

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

PER MEAL	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information															Vegetarian
	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	Alcohol	
Roast Chicken, Carrots, Peas, Mash & Gravy	206	866	5.5	2.9	22.8	2.9	14.9	1.4	3.6	X	!			!				!						X	!
Mamma's Italian Meatballs in Tomato Sauce, Carrots and Fusilli Pasta	322	1360	9.5	3.6	42.1	8.1	18.0	1.1	3.9		X ^W		X												!
Super Gooney Mac 'n' Cheese with Peas	270	1105	14.8	3.2	26.0	4.4	7.2	1.0	2.1	X	X ^W	!	X		!									X	✓
Classic Cottage Pie with Carrots and Peas	244	1022	8.6	4.5	26.3	3.5	12.8	1.1	4.0	X	X ^W													X	!
Tex-Mex Chicken Fajita with Peppers	178	750	3.1	0.6	19.5	5.3	17.1	1.3	1.8		X ^W														!
Moroccan Veggie Stew with chickpeas and potatoes	144	602	2.7	0.3	25.3	6.1	4.5	0.8	5.0		!			!				X						X	✓
Potato Cubes and Beans	229	959	3.5	0.5	37.9	7.8	7.7	1.2	7.8		!													X	✓
Sausages and Potato Cubes	291	1211	16.2	5.4	25.4	1.2	9.7	1.3	3.0		X ^W							X							!
Chicken Tenders and Potato Cubes	227	950	5.0	0.5	31.8	0.9	12.0	0.7	3.7	!	X ^W	!	!	!	!										!
Roast Chicken & Mash	193	810	6.2	3.4	18.2	0.4	14.7	0.6	2.5	X	!														!
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X ^W														✓
Beef Burger, Pepper Sauce, Peas & Potatoes	256	1071	7.6	3.9	32.4	3.7	13.9	1.3	4.2	X	X ^W I ^O	X				!		!						X	!
Crispy Chicken Tenders, Potato Cubes and Carrots	198	828	4.1	0.4	27.4	2.9	11.5	0.6	3.6	!	X ^W		!	!	!	!		!							!
Mild Chicken Korma and Peppers with Fluffy Rice	413	1734	15.2	6.8	51.7	12.9	16.2	1.1	2.5		!														!
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	344	1435	9.6	0.8	48.9	13.6	14.6	1.3	4.6	!	X ^W	!	!	!	!	!							X		!
Cheesy Margherita Pizza Served with Carrots and Peas	192	803	5.1	2.9	26.2	3.6	9.5	1.3	2.9	X	X ^W			!				!						X	✓
Veggie Curry with chickpeas and Rice	385	1615	14.8	6.6	55.0	13.7	5.9	0.7	4.4		!													X	✓
Potato Cubes and Beans	229	959	3.5	0.5	37.9	7.8	7.7	1.2	7.8		!													X	✓
Baked Fish Fingers and Potato Cubes	224	937	6.2	0.6	30.7	1.1	9.8	0.8	3.5		X ^W								X						!
Baked Chicken Tenders and Potato Cubes	227	950	5.0	0.5	31.8	0.9	12.0	0.7	3.7	!	X ^W	!	!	!	!										!
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X ^W														✓
Roast Turkey, Squash, Carrot, Mash & Gravy	203	854	4.9	2.8	21.2	3.4	17.4	1.3	3.9	X	!			!				!							!
Mixed Veggie Rice with Quorn pieces	163	687	1.8	0.7	22.4	2.0	12.0	0.4	6.1		!		X										X		✓
Chicken with Sweet Peppers and Tomato Sauce with Fusilli Pasta	244	1037	2.4	0.5	37.6	8.2	18.8	1.2	3.7		X ^W														!
Cajun Spiced Chicken with Sweet Potato Wedges and Sweetcorn	218	917	2.8	1.0	24.5	12.6	19.4	0.9	4.1	X	X ^B	X			X									X	!
Mexican Chicken Burrito Tortilla with Roasted Peppers	248	1047	3.1	0.6	36.3	5.4	17.3	1.4	2.1		X ^W														!
