

GLANMORE FOODS **SNACK** MENU '26/'27 - NUTRITIONAL INFORMATION

Nutritional information per 100g

Recipe Name	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Satsuma	206	49	0	0	9.3	9.3	1.5	0.8	0.0
Banana	381	90	0	0	20	18	1.4	1.1	0.0
Apple	253	60	0.5	0.1	13	11	1.2	0.6	0.0
Breadsticks	1691	401	6.6	0.9	68	2.1	8.7	13	2.0
Jacobs Cracker	1885	448	15	6.9	68	0.7	3.7	8.5	1.5
Apple and Blueberry Snack Pack	242	57	0.5	0.1	12	11	1.3	0.7	0.0
Apple and Carrot Snack Pack	223	53	0.5	0.1	11	9.5	2.4	0.5	0.0
Apple Snack Pack	253	60	0.5	0.1	13	11	1.2	0.6	0.0
Yogurt Rice Cake	2032	484	20	17	70	37	1.7	5.2	0.3
Plain Rice Cake	1642	388	3.3	0.8	79	0.5	3.5	8.8	0.0
Popcorn	1730	414	22	2.4	44	0	6.2	7.8	0.3
Seasonal Fruit Pot	206	49	0.5	0	10	9.5	1.4	0.6	0.0
Melon and Pineapple Pot	159	38	0	0	7.4	7.3	1.6	0.5	0.0
Melon Pot	108	26	0	0	4.9	4.9	1.2	0.6	0.1
Edam Cheese Piece	1314	316	24	16	0	0	0	25	2.0
Cheese Portions (Squares)	636	152	8	5.3	6	6	0	14	1.5
Cheese Dip	854	206	16	11	6	6	0	11	1.3
Brown Pancake	1151	273	6.2	0.8	45	16	3	8	1.3
Brown Plain Scone	1229	292	7.8	3	47	9.9	4	6.4	0.9
Brown Fruit Scone	1230	292	7.5	2.9	48	12	3.9	6.2	0.9
Oatie Crunch Bar	1892	452	20	6.9	59	23	4.6	6.3	0.4
Yogurt Tube	352	84	2.7	1.8	11	9.9	0	3.8	0.1
Yogurt	342	81	2.4	1.6	9.5	8.9	0	5.4	0.1

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Nutritional information per serving

Recipe Name	Serving	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Satsuma	70 g	144	34	0	0	6.5	6.5	1.1	0.5	0.0
Banana	100 g	381	90	0	0	20	18	1.4	1.1	0.0
Apple	70 g	177	42	0.5	0	8.9	8	0.8	0.5	0.0
Breadsticks	15 g	254	60	1	0.1	10	0.5	1.3	2	0.3
Jacobs Cracker	15 g	283	67	2.3	1	10	0	0.6	1.3	0.2
Apple and Blueberry Snack Pack	60 g	145	34	0.5	0	7.3	6.6	0.8	0.5	0.0
Apple and Carrot Snack Pack	70 g	156	37	0.5	0	7.4	6.7	1.6	0.5	0.0
Apple Snack Pack	70 g	177	42	0.5	0	8.9	8	0.8	0.5	0.0
Yogurt Rice Cake	17 g	339	81	3.3	2.8	12	6.2	0.5	0.9	0.1
Plain Rice Cake	7 g	110	26	0	0	5.3	0	0	0.6	0.0
Popcorn	10 g	173	41	2.2	0.2	4.4	0	0.6	0.8	0.0
Seasonal Fruit Pot	60 g	123	29	0	0	6	5.7	0.8	0.5	0.0
Melon and Pineapple Pot	50 g	80	19	0	0	3.7	3.7	0.8	0	0.0
Melon Pot	50 g	54	13	0	0	2.4	2.4	0.6	0.5	0.0
Edam Cheese Piece	20 g	263	63	4.8	3.2	0	0	0	5.1	0.4
Cheese Portions (Squares)	18 g	111	27	1.4	0.9	1.1	1.1	0	2.5	0.3
Cheese Dip	20 g	171	41	3.1	2.1	1.2	1.2	0	2.1	0.3
Brown Pancake	35 g	403	96	2.2	0.3	16	5.5	1.1	2.8	0.5
Brown Plain Scone	113 g	1027	244	6.5	2.5	39	8.3	3.4	5.3	0.7
Brown Fruit Scone	117 g	1011	240	6.2	2.4	39	9.8	3.2	5.1	0.7
Oatie Crunch Bar	60 g	625	149	6.7	2.3	19	7.5	1.5	2.1	0.1
Yogurt Tube	37 g	130	31	1	0.7	4.1	3.7	0	1.4	0.1
Yogurt	47 g	161	38	1.1	0.8	4.5	4.2	0	2.5	0.1

