

## GLANMORE FOODS HOT MENU '25 / '26 - INGREDIENT LIST

Roast Chicken, Carrots, Peas, Mash & Gravy	Mash 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, Water, Salt, 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 (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 Gooney Mac 'n' Cheese with Peas	Macaroni Pasta (Durum WHEAT, Water) ; White Sauce (Water, Rapeseed Oil, Free Range EGG, Corn Starch, Sugar, Extra Virgin Olive Oil, Yeast Extract, Salt, Acidity Regulator: Lactic Acid; Stabilizer: Xanthan Gum; Spices, Flavourings); 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); Cottage Pie (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)
Tex-Mex Chicken Fajita with Peppers	Chicken (Chicken, Water, Salt, 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, Chillies, Sugar, Onion Powder, Garlic Powder, Black Pepper, Cinnamon, Nutmeg, Citric Acid)
Moroccan Veggie Stew with chickpeas and potatoes	Moroccan Sauce (Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid); Water; Tomato Puree; 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; Tumeric; Star Anise; Cinnamon; Bay leaves); Potatoes; Carrots; Chickpeas; Courgette; Butternut squash; Peppers
Beans and Potato Cubes	Beans (Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract); Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage)
Beans and Mash	Mash 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)
Sausages and Potato Cubes	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Sausage (Pork (70%), Water, Rusk (WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine)), Pea Starch, Salt, Dextrose, Stabiliser (Triphosphates), Preservative (Sodium SULPHITE), Yeast Extract, Spice Extract, Antioxidant (Sodium Ascorbate).) Filled to Beef Collagen Casing.
Sausages and Mash	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Sausage (Pork (70%), Water, Rusk (WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine)), Pea Starch, Salt, Dextrose, Stabiliser (Triphosphates), Preservative (Sodium SULPHITE), Yeast Extract, Spice Extract, Antioxidant (Sodium Ascorbate).) Filled to Beef Collagen Casing.
Chicken Tenders and Potato Cubes	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract)

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Chicken Tenders and Pasta	Fusilli Pasta (Durum WHEAT, Water);Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract)
Roast Chicken and Mash	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Chicken (Chicken, Water, Salt, Corn Starch)
Plain Pasta	Fusilli Pasta (Durum WHEAT, Water)
Beef Burger, Pepper Sauce, Peas & Potatoes	Potatoes; Beef Burger (Beef (80%) Water, Rusk (WHEAT Flour, Salt, Raising Agent: E503), Onion (5%), 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	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract); Carrots
Chicken Tenders, Pasta and Carrots	Fusilli Pasta (Durum WHEAT, Water);Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract);Carrots
Mild Chicken Korma and Peppers with Fluffy Rice	Korma Sauce (Water, Onion, Cream (MILK) (9%), Tomato (8%), Coconut (5%), Corn Starch, Desiccated Coconut, Skimmed Milk Powder, Tomato Paste, Spices, Garlic Purée, Ginger Purée, Sugar, Curry Powder (Spices, MUSTARD Powder, Black Pepper, Salt, Garlic Powder), Rapeseed Oil, Salt, Coriander, Ginger, Black Pepper); Rice, Water; Chicken (Chicken, Water, Salt, Corn Starch); Peppers
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract); 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
Crispy Shredded Chicken, Boiled Potatoes and Seasoned Veg (Spice Box)	Potatoes;Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract);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	Wholewheat Pizza (Wholemeal WHEAT Flour, Mozzarella Cheese 24,5% (MILK, Salt, Rennet), Tomato Puree 24%, WHEAT Flour, Water, Extra Virgin Olive Oil, Salt, Yeast, Oregano) ; Carrots; Garden Peas
Veggie Curry with chickpeas and Rice	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, Water; Carrots; Chickpeas; Courgette; Butternut squash; Peppers
Fish Fingers & Potato cubes	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Fish Pattie (Pollock (60%)(Pollock (Theragra chalcogramma) (FISH), Water, Stabiliser: Polyphosphate, Salt), Coating (Water, WHEAT flour, Corn Starch, Tapioca Starch, Salt, Garlic, Sugar, Yeast Extract, Yeast, Rice Flour, Natural Color: Paprika Extract, EGG White Powder, Stabiliser: Xanthan Gum), Palm Oil)