Lebanese Falafel Bowl with Peppers and Rice	273	1150	5.7	0.5	50.1	4.4	6.8	0.7	2.6		X ^W							X						X	✓
Potato Cubes and Beans	229	959	3.5	0.5	37.9	7.8	7.7	1.2	7.8		!													X	✓
Margherita Pizza and Potato Cubes	312	1301	8.6	3.6	45.6	2.2	11.4	1.8	4.2	X	X ^W	!			!										✓
Baked Chicken Tenders and Potato Cubes	227	950	5.0	0.5	31.8	0.9	12.0	0.7	3.7	!	X ^W	!	!	!		!									!
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	283	1153	2.2	0.5	47.0	11.0	16.9	1.4	3.1	X	!														!
Chicken Casserole with Potato & Vegetables	207	867	4.3	0.6	27.2	5.7	14.9	1.5	3.4		!			!	X			!					X		!
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X ^W														✓
Roast Chicken, Peas, Sweetcorn, Mash & Gravy	216	906	5.8	3.0	23.7	2.8	15.3	1.4	3.8	X	!												X		!
Beef Lasagne, Carrots & Peas	269	1129	8.1	4.0	27.9	9.1	19.8	1.7	3.7	X	X ^W			!				!					X		!
Italian Beef Bolognese, Carrots and Fusilli Pasta	244	1030	5.2	1.8	34.2	7.0	16.7	0.7	2.8		X ^W			X				!							!
Mild Thai Red Chicken Curry with Fluffy Rice and Broccoli	285	1207	7.0	5.3	37.9	2.6	16.0	0.4	1.7		X ^B														!
Chicken Paella with Mixed Vegetables	180	761	2.4	0.5	24.7	4.1	14.5	1.5	2.3		!			X				!					X		!
Loaded Beef Burrito with Peppers	277	1174	4.4	1.3	49.4	5.6	9.7	0.5	3.0		X ^W													X	!
Lentil & Sweet Potato Bolognese with Pasta	193	819	1.7	0.3	35.9	4.1	9.7	0.2	3.1		X ^W			!				!					X		✓
Potato Cubes and Beans	229	959	3.5	0.5	37.9	7.8	7.7	1.2	7.8		!													X	✓
Sausages and Potato Cubes	291	1211	16.2	5.4	25.4	1.2	9.7	1.3	3.0		X ^W							X							!
Pepperoni Pizza & Potato Cubes	337	1406	10.9	4.5	45.7	2.3	12.5	2.0	4.2	X	X ^W	!			!										!
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X ^W														✓
Roast Turkey, Sweetcorn and Carrots, Mash and Gravy	203	855	4.9	2.8	21.3	3.2	17.4	1.3	3.6	X	!			!				!							!
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	283	1153	2.2	0.5	47.0	11.0	16.9	1.4	3.1	X	!														!
Sweet & Sour Chicken, Broccoli & Rice	394	1658	1.6	0.4	76.0	39.5	15.6	1.3	1.8		X ^{WB}							!							!
Pesto Pasta with Chicken & Peas	341	1431	14.6	2.5	34.2	2.0	19.5	1.8	6.7	X	X ^W													X	!
Mexican Chicken Burrito Bowl with Rice and Peppers	241	1023	1.6	0.4	40.3	4.9	15.6	1.1	1.8		!														!
Cheesy Tuna Melt with Sweetcorn and Potato Cubes	430	1803	16.2	6.1	41.9	4.5	29.1	1.9	3.9	X	X ^W	X	X		X				X				X		!
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	166	697	2.6	0.3	29.7	4.9	5.6	0.5	6.0		!							X						X	✓
Potato Cubes and Beans	229	959	3.5	0.5	37.9	7.8	7.7	1.2	7.8		!													X	✓
Baked Fish Fingers and Potato Cubes	224	937	6.2	0.6	30.7	1.1	9.8	0.8	3.5		X ^W								X						!
Baked Chicken Tenders and Potato Cubes	227	950	5.0	0.5	31.8	0.9	12.0	0.7	3.7	!	X ^W	!	!	!	!				X						!
Roast Turkey & Mash	192	808	5.6	3.3	18.1	0.5	16.1	0.6	3.4	X	!														!
Plain Pasta	239	1016	2.3	0.4	47.7	0.9	9.9	0.1	2.9		X ^W														✓

