GLANMORE FOODS

The Lunchtime Scoop

Your Nutrition & Ingredients Guide

Your Handbook to Our Nutritious Lunches

Included you will find the following information for each of our meals:

- Ingredients list
- Nutritional breakdown
- The traffic light labelling system
- Nutri-nuggets
- Sourcing information

Let's check it out!

Hot School Meals, an Introduction

The Hot School Meals are underpinned by the Healthy Ireland Nutrition Standards.

The objective of these standards is to include a balance of nutrients so that each meal contains a variety of vegetables, protein, and carbohydrates.

All of which are key in a child's diet, to allow them to thrive in the school environment.

Disclaimer: Information correct as of 12/11/26. Please note that our recipes and ingredients may change over time, which could affect allergen, ingredient and nutrition information. Updates will be made to this document and our App to reflect these changes.

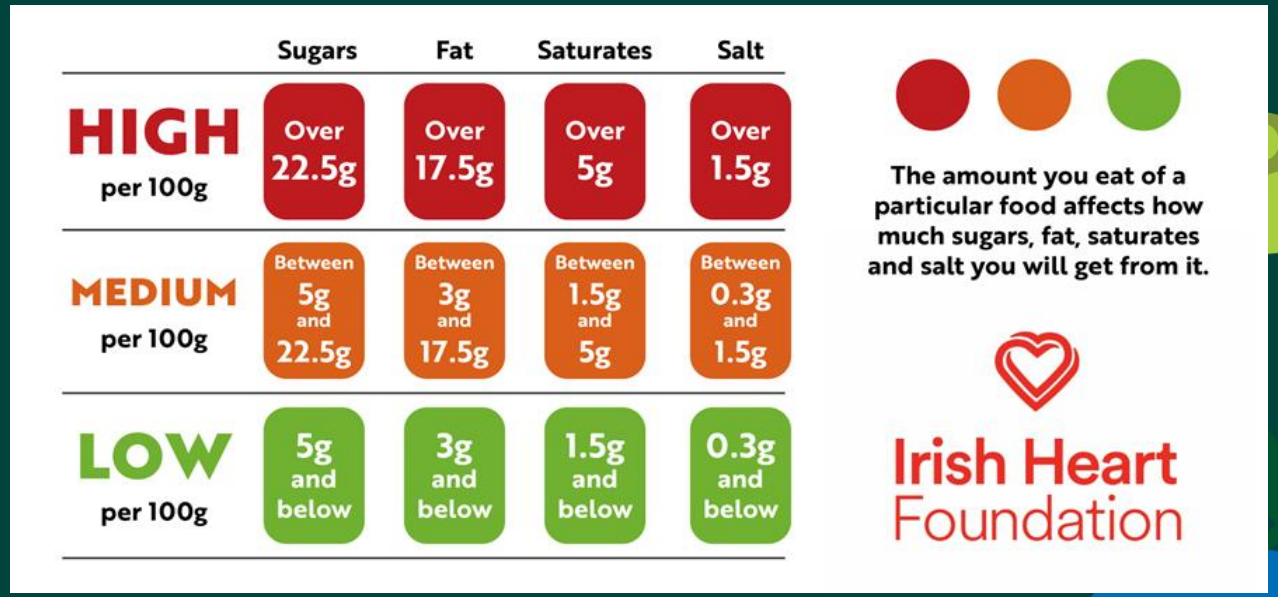
Traffic Light Labelling

The traffic light labelling system is an effective way to help us to determine which foods are more nutritious for us than others. The traffic light label is colour coded and shows that green is low in a particular nutrient, amber means medium and red is high in a nutrient per 100g of that food. This is based on the guidelines provided by the Irish Heart Foundation's Food Shopping Card.

Red means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts.

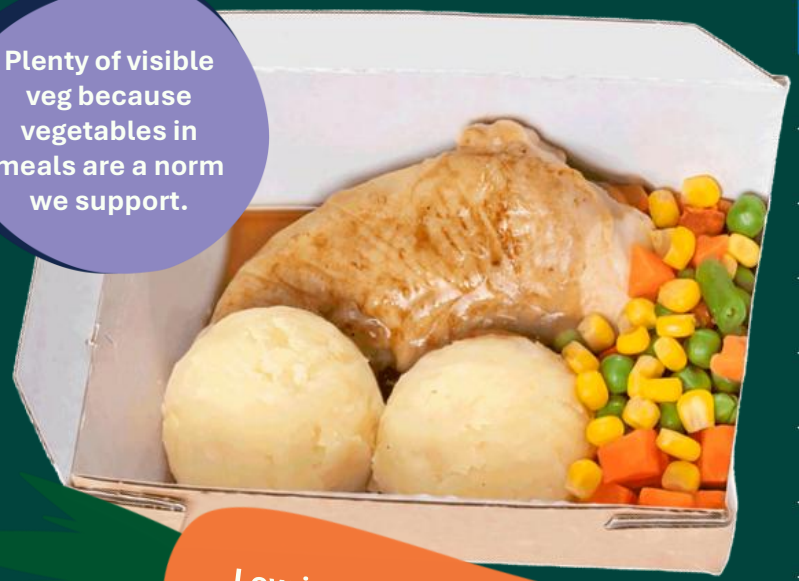
Amber means medium. If a food contains mostly amber, you can eat it most of the time.

Green means low. The more green lights a label displays, the healthier the food is.



Roast Chicken with Mashed Potato, Mixed Vegetables & Gravy

Plenty of visible veg because vegetables in meals are a norm we support.



Low in fat, saturated fat, and sugar.

Typical Values	Per 100g	Per Portion (270g)
Energy (kJ)	320	865
Energy (Kcal)	76	205
Fat (g)	0.8	2.1
Of which saturates (g)	0.2	0.7
Carbohydrates (g)	11.0	30.0
Of which sugars (g)	1.6	4.3
Protein (g)	5.4	15.0
Salt (g)	0.5	1.4
Fibre (g)	1.5	4.1

Fat Saturates Sugar Salt

Ingredients

- **Mashed Potato** *Rooster Potato, Butter **(MILK)**,* Cream *(**MILK**), Salt*
- **Mixed Vegetables** Carrots, Peas, Sweetcorn, Green Beans
- **Gravy** *Water, Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Sunflower Oil, Onion Powder, Herb*
- **Chicken** Chicken (88%), Water, Salt, Corn Starch

May Contain Gluten, Celery & Sulphites

Finnegan's POWERED BY POTATOES

Our potatoes are sourced from Finnegan's Farm in Co. Meath.