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Fish Fingers and Mash	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt);Fish Pattie (Pollock (60%)(Pollock (Theragra chalcogramma) (FISH), Water, Stabiliser: Polyphosphate, Salt), Coating (Water, WHEAT flour, Corn Starch, Tapioca Starch, Salt, Garlic, Sugar, Yeast Extract, Yeast, Rice Flour, Natural Color: Paprika Extract, EGG White Powder, Stabiliser: Xanthan Gum), Palm Oil)
Chicken Tenders and Potato Cubes	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract)
Chicken Tenders and Pasta	Fusilli Pasta (Durum WHEAT, Water);Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract)
Beans and Potato Cubes	Beans (Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract); Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage)
Beans and Mash	Mash 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)
Plain Pasta	Fusilli Pasta (Durum WHEAT, Water)
Roast Turkey, Squash, Carrot, Mash & Gravy	Turkey (Turkey, Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar) ; Mash 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); 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, 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, Corn Starch); Sweetcorn
Mexican Chicken Burrito Tortilla with Roasted Peppers	Chicken (Chicken, Water, Salt, 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, 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 (Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid); Water; Tomato Puree; White onions; Vegetable Boullion (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; Tumeric; Star Anise; Cinnamon; Bay leaves); 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

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Margherita Pizza and Potato Cubes	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Wholewheat Pizza (Wholemeal WHEAT Flour, Mozzarella Cheese 24,5% (MILK, Salt, Rennet), Tomato Puree 24%, WHEAT Flour, Water, Extra Virgin Olive Oil, Salt, Yeast, Oregano)
Margherita Pizza and Pasta	Wholewheat Pizza (Wholemeal WHEAT Flour, Mozzarella Cheese 24,5% (MILK, Salt, Rennet), Tomato Puree 24%, WHEAT Flour, Water, Extra Virgin Olive Oil, Salt, Yeast, Oregano) ;Fusilli Pasta (Durum WHEAT, Water)
Chicken Tenders and Potato Cubes	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract)
Chicken Tenders and Pasta	Fusilli Pasta (Durum WHEAT, Water);Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract)
Beans and Potato Cubes	Beans (Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract); Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage)
Beans and Mash	Mash 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)
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	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, Water; Chicken (Chicken, Water, Salt, Corn Starch); Peppers
Chicken Hot Pot with Potato & Vegetables	Chicken Casserole Sauce (Water; Carrot; Onion; Garden 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 bouillain (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, Water, Salt, Corn Starch)
Plain Pasta	Fusilli Pasta (Durum WHEAT, Water)
Roast Chicken, Peas, Sweetcorn, Mash & Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Chicken (Chicken, Water, Salt, Corn Starch); Garden Peas; Sweetcorn; 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 Bolognaise, Carrots and Fusilli Pasta	Bolognaise (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, Corn Starch); Broccoli

