

GLANMORE FOODS GLUTEN FREE HOT MENU '25 / '26 - Nutrition PER MEAL & Allergen Information

## Allergen Information

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

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

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

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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, Ground Cumin, Caramelised Sugar, Ground Turmeric, Garlic Powder, Preservative (Acetic Acid), Ground Paprika, Thickener (Pectins), Ground Chilli).
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, Ground Bay Leaf, Yeast Extract, Carrot Juice Concentrate, Leek Juice Concentrate).
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 Flavourings, Burnt Sugar Powder, Sugar, Pepper, Onion Powder, Concentrated Carrot Juice, Concentrated Onion Juice, Garlic, Dark Brown Sugar, Beef Extract, Tomato Concentrate, Onion Oil).
Cheese and Potato Bake (V)	Cheese and Potato Bake (Water, Potato (26%), 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, 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 (Pepper, Onion, Garlic), MILK Protein, Salt, Modified Maize Starch, Spices, Stabilizer: Xanthan Gum, Herbs, Paprika Concentrate, Preservatives (Potassium Sorbate, Sodium Benzoate)), 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 & 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)), Rice, Red & Green Peppers, Red Kidney Beans, Sweetcorn, Sliced Green Beans.