Our chicken is sourced from McCaughey Foods in Co. Monaghan.

McCaughey Foods — Specially selected meats, cooked and sliced with care





Eat the rainbow with our vitamin A packed peas and carrots!

Roast Turkey with Mashed Potato, Mixed Vegetables No Gravy



High in protein, low in fat, saturated fat, and sugar.

Typical Values	Per 100g	Per Portion (210g)
Energy (kJ)	369	774
Energy (Kcal)	87	183
Fat (g)	0.7	1.5
Of which saturates (g)	0.3	0.5
Carbohydrates (g)	11.0	24.0
Of which sugars (g)	1.6	3.4
Protein (g)	7.9	17.0
Salt (g)	0.3	0.6
Fibre (g)	1.9	4.0

Fat | Saturates | Sugar | Salt

Ingredients

- **Mashed Potato** *Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt*
- **Mixed Vegetables** Carrots, Peas, Sweetcorn, Green Beans
- **Turkey** *Turkey Breast (86%), Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar*

May Contain Gluten, Celery & Sulphites

Finnegan's POWERED BY POTATOES

Our potatoes are homegrown coming from Finnegan's Farm in Co. Meath!

Our delicious poultry is sourced from McCaughey Foods in Monaghan.

McCaughey Foods – Specially selected meats, cooked and sliced with care

Chicken Curry with Rice & Peppers



Typical Values	Per 100g	Per Portion (280g)
Energy (kJ)	436	1221
Energy (Kcal)	103	289
Fat (g)	1.5	4.1
Of which saturates (g)	0.3	0.9
Carbohydrates (g)	16.0	46.0
Of which sugars (g)	2.0	5.5
Protein (g)	5.6	16.0
Salt (g)	0.4	1.1
Fibre (g)	0.9	2.5

Ingredients

- **Curry Sauce** *Water, Curry Sauce Mix (13%) (Sugar, Rice Flour, Tomato Powder, Spices, Rapeseed Oil, Dried Onion, Dried Garlic, Natural Flavouring, Potato Starch, Yeast Extract, Colour (Turmeric Extract), Salt), Onions, Corn Starch, Rapeseed Oil)*
- **Rice**
- **Chicken** *Chicken (88%), Water, Salt, Corn Starch*
- **Peppers**

May Contain Gluten, Celery & Sulphites

High in protein, low in fat, saturated fat, and sugar.

Fat | Saturates | Sugar | Salt

Did you know peppers are full of vitamin A & C?

Meatballs with Pasta, Arrabiata Sauce & Carrots

100% Irish beef!



Low in saturated fat and sugar.

Typical Values	Per 100g	Per Portion (266g)
Energy (kJ)	531	1438
Energy (Kcal)	126	341
Fat (g)	2.9	8.0
Of which saturates (g)	1.1	3.0
Carbohydrates (g)	17.0	46.0
Of which sugars (g)	3.2	8.6
Protein (g)	7.1	19.0
Salt (g)	0.4	1.1
Fibre (g)	1.7	4.6

Fat | Saturates | Sugar | Salt

Ingredients

- **Arrabiata Sauce** *Tomato, Onion, Red Peppers, Tomato Paste, Modified Maize Starch, Sugar, Red Chilli Paste, Garlic Purée, Concentrated Lemon Juice, Salt, Thyme, Black Pepper*
- **Fusilli Pasta** *Durum **WHEAT**, Water*
- **Meatballs** *Irish Minced Beef (94.7%), Breadcrumbs [**WHEAT** Flour, Water, Yeast, Salt, Vegetable Oil, Flour (**WHEAT**), Emulsifiers; (Mono And Diacetyl Tartaric Acids Esters Of Mono & Diglycerides Of Fatty Acids Acetic Acid, Sodium Stearoyl 2 Lactylate), Flour (**WHEAT**) Treatment Agent, Vitamin C], Liquid **EGGs** (10.5%), Concentrated Beef Stock Paste (1.1%) [Beef Stock (Beef Bones, Water, Salt 50%), Yeast Extract 35% (Yeast Extract, Salt), Water, Salt 7%], Cajun Spice (0.16%) [Salt, Paprika, Chili, Onion, Cumin, Garlic, Black Pepper, Chili Coarse, Thyme, Oregano, White Pepper, Citric Acid]*
- **Carrots**

May Contain Celery & Sulphites

This meal is high in protein. Did you know that protein contributes to a growth in muscle mass?

Margherita Pizza with Mixed Vegetables

Suitable for vegetarians!



Made using wholewheat flour for extra fibre!

Typical Values	Per 100g	Per Portion (140g)
Energy (kJ)	715	1001
Energy (Kcal)	170	239
Fat (g)	6.0	8.4
Of which saturates (g)	2.8	3.9
Carbohydrates (g)	19.0	26.0
Of which sugars (g)	3.2	4.5
Protein (g)	8.6	12.0
Salt (g)	0.6	0.8
Fibre (g)	3.5	4.9

Fat | Saturates | Sugar | Salt

Ingredients

- **Wholewheat Pizza** Mozzarella cheese 31,25% (**MILK**, salt, rennet), wholemeal **WHEAT** flour, tomato puree 21,7%, **WHEAT** flour, water, extra virgin olive oil, salt, oregano, yeast
- **Mixed Vegetables** Carrots, Peas, Sweetcorn, Green Beans

May Contain Celery, Sulphites, Soya & Mustard

Supplied by Sorrento Pizza, an Irish-based company delivering authentic Italian pizza bases.

Cottage Pie with Carrots & Peas

100% Irish beef!



Typical Values	Per 100g	Per Portion (280g)
Energy (kJ)	352	986
Energy (Kcal)	84	234
Fat (g)	1.5	4.1
Of which saturates (g)	0.6	1.7
Carbohydrates (g)	12.0	34.0
Of which sugars (g)	1.8	5.0
Protein (g)	4.7	13.0
Salt (g)	0.4	1.2
Fibre (g)	1.8	4.9

High in protein, low in sugar.