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Chicken Paella with Mixed Vegetables	Chicken Paella (Rice; Water; Peppers; Peas; Onions; Pasta Sauce (Tomatoes, Tomato Paste, Onions, Modified Starch, Sugar, Rapeseed Oil, Garlic Purée, Salt, Lemon Juice (from Concentrate), Spices, Basil, Tomato Powder, Flavourings (CELERY)); Vegetable Boullion (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 and 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, Water, Salt, Dextrose, Pea Starch, Potato Starch, Corn Starch))
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	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Sausage (Pork (70%), Water, Rusk (WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine)), Pea Starch, Salt, Dextrose, Stabiliser (Triphosphates), Preservative (Sodium SULPHITE), Yeast Extract, Spice Extract, Antioxidant (Sodium Ascorbate).) Filled to Beef Collagen Casing.
Sausages and Mash	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Sausage (Pork (70%), Water, Rusk (WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine)), Pea Starch, Salt, Dextrose, Stabiliser (Triphosphates), Preservative (Sodium SULPHITE), Yeast Extract, Spice Extract, Antioxidant (Sodium Ascorbate).) Filled to Beef Collagen Casing.
Margherita Pizza and Potato Cubes	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Wholewheat Pizza (Wholemeal WHEAT Flour, Mozzarella Cheese 24,5% (MILK, Salt, Rennet), Tomato Puree 24%, WHEAT Flour, Water, Extra Virgin Olive Oil, Salt, Yeast, Oregano)
Margherita Pizza and Pasta	Wholewheat Pizza (Wholemeal WHEAT Flour, Mozzarella Cheese 24,5% (MILK, Salt, Rennet), Tomato Puree 24%, WHEAT Flour, Water, Extra Virgin Olive Oil, Salt, Yeast, Oregano) ;Fusilli Pasta (Durum WHEAT, Water)
Beans and Potato Cubes	Beans (Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract); Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage)
Beans and Mash	Mash 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)
Plain Pasta	Fusilli Pasta (Durum WHEAT, Water)
Roast Turkey, Sweetcorn and Carrots, Mash and Gravy	Turkey (Turkey, Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar) ; Mash 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); Carrots; Sweetcorn

## GLANMORE FOODS HOT MENU '25 / '26 - INGREDIENT LIST

Mega Yummy Chicken Curry, Peppers and Fluffy Rice	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, Water; Chicken (Chicken, Water, Salt, Corn Starch); 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, Corn Starch); Broccoli
Pesto Pasta with Chicken & Peas	Chicken Pasta Pesto (Pasta (Water, Durum whole WHEAT flour); Diced Chicken (Chicken, Water, Salt, Dextrose, Pea Starch, Potato Starch, Corn Starch); Pesto (Basil Puree (Basil 59%, Sunflower oil, Salt), Sunflower Oil, Vegetarian med fat hard Cheese (MILK)); Peas
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, Corn Starch); Peppers
Cheesy Tuna Melt with Sweetcorn and Potato Cubes	Tuna (Skipjack Tuna (FISH), Water, Salt) ; 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)); Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Cheddar Cheese (MILK, Salt, Starter Culture, Rennet, Colour (Annatto / Beta Carotene), Anti-Caking Agent (Microcal))
Cheesy Tuna Melt with Sweetcorn and Pasta	Tuna (Skipjack Tuna (FISH), Water, Salt) ;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));Fusilli Pasta (Durum WHEAT, Water);Cheddar Cheese (MILK, Salt, Starter Culture, Rennet, Colour (Annatto / Beta Carotene), Anti-Caking Agent (Microcal))
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	Moroccan Sauce (Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid); Water; Tomato Puree; 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; Tumeric; Star Anise; Cinnamon; Bay leaves); Butter Beans, Water, Ascorbic Acid; Cauliflower; Potatoes; Chopped Spinach
Beans and Potato Cubes	Beans (Navy Beans (49%), Tomatoes, Water, Sugar, Salt, Modified Maize Starch, Wine Vinegar, Antioxidant: Ascorbic Acid, Flavourings, Paprika Extract); Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage)
Beans and Mash	Mash 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)
Fish Fingers & Potato cubes	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Fish Pattie (Pollock (60%)(Pollock (Theragra chalcogramma) (FISH), Water, Stabiliser: Polyphosphate, Salt), Coating (Water, WHEAT flour, Corn Starch, Tapioca Starch, Salt, Garlic, Sugar, Yeast Extract, Yeast, Rice Flour, Natural Color: Paprika Extract, EGG White Powder, Stabiliser: Xanthan Gum), Palm Oil)
Fish Fingers and Mash	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt);Fish Pattie (Pollock (60%)(Pollock (Theragra chalcogramma) (FISH), Water, Stabiliser: Polyphosphate, Salt), Coating (Water, WHEAT flour, Corn Starch, Tapioca Starch, Salt, Garlic, Sugar, Yeast Extract, Yeast, Rice Flour, Natural Color: Paprika Extract, EGG White Powder, Stabiliser: Xanthan Gum), Palm Oil)