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 above Beef Dishes Contain Irish Beef

GLANMORE FOODS HOT MENU '25 / '26 - Nutrition PER 100g

	Energy		Fat		Carbohydrate		Protein	Salt	Fibre
PER 100g	kcal	kJ	Total (g)	of which saturates (g)	Total (g)	of which sugars (g)	(g)	(g)	(g)
Roast Chicken, Carrots, Peas, Mash & Gravy	82	346	2.2	1.2	9.1	1.2	5.9	0.6	1.4
Mamma's Italian Meatballs in Tomato Sauce, Carrots and Fusilli Pasta	126	531	3.7	1.4	16.4	3.2	7.0	0.4	1.5
Super Goopy Mac 'n' Cheese with Peas	112	460	6.2	1.3	10.8	1.8	3.0	0.4	0.9
Classic Cottage Pie with Carrots and Peas	97	409	3.4	1.8	10.5	1.4	5.1	0.4	1.6
Tex-Mex Chicken Fajita with Peppers	105	443	1.8	0.3	11.5	3.2	10.1	0.8	1.0
Moroccan Veggie Stew with chickpeas and potatoes	53	223	1.0	0.1	9.4	2.3	1.7	0.3	1.8
Potato Cubes and Beans	96	400	1.5	0.2	15.8	3.3	3.2	0.5	3.3
Sausages and Potato Cubes	171	712	9.5	3.2	15.0	0.7	5.7	0.8	1.8
Chicken Tenders and Potato Cubes	126	528	2.8	0.3	17.7	0.5	6.7	0.4	2.0
Roast Chicken & Mash	114	476	3.6	2.0	10.7	0.2	8.6	0.3	1.4
Plain Pasta	159	677	1.5	0.3	31.8	0.6	6.6	0.0	1.9
Beef Burger, Pepper Sauce, Peas & Potatoes	98	412	2.9	1.5	12.4	1.4	5.3	0.5	1.6
Crispy Chicken Tenders, Potato Cubes and Carrots	110	460	2.3	0.2	15.2	1.6	6.4	0.4	2.0
Mild Chicken Korma and Peppers with Fluffy Rice	147	619	5.4	2.4	18.5	4.6	5.8	0.4	0.9
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	146	611	4.1	0.4	20.8	5.8	6.2	0.6	2.0
Cheesy Margherita Pizza Served with Carrots and Peas	148	617	3.9	2.3	20.1	2.8	7.3	1.0	2.3
Veggie Curry with chickpeas and Rice	130	547	5.0	2.2	18.6	4.7	2.0	0.2	1.5
Potato Cubes and Beans	96	400	1.5	0.2	15.8	3.3	3.2	0.5	3.3
Baked Fish Fingers and Potato Cubes	124	520	3.4	0.3	17.0	0.6	5.4	0.4	1.9
Baked Chicken Tenders and Potato Cubes	126	528	2.8	0.3	17.7	0.5	6.7	0.4	2.0
Plain Pasta	159	677	1.5	0.3	31.8	0.6	6.6	0.0	1.9
Roast Turkey, Squash, Carrot, Mash & Gravy	80	335	1.9	1.1	8.3	1.3	6.8	0.5	1.5
Mixed Veggie Rice with Quorn pieces	81	342	0.9	0.4	11.2	1.0	6.0	0.2	3.0
Chicken with Sweet Peppers and Tomato Sauce with Fusilli Pasta	94	399	0.9	0.2	14.5	3.2	7.2	0.5	1.4
Cajun Spiced Chicken with Sweet Potato Wedges and Sweetcorn	79	334	1.0	0.4	8.9	4.6	7.1	0.3	1.5
Mexican Chicken Burrito Tortilla with Roasted Peppers	121	513	1.5	0.3	17.8	2.6	8.5	0.7	1.0
Lebanese Falafel Bowl with Peppers and Rice	101	424	2.1	0.2	18.5	1.6	2.5	0.3	0.9
Potato Cubes and Beans	96	400	1.5	0.2	15.8	3.3	3.2	0.5	3.3
Margherita Pizza and Potato Cubes	148	620	4.1	1.7	21.7	1.1	5.4	0.8	2.0
Baked Chicken Tenders and Potato Cubes	126	528	2.8	0.3	17.7	0.5	6.7	0.4	2.0
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	101	412	0.8	0.2	16.8	3.9	6.0	0.5	1.1
Chicken Casserole with Potato & Vegetables	71	299	1.5	0.2	9.4	2.0	5.1	0.5	1.2
Plain Pasta	159	677	1.5	0.3	31.8	0.6	6.6	0.0	1.9
Roast Chicken, Peas, Sweetcorn, Mash & Gravy	86	362	2.3	1.2	9.5	1.1	6.1	0.6	1.5
Beef Lasagne, Carrots & Peas	112	470	3.4	1.7	11.6	3.8	8.2	0.7	1.6
Italian Beef Bolognese, Carrots and Fusilli Pasta	111	468	2.3	0.8	15.5	3.2	7.6	0.3	1.3
Mild Thai Red Chicken Curry with Fluffy Rice and Broccoli	97	409	2.4	1.8	12.8	0.9	5.4	0.1	0.6
Chicken Paella with Mixed Vegetables	72	305	0.9	0.2	9.9	1.6	5.8	0.6	0.9
Loaded Beef Burrito with Peppers	116	491	1.9	0.6	20.7	2.3	4.0	0.2	1.2
Lentil & Sweet Potato Bolognese with Pasta	107	455	0.9	0.2	19.9	2.3	5.4	0.1	1.7
Potato Cubes and Beans	96	400	1.5	0.2	15.8	3.3	3.2	0.5	3.3
Sausages and Potato Cubes	171	712	9.5	3.2	15.0	0.7	5.7	0.8	1.8
Pepperoni Pizza & Potato Cubes	156	651	5.0	2.1	21.2	1.0	5.8	0.9	1.9
Plain Pasta	159	677	1.5	0.3	31.8	0.6	6.6	0.0	1.9
Roast Turkey, Sweetcorn and Carrots, Mash and Gravy	80	335	1.9	1.1	8.4	1.3	6.8	0.5	1.4
Mega Yummy Chicken Curry, Peppers and Fluffy Rice	101	412	0.8	0.2	16.8	3.9	6.0	0.5	1.1
Sweet & Sour Chicken, Broccoli & Rice	141	592	0.6	0.1	27.2	14.1	5.6	0.5	0.6
Pesto Pasta with Chicken & Peas	159	666	6.8	1.2	15.9	0.9	9.0	0.8	3.1
Mexican Chicken Burrito Bowl with Rice and Peppers	107	455	0.7	0.2	17.9	2.2	6.9	0.5	0.8
Cheesy Tuna Melt with Sweetcorn and Potato Cubes	187	784	7.1	2.6	18.2	1.9	12.6	0.8	1.7
Bombay Curry with Cauliflower, Butterbeans, Spinach & Potatoes	58	245	0.9	0.1	10.4	1.7	2.0	0.2	2.1
Potato Cubes and Beans	96	400	1.5	0.2	15.8	3.3	3.2	0.5	3.3
Baked Fish Fingers and Potato Cubes	124	520	3.4	0.3	17.0	0.6	5.4	0.4	1.9
Baked Chicken Tenders and Potato Cubes	126	528	2.8	0.3	17.7	0.5	6.7	0.4	2.0
Roast Turkey & Mash	113	475	3.3	1.9	10.7	0.3	9.4	0.4	2.0
Plain Pasta	159	677	1.5	0.3	31.8	0.6	6.6	0.0	1.9