Lots of delicious visible veg.

Fat | Saturates | Sugar | Salt

Ingredients

- **Mashed Potato** *Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt*
- **Cottage Pie Mix** *Water, Mince Irish Beef, Carrots, Peas, Onions, Plain WHEAT Flour, Tomato Puree, Salt, Gravy Browning [Colour (Ammonia Caramel), Salt], Concentrated Beef Stock Paste [Beef Stock (Beef Bones, Water, Salt 50%), Yeast Extract 35% (Yeast Extract, Salt), Water, Salt 7%]*
- **Gravy** *Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Sunflower Oil, Onion Powder, Herb*

May Contain Celery & Sulphites

Potatoes are a tasty and nutrient dense source of carbohydrates, a nutrient that supports brain function.

Beef Bolognese with Pasta & Carrots

100% Irish beef!



Typical Values	Per 100g	Per Portion (230g)
Energy (kJ)	507	1165
Energy (Kcal)	120	276
Fat (g)	2.3	5.3
Of which saturates (g)	0.8	1.8
Carbohydrates (g)	16.0	38.0
Of which sugars (g)	3.2	7.3
Protein (g)	7.6	17.0
Salt (g)	0.3	0.7
Fibre (g)	1.6	3.6

Fat | Saturates | Sugar | Salt

Low in fat, saturated fat, sugar & salt

Ingredients

- **Bolognese Mix** *Chopped Tomatoes, Beef Mince (29.3%), Water, Diced Onions, Tomato Paste,* ***WHEAT*** *Flour, Garlic, Salt, Sugar, Mixed Herbs, Beef Stock (Beef Bones, , Water, Salt), Yeast Extract, water, salt*
- **Fusilli Pasta** *Durum* ***WHEAT****, Water*
- **Italian Tomato Sauce** *Tomatoes, Tomato Paste, Onions, Modified Starch, Sugar, Rapeseed Oil, Garlic Purée, Salt, Lemon Juice (From Concentrate), Spices, Basil, Tomato Powder, Flavourings (CELERY)*
- **Carrots**

May Contain Sulphites

Beef is rich in iron – which contributes to normal cognitive development of children.

Chicken Stew with Vegetables & Potatoes



Enjoy some chunky veg!

Low in fat, saturated fat and sugar.

Typical Values	Per 100g	Per Portion (290g)
Energy (kJ)	318	922
Energy (Kcal)	75	219
Fat (g)	1.5	4.4
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	9.8	28.0
Of which sugars (g)	2.3	6.8
Protein (g)	5.0	14.0
Salt (g)	0.8	2.2
Fibre (g)	1.4	4.1

Fat | Saturates | Sugar | Salt

Ingredients

- **Chicken Stew Sauce** *Water, Carrot, Onion, Garden Peas, Gravy (Potato Starch, Maltodextrin, Salt, Sugar, Carmelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Sunflower Oil, Onion Powder, Herb), Vegetable Bouillon (Rapeseed Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders, (Onion, Carrot, Garlic), Spices (Lovage, Turmeric, Black Pepper), Colour (Plain Caramel), Antioxidant, (Extracts of Rosemary), Herb, Flavouring), Rapeseed Oil [Rapeseed Oil, Anti Foaming Agent (Dimethylpolysiloxane)],* ***MUSTARD*** *[Water,* ***MUSTARD*** *Seeds, Spirit Vinegar, Salt, Acid: Citric Acid, Preservative: Potassium METABI****SULPHITE (SULPHITES)****], Garlic, Dried Mixed Herbs [Thyme, Marjoram, Oregano, Parsley, Sage, Basil], Bay Leaves*
- **Potatoes**
- **Chicken** *Chicken (88%), Water, Salt, Corn Starch*

May Contain Gluten & Celery

Finnegan's POWERED BY POTATOES

Our potatoes are homegrown coming from Finnegan's Farm in Co. Meath!

Lentil & Sweet Potato Bolognese with Pasta

Suitable for vegetarians & vegans!



Typical Values	Per 100g	Per Portion (205g)
Energy (kJ)	486	996
Energy (Kcal)	115	236
Fat (g)	0.9	1.9
Of which saturates (g)	0.2	0.4
Carbohydrates (g)	20.0	41.0
Of which sugars (g)	2.1	4.2
Protein (g)	5.2	11.0
Salt (g)	0.1	0.3
Fibre (g)	2.7	5.5

Low in fat, saturated fat, sugar & salt.

Fat | Saturates | Sugar | Salt

A source of hidden and visible veggies!

Ingredients

- **Lentil Bolognese** *Water, Tinned Tomatoes (with Citric Acid), Red Split Lentils, Carrot, Sweet Potato, Tomato Paste, Onion, Butternut Squash, Vegetable Boullion (Rapeseed Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders (Onion, Carrot, Garlic), Spices (Lovage, Turmeric, Black Pepper), Colour (Plain Caramel), Antioxidant (Extracts Of Rosemary), Herb, Flavouring], Dried Mixed Herbs [Thyme, Marjoram, Oregano, Parsley, Sage, Basil], Bay Leaves*
- **Fusilli Pasta** *Durum **WHEAT**, Water*

May Contain Celery & Sulphites

Lentils are one of the Future 50 Foods to support our environment. Lentils provide a source of protein and fibre!



Hot Ham & Cheese Roll with Carrot & Apple Snack Pack



Typical Values	Per 100g	Per Portion (204g)
Energy (kJ)	781	1592
Energy (Kcal)	186	379
Fat (g)	6.6	13.0
Of which saturates (g)	3.1	6.3
Carbohydrates (g)	22.0	45.0
Of which sugars (g)	4.7	9.6
Protein (g)	8.1	16.0
Salt (g)	1.1	2.2
Fibre (g)	2.7	5.6

Fat | Saturates | Sugar | Salt

Ingredients

- **Brown Petit Pain** ***WHEAT*** *flour, water, wholemeal* ***WHEAT*** *flour,* ***WHEAT GLUTEN****, salt, yeast, flour treatment agent ascorbic acid*
- **Apple and Carrot Snack Pack** *Apple, Carrot*
- **Ham** *Pork (EU 70%), Water, Starch, Salt, Sugars (Dried Glucose & Maltodextrin), Stabilisers (Diphosphates, Triphosphates & Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)*
- **Cheddar Cheese** *Pasteurized* ***MILK****, salt, microbial rennet, starter culture, colour (E160b(ii))*
- **Dairy Spread** *Rapeseed Oil, Cream (****MILK****), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)*

May Contain Celery, Sulphites, Soya & Tree Nuts

Roast Chicken with Mashed Potato, Mixed Vegetables No Gravy

Plenty of visible veg because vegetables in meals are a norm we support.



