHEAT Flour, Palm Oil, Tapioca Starch, Salt, Maize Starch, Yeast Extract, Sugar, Rice Flour, Raising Agents: Diphosphates, Sodium Carbonates; Black Pepper, Dextrose, Colour: Paprika Extract)
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 Breadcrumbs [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, <b>SOYA</b> 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 ( <b>SOYA</b> 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 ( <b>MILK</b> , Salt, Colour: Annatto), Tikka Sauce (24%) (contains: water, soya oil, yoghurt ( <b>MILK</b> ), sugar, orange juice concentrate, vinegar, vegetables (bell pepper, onion, garlic), <b>MILK</b> 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 ( <b>MILK</b> , 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.