

GLANMORE FOODS <b>GLUTEN FREE</b> HOT MENU '25 / '26 - Nutrition PER MEAL & Allergen Information																												
		Energy		Fat	Carbohydrate		Protein	Salt	Fibre	Allergen information																		
		kcal	kJ	Total (g)	of which	Total (g)	of which	(g)	(g)	(g)	(g)	Milk	Gluten*	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin	Legume	Suitable for vegetarians	
					saturates (g)		sugars (g)																					
Chicken Curry with Rice	Per meal	242	1021	5	1.0	37.0	5.7	13.0	0.7	1.0							X											✗
	Per 100g	110	464	2	0	17	3	6	0	0																		
Chicken and Vegetable Casserole	Per meal	160	672	7	1.3	13.0	4.8	9.4	0.9	2.4	X															X		✗
	Per 100g	73	305	3	1	6	2	4	0	1																		
Comforting Cottage Pie	Per meal	236	985	12	4.0	18.0	2.2	13.0	1.3	2.0	X																	✗
	Per 100g	107	448	5	2	8	1	6	1	1																		
Cheese and Potato Bake (V)	Per meal	504	2101	33	14.0	30.0	9.1	22.0	1.8	2.0	X					X												✓
	Per 100g	168	700	11	5	10	3	7	1	1																		
Chicken Tikka Wrap	Per meal	270	1135	11.4	3.0	26.0	0.9	16.9	1.6	NA	X															X		✗
	Per 100g	208	873	9	2	20	1	13	1	NA																		
Mexican Chicken Wrap	Per meal	246	1032	8.3	4.0	24.7	0.5	18.2	1.6	NA	X															X		✗
	Per 100g	189	794	6	3	19	0	14	1	NA																		

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 <b>GLUTEN FREE</b> HOT MENU '25 / '26 - INGREDIENT LIST	
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).
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).
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.