Low in fat, saturated fat, and sugar.

Eat the rainbow with our vitamin A packed peas and carrots!

Typical Values	Per 100g	Per Portion (210g)
Energy (kJ)	372	780
Energy (Kcal)	88	185
Fat (g)	1.0	2.0
Of which saturates (g)	0.3	0.6
Carbohydrates (g)	12.0	25.0
Of which sugars (g)	1.6	3.3
Protein (g)	6.9	15.0
Salt (g)	0.3	0.6
Fibre (g)	1.9	4.0

Fat | **Saturates** | Sugar | Salt

Ingredients

- **Mashed Potato** *Rooster Potato, Butter **(MILK)**,* Cream *(**MILK**), Salt*
- **Mixed Vegetables** Carrots, Peas, Sweetcorn, Green Beans
- **Chicken** Chicken (88%), Water, Salt, Corn Starch

May Contain Gluten, Celery & Sulphites

Finnegan's – Powered by Potatoes

Our potatoes are sourced from Finnegan's Farm in Co. Meath.

Our chicken is sourced from McCaughey Foods in Co. Monaghan.

McCaughey Foods – Specially selected meats, cooked and sliced with care

Roast Turkey with Mashed Potato, Mixed Vegetables & Gravy



High in protein, low in fat, saturated fat, and sugar.

Typical Values	Per 100g	Per Portion (270g)
Energy (kJ)	318	858
Energy (Kcal)	75	203
Fat (g)	0.6	1.6
Of which saturates (g)	0.2	0.6
Carbohydrates (g)	11.0	28.0
Of which sugars (g)	1.6	4.4
Protein (g)	6.2	17.0
Salt (g)	0.5	1.4
Fibre (g)	1.5	4.0

Fat | Saturates | Sugar | Salt

Ingredients

- **Mashed Potato** *Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt*
- **Mixed Vegetables** Carrots, Peas, Sweetcorn, Green Beans
- **Gravy** *Potato Starch, Maltodextrin, Salt, Sugar, Caramelised Sugar Powder, Yeast Extract, Dried Onion, Flavourings, Tomato Powder, Rice Flour, Sunflower Oil, Onion Powder, Herb*
- **Turkey** *Turkey Breast (86%), Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar*

May Contain Gluten, Celery & Sulphites

Finnegan's POWERED BY POTATOES

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Our delicious poultry is sourced from McCaughey Foods in Monaghan.

McCaughey Foods – Specially selected meats, cooked and sliced with care

Chicken with Pasta, Arrabiata Sauce & Peppers

Hidden and visible veggies the perfect combo for all preferences!



Typical Values	Per 100g	Per Portion (270g)
Energy (kJ)	426	1150
Energy (Kcal)	101	272
Fat (g)	0.9	2.5
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	15.0	42.0
Of which sugars (g)	3.0	8.0
Protein (g)	7.0	19.0
Salt (g)	0.5	1.2
Fibre (g)	1.5	3.9

High in protein, low in Fat, saturated fat, and sugar.

Fat | Saturates | Sugar | Salt

Ingredients

- **Arrabiata Sauce** *Tomato, Onion, Red Peppers, Tomato Paste, Modified Maize Starch, Sugar, Red Chilli Paste, Garlic Purée, Concentrated Lemon Juice, Salt, Thyme, Black Pepper*
- **Fusilli Pasta** *Durum **WHEAT**, Water*
- **Chicken** *Chicken (88%), Water, Salt, Corn Starch*
- **Peppers**

May Contain Celery & Sulphites

Only the finest chicken, sourced from our local suppliers McCaughey Foods!

McCaughey Foods – Specially selected meats, cooked and sliced with care

Chicken Pesto Pasta with Peas

We've included wholewheat pasta for additional fibre!



Low in saturated fat and sugar.

Typical Values	Per 100g	Per Portion (215g)
Energy (kJ)	693	1489
Energy (Kcal)	165	355
Fat (g)	6.9	15.0
Of which saturates (g)	1.2	2.6
Carbohydrates (g)	15.0	33.0
Of which sugars (g)	1.1	2.3
Protein (g)	9.0	19.0
Salt (g)	0.7	1.6
Fibre (g)	3.1	6.6

Fat Saturates Sugar Salt

Ingredients

- **Pasta** *Water, Durum whole **WHEAT** flour*
- **Chicken** *Chicken (88%), Water, Salt, Corn Starch*
- **Peas**
- **Pesto** *Basil Purée (Basil 59%, Sunflower oil, Salt), Sunflower Oil, Vegetarian Med Fat Hard Cheese (**MILK**)*

Our chicken is sourced from McCaughey Foods in Monaghan.

Specially selected meats cooked and sliced with care McCaughey Foods

Chicken Paella with Mixed Vegetables



Low in fat, saturated fat and sugar.