## GLANMORE FOODS HOT MENU '25 / '26 - INGREDIENT LIST

Chicken Tenders and Potato Cubes	Seasoned Potato (Potato 97%, Sunflower Oil 2.4%, Onion Powder, Garlic Powder, Salt, Bell Pepper, Pepper, Curcuma, Cumin, Chilli, Natural Flavour, Oregano, Sage); Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract)
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## GLANMORE FOODS HOT MENU '25 / '26 - INGREDIENT LIST

Chicken Tenders and Pasta	Fusilli Pasta (Durum WHEAT, Water);Baked Chicken Goujon (Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT GLUTEN, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (E503(ii)), Colour (Paprika Extract)
Roast Turkey and Mash	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Turkey (Turkey, Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar)
Plain Pasta	Fusilli Pasta (Durum WHEAT, Water)

## GLANMORE FOODS **GLUTEN FREE** HOT MENU '25 / '26 - INGREDIENT LIST

NEW Chicken Curry with Rice	Chicken Curry (Cooked Rice, Water, Chicken (18%), Onion, Tomato Puree, Apple, Modified Starch, Sultanas, Sugar, Peppers, Vegetable Oils (Rapeseed, Sunflower), Ground Spice Blend (Turmeric, Coriander, Pepper, MUSTARD, Cumin, Fenugreek, Ginger, Clove, Fennel), Mango, Salt, Mango Puree, Starch, Lemon Juice from concentrate, Garlic, Ginger, Gound Cumin, Caramelised Sugar, Ground Turmeric, Garlic Powder, Preservative (Acetic Acid), Ground Paprika, Thickener (Pectins), Ground Chilli).
NEW Chicken and Vegetable Casserole	Chicken and Vegetable Casserole (Water, Potato, Carrot, Cooked Chicken (13%), Green Beans, Swede, Mushroom, Onion, Rapeseed Oil, Tomato Puree, Modified Starch, Garlic, Butter (MILK), Roast Chicken Carcass, Starch, Caramelised Sugar, Mushroom Powder, Rosemary, Thyme, Cornflour, Pepper, Gorund Bay Leaf, Yeast Extract, Carrot Juice Concentrate, Leek Juice Concentrate).
NEW Comforting Cottage Pie	Cottage Pie (Water, Potato, Beef (23%), Onion, Rapeseed Oil, Modified Starch, Butter (MILK), Yeast Extract, Salt, Stabilisers (Hydroxypropyl Methyl Cellulose, Cellulose), Dried MILK, Caramelised Sugar, Tomato Puree, Cornflour, Flavouring, Natural Flavours, Burnt Sugar Powder, Sugar, Pepper, Onion Powder, Concentrated Carrot Juice, Concentrated Onion Juice, Garlic, Dark Brown Sugar, Beef Extract, Tomato Concentrate, Onion Oil).
NEW Cheese and Potato Bake (V)	Cheese and Potato Bake (water, potato (26%), mature Cheddar cheese (MILK), broccoli, vegetable oils (rapeseed, palm), skimmed milk powder, vegetarian cheese (MILK) (2.8%), onion, modified starch, maltodextrin, starch, salt, MUSTARD powder, pepper, dextrose).
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, Flavoursings ) , 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, Flavoursings ) , 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.



*GLANMORE FOODS HOT MENU '25 / '26 - INGREDIENT LIST*