GLANMORE FOODS **SNACK MENU '26/'27 - INGREDIENTS**

Recipe Name	Ingredients
Satsuma	Satsuma
Banana	Banana
Apple	Apple
Breadsticks	Breadstick [Whole WHEAT Flour 91%, Sunflower Oil, Sea Salt, Yeast, WHEAT Flour]
Jacobs Cracker	Cream Cracker [WHEAT Flour, Vegetable Palm Fat, Salt, Yeast, Raising Agent [Sodium Hydrogen Carbonate]]
Apple and Blueberry Snack Pack	Apple (83.3%), Blueberry (16.7%)
Apple and Carrot Snack Pack	Apple (57.1%), Carrot (42.9%)
Apple Snack Pack	Apple (100%)
Yogurt Rice Cake	Yogurt Rice Cakes [Yoghurt (MILK) Coating 58% [Sugar, Vegetable Fat (Palm Kernel, Palm, Shea), Yoghurt (MILK) Powder (MILK) 8%, Sweet Whey (MILK) Powder (MILK), Emulsifier: Lecithins (E322), Natural Flavouring], Brown Rice 42%]
Plain Rice Cake	Plain Rice Cake [Rice (99%), SESAME Seeds]
Popcorn	Popcorn [Wholegrain Popcorn, Sunflower Oil, Sea Salt]
Seasonal Fruit Pot	Apple (41.7%), Blueberry (25%), Pineapple (16.7%), Galia Melons (8.3%), Canteloupe Melon (8.3%)
Melon and Pineapple Pot	Pineapple (50%), Galia Melons (25%), Canteloupe Melon (25%)
Melon Pot	Galia Melons (50%), Canteloupe Melon (50%)
Edam Cheese Piece	Edam Cheese [Pasteurised Cow's MILK , Salt, Starter Culture, Microbial Rennet]
Cheese Portions (Squares)	Cheese Square [Rehydrated Skimmed MILK , Cheeses (MILK), MILK Protein, Lactic Acid Concentrate (MILK), Emulsifying Salts (Polyphosphates), Butter (MILK), Natural Flavouring]
Cheese Dip	Cheese Dip [Rehydrated Skimmed MILK , Cheeses (MILK), Butter (MILK), Emulsifying Salts (Polyphosphates), Tricalcium Phosphate, Lactic Acid Concentrates, MILK Protein, Natural Flavouring]
Brown Pancake	Brown Pancake [Buttermilk (MILK)(35%), WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin, Folic Acid), Wholemeal WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin, Folic Acid), EGG , Sugar, Partially Inverted Refined Syrup, Raising Agents (Diphosphates, Sodium Bicarbonate), Butter Flavour (Natural Flavour Substances, Water, Stabiliser (Xanthan Gum), Emulsifier (Citric Acid Esters Of Mono And Diglycerides Of Fatty Acids, Glycerol Diacetate)), WHEAT Fibre, Humectant (Glycerine), Preservative (Potassium Sorbate), Salt]
Brown Plain Scone	Cream Flour (28.4%) [WHEAT Flour, (With Calcium, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphates, Disodium Diphosphate, Sodium Carbonate], Wholemeal Flour (28.4%), Water, Sugar (8.9%), Margarine (7.5%) [Vegetable Oil: Palm, Rapeseed; Water; Salt; Emulsifier: Polyglycerol Ester Of Fatty Acids (E475); Flavouring; Colouring: Annatto Bixin (E160b(I)), Curcumin (E100)], MILK (7.1%) [Whole MILK], Shortening (1.6%) [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Baking Powder (1.3%) [Stabiliser (E450(I)), Raising Agents (E500(II)), Maize Starch], Buttermilk Powder (0.44%) [WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Vanilla Essence (0.44%) [Propylene Glycol E1520, Water, Glycerine E422, Colour: Caramel E150c, Salt], Vegetable Spread [Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto Bixin, Curcumin), Acidity Regulator (Citric Acid), Flavouring]
Brown Fruit Scone	Cream Flour (27.4%) [WHEAT Flour, (With Calcium, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphates, Disodium Diphosphate, Sodium Carbonate], Wholemeal Flour (27.4%), Water, Sugar (8.6%), Margarine (7.3%) [Vegetable Oil: Palm, Rapeseed; Water; Salt; Emulsifier: Polyglycerol Ester Of Fatty Acids (E475); Flavouring; Colouring: Annatto Bixin (E160b(I)), Curcumin (E100)], MILK (6.8%) [Whole MILK], Raisins (3.4%) [Raisins 99.5%, Vegetable Oil (Sunflower Oil) 0.5%], Shortening (1.5%) [Water, Emulsifiers (E471 Mono And Diglycerides Of Fatty Acids, E472e Mono And Diacetyl Tartaric Acid Esters Of Mono And Diglycerides Of Fatty Acids), Acidity Regulators (E260 Acetic Acid, E525 Potassium Hydroxide)], Baking Powder (1.3%) [Stabiliser (E450(I)), Raising Agents (E500(II)), Maize Starch], Vanilla Essence (0.43%) [Propylene Glycol E1520, Water, Glycerine E422, Colour: Caramel E150c, Salt], Buttermilk Powder (0.43%) [WHEAT Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Whey (MILK) Powder (MILK), Dextrose, Raising Agent (E450 (I) Disodium Diphosphate), Emulsifier (E471 Mono And Diglycerides Of Fatty Acids)], Vegetable Spread [Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto Bixin, Curcumin), Acidity Regulator (Citric Acid), Flavouring]
Oatie Crunch Bar	OATS (53.8%), Margarine (21%) [Vegetable Oil: Palm, Rapeseed; Water; Salt; Emulsifier: Polyglycerol Ester Of Fatty Acids (E475); Flavouring; Colouring: Annatto Bixin (E160b(I)), Curcumin (E100)], Sugar (21%), Cream Flour (2.4%) [WHEAT Flour, (With Calcium, Iron, Niacin, Thiamin), Raising Agents: Monocalcium Phosphates, Disodium Diphosphate, Sodium Carbonate], Honey (1.7%), Treacle (0.17%) [Invert Sugar Syrup, Cane Molasses]
Yogurt Tube	Frubes (100%) [Yogurt (MILK) Sugar 6.1% Modified Manioc And Maize Starch Calcium Citrate Natural Flavourings (MILK) Stabiliser: Guar Gum Acidity Regulator: Citric Acid Vitamin D]
Yogurt	Petit Filous [Apricot Ingredients: Fromage Frais (MILK) Sugar 6% Apricot Puree From Concentrate 5% Carrot Juice From Concentrate Pumpkin Juice From Concentrate Maize Starch Natural Flavourings (MILK) Lemon Juice From Concentrate Vitamin D Vitamin B6 Raspberry Ingredients: Fromage Frais (MILK) Water Sugar 6.1% Raspberry Puree From Concentrate 5% Carrot Juice From Concentrate Maize Starch Lemon Juice From Concentrate Natural Flavourings MILK Mineral Concentrate Vitamin D Vitamin B6 Strawberry Ingredients: Fromage Frais (MILK) Water Sugar 6.2% Strawberry Puree From Concentrate 5% Carrot Juice From Concentrate Maize Starch Lemon Juice From Concentrate Natural Flavourings, MILK Mineral Concentrate Vitamin D Vitamin B6.]