Typical Values	Per 100g	Per Portion (250g)
Energy (kJ)	294	734
Energy (Kcal)	70	174
Fat (g)	1.0	2.4
Of which saturates (g)	0.2	0.6
Carbohydrates (g)	9.0	22.0
Of which sugars (g)	1.4	3.4
Protein (g)	5.8	14.0
Salt (g)	0.5	1.3
Fibre (g)	1.0	2.5

Fat Saturates Sugar Salt

Ingredients

- **Paella** *Water, Rice, Red Pepper, Peas, White Onion, Pasta Sauce [Tomatoes, Tomato Paste, Onions, Modified Starch, Sugar, Rapeseed Oil, Garlic Purée, Salt, Lemon Juice (From Concentrate), Spices, Basil, Tomato Powder, Flavourings (**CELERY**)], Vegetable Bouillon [Rapeseed Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders (Onion, Carrot, Garlic), Spices (Lovage, Turmeric, Black Pepper), Colour (Plain Caramel), Antioxidant (Extracts Of Rosemary), Herb, Flavouring], Smoked Paprika, Garlic, Ground Turmeric, Basil & Tomato Seasoning [Salt, Garlic, Tomato, Onion, Black Pepper, Parsley, Basil, Basil Flavouring, Chilli Pepper, Yeast Extract, Acid (Citric Acid)], Dried Mixed Herbs [Thyme, Marjoram, Oregano, Parsley, Sage, Basil]*
- **Chicken** *Chicken (88%), Water, Salt, Corn Starch*

May Contain Gluten & Sulphites

Chicken Korma with Rice & Peppers



Typical Values	Per 100g	Per Portion (280g)
Energy (kJ)	475	1331
Energy (Kcal)	113	316
Fat (g)	3.2	8.9
Of which saturates (g)	2.3	6.3
Carbohydrates (g)	15.0	42.0
Of which sugars (g)	1.5	4.1
Protein (g)	5.6	16.0
Salt (g)	0.4	1.1
Fibre (g)	0.9	2.5

Fat | Saturates | Sugar | Salt

Ingredients

- **Korma Sauce** Water, Coconut Milk (Coconut Extract, Water), Onion, Tomato (8%), Coconut (5%), Corn Starch, Desiccated Coconut, Tomato Paste, Spices, Garlic Purée, Ginger Purée, Sugar, Curry Powder (Spices, **MUSTARD** Powder, Black Pepper, Salt, Garlic Powder), Salt, Rapeseed Oil, Coriander, Ginger, Black Pepper
- **Rice**
- **Chicken** Chicken (88%), Water, Salt, Corn Starch
- **Peppers**

May Contain Gluten, Celery & Sulphites

Our chicken is sourced from McCaughey Foods in Monaghan.

Specially selected meats, cooked and sliced with care — McCaughey Foods

Vegetable Curry with Chickpeas & Rice

Lots of yummy chunky veg!



Suitable for vegans & vegetarians!

Enjoy 4 different types of vegetables in this dish!

Typical Values	Per 100g	Per Portion (295g)
Energy (kJ)	383	1125
Energy (Kcal)	91	266
Fat (g)	1.3	3.7
Of which saturates (g)	0.3	0.7
Carbohydrates (g)	17.0	50.0
Of which sugars (g)	2.5	7.4
Protein (g)	2.1	6.1
Salt (g)	0.3	0.8
Fibre (g)	1.7	5.0

Fat | Saturates | Sugar | Salt

Ingredients

- **Curry Sauce** *Water, Curry Sauce Mix (Sugar, Rice Flour, Tomato Powder, Spices, Rapeseed Oil, Dried Onion, Dried Garlic, Natural Flavouring, Potato Starch, Yeast Extract, Colour (Turmeric Extract), Salt), Onions, Corn Starch, Rapeseed Oil*
- **Rice**
- **Carrots**
- **Chickpeas** *Chickpeas, Water, Ascorbic Acid*
- **Peppers**
- **Courgette**
- **Butternut Squash**

May Contain Gluten, Celery & Sulphites

Hot Chicken & Cheese Roll with Carrot & Apple Snack Pack





Typical Values	Per 100g	Per Portion (227g)
Energy (kJ)	720	1562
Energy (Kcal)	171	371
Fat (g)	4.7	10.0
Of which saturates (g)	1.9	4.1
Carbohydrates (g)	21.0	46.0
Of which sugars (g)	4.3	9.4
Protein (g)	9.8	21.0
Salt (g)	0.8	1.6
Fibre (g)	2.6	5.5

Fat | Saturates | Sugar | Salt

Ingredients

- **Brown Petit Pain** ***WHEAT*** *flour, water, wholemeal* ***WHEAT*** *flour,* ***WHEAT GLUTEN****, salt, yeast, flour treatment agentascorbic acid*
- **Apple and Carrot Snack Pack** *Apple, Carrot*
- **Chicken** *Chicken (88%), Water, Salt, Corn Starch*
- **Cheddar Cheese** *Pasteurized* ***MILK****, salt, microbial rennet, starter culture, colour (E160b(ii))*
- **Dairy Spread** *Rapeseed Oil, Cream (****MILK****), Palm Oil,Water, Salt, Preservative (Potassium Sorbate), Colour (NaturalCarotene)*

May Contain Tree Nuts, Celery & Sulphites

Vegetable & Chickpea Stew with Potatoes

Lots of yummy chunky veg!



Typical Values	Per 100g	Per Portion (270g)
Energy (kJ)	238	643
Energy (Kcal)	57	153
Fat (g)	1.1	2.8
Of which saturates (g)	0.1	0.3
Carbohydrates (g)	9.0	24.0
Of which sugars (g)	2.2	6.0
Protein (g)	1.9	5.0
Salt (g)	0.2	0.6
Fibre (g)	1.9	5.2

Low in fat, saturated fat sugar and salt.

Suitable for vegans.

Fat | Saturates | Sugar | Salt

Ingredients

- **Moroccan Sauce** *Water, Chopped Tomatoes [Tomatoes, Tomato Juice, Citric Acid], Tomato Paste [Tomatoes], White Onion, Vegetable Bouillon [Rapeseed Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Vegetable Powders (Onion, Carrot, Garlic), Spices (Lovage, Turmeric, Black Pepper), Colour (Plain Caramel), Antioxidant (Extracts Of Rosemary), Herb, Flavouring], Rapeseed Oil [Rapeseed Oil, Anti Foaming Agent (Dimethylpolysiloxane)], Lemon Juice [Lemon Juice From Concentrate, Preservative: Potassium* ***METABISULPHITE*** *(E224 (****SULPHITES****))* *], Garlic, Ground Coriander, Ground Cumin, Ground Turmeric, Smoked Paprika, Chilli Powder, Ground Cinnamon, Bay Leaves*
- **Potatoes**
- **Carrots**
- **Chickpeas** *Chickpeas, Water, Ascorbic Acid*
- **Peppers**
- **Courgette**
- **Butternut Squash**

May Contain Gluten, Mustard, Sesame & Celery

Did you know that half a pepper contains your daily vitamin C needs?

