

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

Hot Meals	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information														Suitable for Vegetarians	
	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total g per portion	of which sugars g per portion	g per portion	g per portion	g per portion	Milk	Gluten*	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin		Allegene
Roast Chicken, Carrots, Peas, Mash & Gravy	214	896	6	4	21	2	17	1	4	X	!	X	!	!	!	!	!	!	!	!	!	!	!	!	X
Meatballs, Arrabiata Sauce, Carrots & Fusilli Pasta	325	1150	9	4	32	7	16	2	2	X	X ^W	!	X	X	!	!	!	!	X	!	!	!	!	!	X
Macaroni Cheese with Peas	337	1523	8	5	32	1	10	1	3	X	X ^W	!	!	!	X	!	!	!	X	!	!	!	!	X	
Cottage Pie & Carrots & Peas	257	1076	10	5	26	3	13	1	4	X	X ^W	X	!	!	!	!	!	!	!	!	!	!	!	X	
Chicken Fajita with Peppers	179	751	3	1	19	5	18	1	2	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	!	X	
Moroccan Veggie Stew with chickpeas and potatoes	136	570	1	0	26	7	4	1	3	!	!	!	!	!	!	!	!	!	X	!	!	!	!	X	
Baked Potato with Beans	247	1039	1	0	45	8	10	1	10	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X	
Beef Burger, Pepper Sauce, Peas & Potatoes	253	1056	10	5	25	3	14	1	5	X	X ^W	X	!	X	!	!	!	!	X	!	!	!	!	X	
Chicken Tenders, Savory Potato Cubes & Carrots	215	900	7	3	21	5	14	1	3	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	X	
Chicken Korma, Peppers & Rice	263	1108	5	3	38	4	17	1	1	!	!	!	!	!	!	!	!	!	X	!	!	!	!	X	
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	424	1773	16	4	55	14	15	1	4	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	X	
Margharita Pizza & Mixed Veg	192	803	5	3	26	4	9	1	3	X	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	X	
Veggie Curry with chickpeas and Rice	248	1049	3	1	51	8	5	1	3	!	!	!	!	!	X	!	!	!	X	!	!	!	!	X	
Baked Potato with Beans	247	1039	1	0	45	8	10	1	10	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X	
Chicken, Rice, Carrots, Peas	218	923	2	1	34	2	17	0	2	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X	
Roast Turkey, Squash, Carrot, Mash & Gravy	219	918	7	4	21	3	16	1	4	X	!	X	!	!	!	!	!	!	!	!	!	!	!	X	
Mixed Veggie Rice with Quorn pieces	158	668	2	1	31	1	4	0	1	!	!	!	X	!	!	!	!	!	!	!	!	!	!	X	
Chicken with Peppers, Tomato sauce and Pasta	197	828	2	0	28	6	18	2	2	!	X ^W	!	!	!	!	!	!	!	X	!	!	!	!	X	
Cajun spiced chicken with sweet potato and sweecorn	219	918	3	1	24	12	21	1	4	X	!	X	!	!	X	!	!	!	!	!	!	!	!	X	
Mexican Chicken Burrito Tortilla with peppers	168	709	2	1	22	5	16	1	1	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	X	
Falafel Bowl with Peppers and Rice	254	1072	5	1	49	5	6	1	1	!	X ^W	!	!	!	!	!	!	!	X	!	!	!	!	X	
Baked Potato with Baked Beans	247	1039	1	0	45	8	10	1	10	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X	
Chicken, Potato cubes, Carrots, Peas	227	955	5	1	27	3	17	0	4	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X	
Roast Chicken, Peas, Sweetcorn, Mash & Gravy	224	937	7	4	22	2	17	1	4	X	!	X	!	!	!	!	!	!	!	!	!	!	!	X	
Beef Lasagne, Carrots & Peas	264	1109	8	4	26	9	20	2	4	X	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	X	
Beef Bolognese, Carrots & Fusilli Pasta	199	841	5	2	26	7	14	1	2	!	X ^W	!	!	X	!	!	!	!	!	!	!	!	!	X	
Thai Red Chicken Curry with Rice and Broccoli	275	1161	8	6	35	2	17	0	1	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	X	
Beef Burrito Wrap with Peppers	290	1227	6	2	51	5	10	1	2	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	X	
Lentil & Sweet Potato Bolognese with Pasta	149	633	1	0	28	4	7	0	3	!	X ^W	!	!	!	!	!	!	!	X	!	!	!	!	X	
Baked Potato with Baked Beans	247	1039	1	0	45	8	10	1	10	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X	
Turkey Breast, Carrot & Sweetcorn, Mashed Potato & Gravy	219	919	7	4	22	3	16	1	4	X	!	X	!	!	!	!	!	!	!	!	!	!	!	X	
Chicken Curry, Peppers & Rice	277	1169	3	1	47	7	17	1	1	!	!	!	!	!	X	!	!	!	X	!	!	!	!	X	
Sweet & Sour Chicken, Broccoli & Rice	389	1651	2	1	75	39	16	1	1	!	X ^{WB}	!	!	!	!	!	!	!	!	!	!	!	!	X	
Mexican Chicken Burrito Bowl with Rice and Peppers	306	1293	4	1	50	5	18	1	2	!	X ^W	!	!	!	!	!	!	!	!	!	!	!	!	X	
Cheesy Tuna Melt with Sweetcorn	377	1572	15	6	33	4	27	2	3	X	X ^W	X	X	!	X	!	!	!	!	X	!	!	!	X	
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	73	306	1	0	11	5	4	1	3	!	!	!	!	!	!	!	!	!	X	!	!	!	!	X	
Baked Potato with Beans	247	1039	1	0	45	8	10	1	10	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X	
Chicken, Rice, Carrots, Peas	218	923	2	1	34	2	17	0	2	!	!	!	!	!	!	!	!	!	!	!	!	!	!	X	

CONTAINS:

X

MAY CONTAIN:

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FREE FROM:

Allergen Information

X CONTAINS

! MAY CONTAIN TRACES OF

FREE FROM

Please remember to check our labels / website regularly as ingredients can change. This list is correct on the date of issue

If you have any food allergy concerns please do not hesitate to contact Glanmore directly. A full list of ingredients is also available in our website

Glanmore Foods is a Nut Free Production site.

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

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

All Beef Dishes Contain Irish Beef

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

CONTAINS: X MAY CONTAIN: ! FREE FROM:

Allergen Information

CONTAINS

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