GLANMORE FOODS SNACK MENU '26/'27 - ALLERGEN INFORMATION

Recipe Name	Gluten	Oats	Wheat	Barley	Rye	Tree nuts	Peanuts	Eggs	Milk	Fish	Crustaceans	Molluscs	Celery	Mustard	Sesame	Soya	Sulphites	Lupin
Satsuma																		
Banana																		
Apple																		
Breadsticks	C		C											MC	MC	MC		
Jacobs Cracker	C		C			MC												
Apple and Blueberry Snack Pack																		
Apple and Carrot Snack Pack													MC				MC	
Apple Snack Pack																		
Yogurt Rice Cake									C									
Plain Rice Cake									MC						C	MC		
Popcorn																		
Seasonal Fruit Pot																		
Melon and Pineapple Pot																		
Melon Pot																		
Edam Cheese Piece									C									
Cheese Portions (Squares)									C									
Cheese Dip									C									
Brown Pancake	C		C					C	C									
Brown Plain Scone	C	MC	C	MC	MC			MC	C	MC				MC	MC	MC	MC	
Brown Fruit Scone	C	MC	C	MC	MC			MC	C	MC				MC	MC	MC	MC	
Oatie Crunch Bar	C	C	C	MC	MC			MC	MC	MC				MC	MC	MC	MC	
Yogurt Tube									C									
Yogurt									C									

C = Contains MC = May Contains

Please refer to this table and the ingredient list for allergen information. Allergens are highlighted within the ingredients.

Information correct on date of issue. Recipes and ingredients may change over time, which could affect allergen, ingredient and nutrition information.

Please note that any products with 'May Contain Nuts' are from supplier sites

If you have any food allergy concerns, please contact Glanmore Foods directly.

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