Hot Curried Chicken Roll with Carrot & Apple Snack Pack



Typical Values	Per 100g	Per Portion (210g)
Energy (kJ)	724	1520
Energy (Kcal)	172	360
Fat (g)	3.7	7.7
Of which saturates (g)	1.1	2.2
Carbohydrates (g)	25.0	52.0
Of which sugars (g)	4.4	9.1
Protein (g)	8.9	19.0
Salt (g)	0.8	1.7
Fibre (g)	2.5	5.2

Fat | Saturates | Sugar | Salt

Ingredients

- **Ciabatta** ***WHEAT*** *flour, water, bran* ***WHEAT****,* ***WHEAT*** *Semolina, Salt, Yeast,* ***WHEAT GLUTEN****,* ***WHEAT*** *Malt Flour*
- **Apple and Carrot Snack Pack** *Apple, Carrot*
- **Chicken** *Chicken (88%), Water, Salt, Corn Starch*
- **Dairy Spread** *Rapeseed Oil, Cream (****MILK****), Palm Oil, Water, Salt, Preservative (Potassium Sorbate), Colour (Natural Carotene)*
- **Curry Powder** *Ground Coriander Seeds, Ground Fenugreek Seeds, Ground Turmeric, Ground Cumin Seeds, Salt, Garlic Powder, Onion Powder, Rice Flour, Ground Cinnamon, Ground Cloves, Ground Ginger, Anti Caking Agent (Silicon Dioxide), Ground Paprika, Ground Black Pepper, Chilli Powder, Ground Fennel Seeds, Natural Capsicum Flavouring*

May Contain Celery, Sulphites, Sesame, Oats, Barley & Rye

Beef Lasagne with Mixed Vegetables

100% Irish beef!



Packed full of veggies & low in sugar!

Typical Values	Per 100g	Per Portion (240g)
Energy (kJ)	482	1157
Energy (Kcal)	115	275
Fat (g)	3.6	8.6
Of which saturates (g)	1.7	4.1
Carbohydrates (g)	12.0	28.0
Of which sugars (g)	3.9	9.5
Protein (g)	8.2	20.0
Salt (g)	0.6	1.4
Fibre (g)	1.6	3.9

Fat | Saturates | Sugar | Salt

Ingredients

- **Beef Lasagne** Bolognese Sauce (65.4%) [Chopped Tomatoes [Chopped Tomatoes (Tomato, Tomato Juice, Citric Acid)], Mince Irish Beef (29.3%), Water, Diced Onions, Tomato Paste , Plain **WHEAT** Flour, Garlic, Salt, Sugar, Dried Mixed Herbs [Sage, Oregano, Marjoram, Thyme, Parsley, Basil], Concentrated Beef Stock Paste [Beef Stock (Beef Bones, Water, Salt 50%), Yeast Extract 35% (Yeast Extract, Salt), Water, Salt 7%]], White Sauce (27.6%) [Water, Plain **WHEAT** Flour, Whole **MILK** Powder [Whole **MILK**], Butter (**MILK**), Salt, Corn Flour, Concentrated Beef Stock Paste [Beef Stock (Beef Bones, Water, Salt 50%), Yeast Extract 35% (Yeast Extract, Salt), Water, Salt 7%]], Lasagne Sheets (8.5%) [100% Durum **WHEAT** Semolina (**WHEAT**)], Grated Cheese (**MILK**) [98% Mild Cheddar Contains Lactose (**MILK**) 2% Potato Starch
- **Mixed Vegetables** Carrots, Peas, Sweetcorn, Green Beans

May Contain Celery & Sulphites

Pesto Pasta with Quorn Pieces & Peas



Typical Values	Per 100g	Per Portion (215g)
Energy (kJ)	669	1437
Energy (Kcal)	160	344
Fat (g)	6.8	15.0
Of which saturates (g)	1.1	2.5
Carbohydrates (g)	15.0	32.0
Of which sugars (g)	1.1	2.3
Protein (g)	7.5	16.0
Salt (g)	0.7	1.5
Fibre (g)	4.3	9.1

Fat | Saturates | Sugar | Salt

Ingredients

- **Wholewheat Pasta** *Water, Durum whole **WHEAT** flour*
- **Quorn** *Mycoprotein (93%), Rapeseed Protein, Natural Flavouring, Potato Protein, Mushroom Extract (Maltodextrin, Mushroom Extract).*
- **Peas**
- **Pesto** *Basil Purée (Basil 59%, Sunflower oil, Salt), Sunflower Oil, Vegetarian Med Fat Hard Cheese (**MILK**)*

May Contain Mustard

Hot Tuna & Sweetcorn Roll with Carrot & Apple Snack Pack



Typical Values	Per 100g	Per Portion (215g)
Energy (kJ)	633	1362
Energy (Kcal)	150	322
Fat (g)	1.4	3.1
Of which saturates (g)	0.3	0.6
Carbohydrates (g)	24.0	51.0
Of which sugars (g)	4.4	9.5
Protein (g)	9.3	20.0
Salt (g)	0.7	1.5
Fibre (g)	2.3	5.0

Fat | Saturates | Sugar | Salt

Ingredients

- **Ciabatta** ***WHEAT*** *flour, water, bran* ***WHEAT***, ***WHEAT*** *Semolina, Salt, Yeast,* ***WHEAT GLUTEN***, ***WHEAT*** *Malt Flour*
- **Apple and Carrot Snack Pack** *Apple, Carrot*
- **Tuna** *Skipjack Tuna (****FISH****), Water, Salt*
- **Sweetcorn**
- **Light Mayonnaise** *Water, Rapeseed Oil, Pasteurised* ***EGG****, Modified Starch, Spirit Vinegar, Sugar, Salt, Stabiliser: Xanthan Gum; Lemon Juice (from Concentrate), Preservative: Potassium Sorbate;* ***MUSTARD*** *(Flavouring), Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract*

May Contain Celery, Sulphites, Sesame, Oats, Barley & Rye

Butter Bean & Spinach Curry with Potato & Cauliflower

Low in fat, saturated fat, sugar and salt.