GLANMORE FOODS GLUTEN FREE HOT MENU '25 / '26 - Nutrition PER MEAL & Allergen Information																			
PER MEAL	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information									
	kcal	kj	Total (g)	of which saturates (g)	Total (g)	of which sugars (g)	(g)	(g)	(g)		Milk	Gluten*	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts
NEW Chicken Curry with Rice	242	1021	5	1.0	37.0	5.7	13.0	0.7	1.0						X				
NEW Chicken and Vegetable Casserole	160	672	7	1.3	13.0	4.8	9.4	0.9	2.4	X									
NEW Comforting Cottage Pie	236	985	12	4.0	18.0	2.2	13.0	1.3	2.0	X									
NEW Cheese and Potato Bake (V)	504	2101	33	14.0	30.0	9.1	22.0	1.8	2.0	X					X				
Chicken Tikka Wrap	270	1135	11.4	3.0	26.0	0.9	16.9	1.6	NA	X									
Mexican Chicken Wrap	246	1032	8.3	4.0	24.7	0.5	18.2	1.6	NA	X									

X

CONTAINS

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PER 100g	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	
	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	
NEW Chicken Curry with Rice	110	464	2	0	17	3	6	0	0	
NEW Chicken and Vegetable Casserole	73	305	3	1	6	2	4	0	1	
NEW Comforting Cottage Pie	107	448	5	2	8	1	6	1	1	
NEW Cheese and Potato Bake (V)	168	700	11	5	10	3	7	1	1	
Chicken Tikka Wrap	208	873	8.8	2.3	20.0	0.7	13.0	1.3	NA	
Mexican Chicken Wrap	189	794	6.4	3.1	19.0	0.4	14.0	1.2	NA	