Suitable for vegetarians & vegans !



Packed with veggies & beans – a great way to get some variety into your diet and keep your tummy happy!

Typical Values	Per 100g	Per Portion (285g)
Energy (kJ)	252	717
Energy (Kcal)	60	170
Fat (g)	0.9	2.5
Of which saturates (g)	0.0	0.3
Carbohydrates (g)	10.0	29.0
Of which sugars (g)	2.2	6.2
Protein (g)	2.0	5.8
Salt (g)	0.2	0.6
Fibre (g)	2.0	5.7

Fat | Saturates | Sugar | Salt

Ingredients

- **Moroccan Sauce** *Water, Chopped Tomatoes [Tomatoes,Tomato Juice, Citric Acid], Tomato Paste [Tomatoes], White Onion,Vegetable Bouillon [Rapeseed Oil, Salt, Potato Starch, Maltodextrin,Sugar, Yeast Extracts, Vegetable Powders (Onion, Carrot, Garlic),Spices (Lovage, Turmeric, Black Pepper), Colour (Plain Caramel),Antioxidant (Extracts Of Rosemary), Herb, Flavouring], Rapeseed Oil[Rapeseed Oil, Anti Foaming Agent (Dimethylpolysiloxane)], LemonJuice [Lemon Juice From Concentrate, Preservative:Potassium* ***METABISULPHITE*** *(E224 (****SULPHITES****))], Garlic, GroundCoriander, Ground Cumin, Ground Turmeric, Smoked Paprika, ChilliPowder, Ground Cinnamon, Bay Leaves*
- **Potatoes**
- **Cauliflower**
- **Butter Beans** *Butter Beans, Water, Ascorbic Acid*
- **Spinach**

May Contain Gluten, Sesame, Celery, Mustard, Oats, Wheat, Barley & Rye

GLANMORE FOODS

Our Plain Food Menu

For ASD Classes & Units & Those with Sensory Needs

Roast Chicken with Boiled Potatoes



Typical Values	Per 100g	Per Portion (150g)
Energy (kJ)	398	597
Energy (Kcal)	94	141
Fat (g)	0.7	1.1
Of which saturates (g)	0.2	0.3
Carbohydrates (g)	13.0	19.0
Of which sugars (g)	1.0	1.4
Protein (g)	8.6	13.0
Salt (g)	0.3	0.4
Fibre (g)	1.2	1.9

Fat Saturates Sugar Salt

Ingredients

- **Potatoes**
- **Chicken** *Chicken (88%), Water, Salt, Corn Starch*

May Contain Gluten

Meatballs with Plain Pasta



Typical Values	Per 100g	Per Portion (141g)
Energy (kJ)	841	1186
Energy (Kcal)	200	282
Fat (g)	5.5	7.8
Of which saturates (g)	2.1	2.9
Carbohydrates (g)	24.0	34.0
Of which sugars (g)	0.7	0.9
Protein (g)	12.0	18.0
Salt (g)	0.2	0.3
Fibre (g)	1.5	2.1

Fat Saturates Sugar Salt

Ingredients

- **Pasta** *Durum **WHEAT**, Water*
- **Meatballs** *Meatballs (36.2%) [100% Irish Minced Beef, Breadcrumbs [**WHEAT** Flour, Water, Yeast, Salt, Vegetable Oil, Flour (WHEAT), Emulsifiers; (Mono And Diacettl Tartaric Acids Esters Of Mon & Diglycerides Of Fatty Acids Acetic Acid, Sodium Stearoyl 2 Lactylate), Flour (**WHEAT**) Treatment Agent, Vitamin C], Liquid **EGGs**, Concentrated Beef Stock Paste [Beef Stock (Beef Bones, Water, Salt 50%), Yeast Extract 35% (Yeast Extract, Salt), Water 8%, Salt 7%], Cajun Spice [Salt, Paprika, Chili, Onion, Cumin, Garlic, Black Pepper, Chili Coarse, Thyme, Oregano, White Pepper, Citric Acid]]*

Beans & Mashed Potato

Suitable for vegetarians!



Typical Values	Per 100g	Per Portion (220g)
Energy (kJ)	401	883
Energy (Kcal)	95	209
Fat (g)	0.5	0.9
Of which saturates (g)	0.2	0.4
Carbohydrates (g)	18.0	39.0
Of which sugars (g)	3.5	7.6
Protein (g)	3.7	8.1
Salt (g)	0.5	1.1
Fibre (g)	3.1	6.7

Fat | Saturates | Sugar | Salt

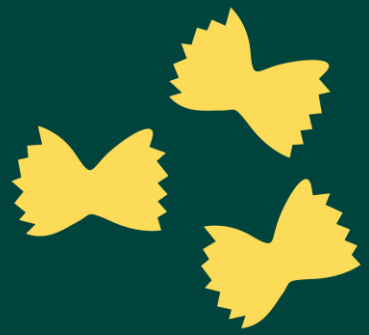
Ingredients

- **Mashed Potato** *Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt*
- **Beans** *Navy Beans (50%), Water, Tomato Paste, Sugar, Thickener: E1422 (Modified Maize Starch), Salt, Natural Flavours, Paprika Extract*

May Contain Gluten

Plain Pasta





Typical Values	Per 100g	Per Portion (150g)
Energy (kJ)	724	1085
Energy (Kcal)	171	256
Fat (g)	1.5	2.3
Of which saturates (g)	0.3	0.4
Carbohydrates (g)	32.0	48.0
Of which sugars (g)	0.6	0.9
Protein (g)	6.6	9.9
Salt (g)	0.0	0.1
Fibre (g)	1.9	2.9

Fat | Saturates | Sugar | Salt

Ingredients

- **Pasta** *Durum* ***WHEAT,*** *Water*

Roast Chicken with Plain Pasta



Typical Values	Per 100g	Per Portion (140g)
Energy (kJ)	649	909
Energy (Kcal)	153	215
Fat (g)	1.7	2.3
Of which saturates (g)	0.4	0.5
Carbohydrates (g)	22.0	30.0
Of which sugars (g)	0.5	0.7
Protein (g)	12.0	17.0
Salt (g)	0.3	0.4
Fibre (g)	1.3	1.8

Fat | Saturates | Sugar | Salt

Ingredients

- **Pasta** *Durum **WHEAT**, Water*
- **Chicken** *Chicken (88%) Water, Salt, Corn Starch*

Fish Fingers & Mashed Potato



Typical Values	Per 100g	Per Portion (160g)
Energy (kJ)	554	920
Energy (Kcal)	137	219
Fat (g)	3.9	6.3
Of which saturates (g)	0.6	0.9
Carbohydrates (g)	19.0	30.0
Of which sugars (g)	0.5	0.7
Protein (g)	5.5	8.7
Salt (g)	0.4	0.7
Fibre (g)	1.8	2.9

Fat Saturates Sugar Salt

Ingredients

- **Mashed Potato** *Rooster Potato, Butter (**MILK**), Cream (**MILK**), Salt*
- **Fish Fingers** *59% Atlantic Cod (**FISH**) (Gadus Morhua), **WHEATFLOUR**, Sunflower Oil, Salt, Vegetable Fibre (**WHEAT**), Turmeric Extract, Colour Paprika Extract*

Roast Turkey & Mashed Potato



Typical Values	Per 100g	Per Portion (155g)
Energy (kJ)	418	648
Energy (Kcal)	99	153
Fat (g)	0.6	0.9
Of which saturates (g)	0.3	0.4
Carbohydrates (g)	12.0	19.0
Of which sugars (g)	0.5	0.5
Protein (g)	10.0	16.0
Salt (g)	0.4	0.6
Fibre (g)	1.1	1.7

Fat | Saturates | Sugar | Salt

Ingredients

- **Mashed Potato** *Rooster Potato, Butter **(MILK)**,* Cream *(**MILK**), Salt*
- **Turkey** *Turkey, Salt, Triphosphate, Corn Starch, Carrageenan, Natural Flavour, Preservative: Vinegar*

May Contain Gluten

Preservatives & Additives: Why are they sometimes necessary?

- Our team has worked hard to review all ingredients and remove any preservatives or additives that are not essential. Only those necessary to maintain product quality, freshness, and safety have been retained.
- Maltodextrin is used to thicken our gravy and bouillon to eliminate a watery consistency.
- Modified maize and potato starch are used so that the texture of the food doesn't change when reheating the food.
- Any stabilisers that are used aid in stabilising the balance between acidity and alkalinity thus allowing for a longer shelf life and less food waste.
- All preservatives and additives used by Glanmore Foods are EFSA (European Food Safety Authority) approved as safe.

Understanding Health & Nutrition Claims

- **Health claims** are statements around the relationship of a food and health and are regulated by the European Food Safety Authority.

- **Nutrition claims** by definition are claims that state, suggest or imply that a food has specific beneficial properties due to its energy or nutrient content. All of which are tightly regulated and can be found on the European Commission's website.

- Below are examples of how we were able to make claims about some of our meals within this document:
  - High in protein = At least 20% of the energy value of the meal is provided by protein.
  - Remember the traffic light system – these operate off approved nutrition claims.

Understanding ‘May Contains’

We include precautionary allergen labelling (‘may contains’ label) to inform customers that although the allergen is not present in the food as an ingredient, certain allergens may be present in the facility that the food has been prepared in. This means that there is a rare chance that allergens may be unintentionally present in a food due to cross-contamination. Although every effort is made to ensure this doesn’t happen, we state whether any of the 14 EU allergens may be contained in our meals so that people with allergies can make safe and informed decisions about the food they choose to eat.

The Lunchtime Scoop

We hope this guide has answered your queries around the ingredients and nutritional breakdown of our hot school lunches. We also hope you enjoyed the nutri-nuggets dotted in between!

If you have any further questions, don't hesitate to reach out on:
customerservice@glanmorefoods.ie

Did you know: We share **push notifications** with you through **our App** to keep you in the loop when it comes to our meals.

We also share updates on our socials

glanmore_foods **Glanmore Foods**

Disclaimer: Updates may occur to some of our recipes over time which may alter the allergens, ingredients and nutrition information. Updates will be made to this document to reflect these changes.

Check Out Our 'May Contains'

Dish Name	Milk	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree Nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin	Legumes
Roast Chicken & Turkey Dinners (with & without Gravy)		!			!					!					
Chicken Curry with Rice & Peppers		!			!					!					
Meatballs with Pasta, Arrabiata Sauce Tomato Sauce & Carrots					!					!					
Margherita Pizza with Mixed Vegetables			!		!	!				!					
Beef Bolognese with Pasta & Carrots										!					
Chicken Stew with Vegetables & Potatoes		!			!										
Cottage Pie with Peas & Carrots					!					!					

Caution: Meat and Fish products may contain bone.

Check Out Our 'May Contains'

Dish Name	Milk	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree Nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin	Legumes
Lentil & Sweet Potato Bolognese with Pasta					!					!					
Hot Ham & Cheese Roll with Carrot & Apple Snack Pack			!		!			!		!					
Chicken Paella with Mixed Vegetables		!								!					
Veggie Curry With Chickpeas & Rice		!			!					!					
Chicken Korma with Rice & Peppers		!			!					!					
Vegetable & Chickpea Stew with Potatoes		!			!		!			!					
Hot Chicken & Cheese Roll with Carrot & Apple Snack Pack					!			!		!					

Check Out Our ‘May Contains’

Dish Name	Milk	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree Nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin	Legumes
Hot Curried Chicken Roll with Carrot & Apple Snack Pack					!		!			!					
Hot Tuna & Sweetcorn Roll with Carrot & Apple Snack Pack					!		!			!					
Butter Bean & Spinach Curry with Potato & Cauliflower		!			!	!	!								
Roast Chicken with Boiled Potatoes		!													
Beans & Mashed Potato		!													
Roast Turkey & Mashed Potato		!													
Pesto Pasta with Quorn Pieces & Peas						!									

Disclaimer: Information correct as of 12/11/26. Please note that our recipes and ingredients may change over time, which could affect allergen, ingredient and nutrition information. Updates will be made to this document and our App to reflect these changes.