

MORNING SNACK / BREAKFAST

Please tick 1 Item from Choice 1 and 1 Item from Choice 2 per day.

CHOICE 1

Please tick 1 item per day

	Mon	Tue	Wed	Thu	Fri
Yoghurt	<input type="checkbox"/>				
Brown Pancake	<input type="checkbox"/>				
Cheese Dip	<input type="checkbox"/>				
Soft Cheese	<input type="checkbox"/>				
Edam Cheese Piece	<input type="checkbox"/>				
Sliced Apple	<input type="checkbox"/>				
Apple & Carrot	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Apple & Blueberries	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Seasonal Fruit Pot	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Popcorn	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Not available on this day

CHOICE 2

Please tick 1 item per day

	Mon	Tue	Wed	Thu	Fri
Oatie Crunch	<input type="checkbox"/>				
Bread Sticks	<input type="checkbox"/>				
Yogurt Rice Cake	<input type="checkbox"/>				
Plain Rice Cake	<input type="checkbox"/>				
Jacobs Crackers	<input type="checkbox"/>				
Yoghurt Tube	<input type="checkbox"/>				
Banana	<input type="checkbox"/>				
Apple	<input type="checkbox"/>				
Satsuma	<input type="checkbox"/>				
Brown Plain Scone	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Brown Fruit Scone	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Not available on this day

HOT LUNCH (MONDAY - FRIDAY)

Please tick 1 Item from MAIN 1, MAIN 2, MAIN 3, MAIN 4, MAIN 5, MAIN 6 or MAIN 7 per day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Roast Breast of Chicken, Seasonal Vegetables & Mash with Gravy <input type="checkbox"/>	Beef Burger, Pepper Sauce, Mixed Vegetables & Boiled Potatoes <input type="checkbox"/>	Roast Breast of Turkey, Carrots, Peas & Mashed Potato with Gravy <input type="checkbox"/>	Roast Breast of Chicken, Mixed Vegetables & Mashed Potato with Gravy <input type="checkbox"/>	Roast Breast of Turkey, Carrots, Peas & Mashed Potato with Gravy <input type="checkbox"/>
MAIN 2	Classic Meatballs in Tomato Arrabbiata Sauce, Carrots & Fusilli Pasta <input type="checkbox"/>	Chicken Tenders, Savoury Potato Cubes & Mixed Vegetables <input type="checkbox"/>	Beef Lasagne, Carrots & Peas <input type="checkbox"/>	Beef Bolognese, Carrots & Fusilli Pasta <input type="checkbox"/>	Baked Fish Fingers, Beans & Potato Cubes <input type="checkbox"/>
MAIN 3	Macaroni Cheese with Peas <input type="checkbox"/>	Traditional Chicken Curry, Peppers with Fluffy Rice <input type="checkbox"/>	Chicken & Pesto Pizza, Mixed Vegetables & Potato Cubes <input type="checkbox"/>	Mild Chicken Korma & Peppers with Fluffy Rice <input type="checkbox"/>	Beef Lasagne, Carrots & Peas <input type="checkbox"/>
MAIN 4	Chicken in Black Bean Sauce with Peppers & Rice <input type="checkbox"/>	Sausages, Potato Cubes & Baked Beans <input type="checkbox"/>	Chicken Tikka & Rice <input type="checkbox"/>	Pepperoni Pizza, Mixed Vegetables & Potato Cubes <input type="checkbox"/>	Sweet and Sour Chicken & Boiled Rice <input type="checkbox"/>
MAIN 5	Cottage Pie & Seasonal Mixed Vegetables <input type="checkbox"/>	Chicken & Broccoli Bake with Arrabbiata Sauce <input type="checkbox"/>	Chicken Tenders, Savoury Potato Cubes & Mixed Vegetables <input type="checkbox"/>	Margherita Pizza, Mixed Vegetables & Potato Cubes <input type="checkbox"/>	Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spicebox) <input type="checkbox"/>
MAIN 6	Sausages, Potato Cubes & Baked Beans <input type="checkbox"/>	Baked Fish Fingers, Beans & Potato Cubes <input type="checkbox"/>	Margherita Pizza, Mixed Vegetables & Potato Cubes <input type="checkbox"/>	Sausages, Potato Cubes & Baked Beans <input type="checkbox"/>	Beef Bolognese, Carrots & Fusilli Pasta <input type="checkbox"/>
MAIN 7 (Vegan Option)	Tuscan Bean Chilli, Rice & Broccoli <input type="checkbox"/>	Vegan Fish Fingers, Beans & Potato Cubes <input type="checkbox"/>	Meatless Meatballs in Tomato Arrabbiata Sauce, Carrots & Fusilli Pasta <input type="checkbox"/>	Meatless Sausages, Carrots & Potato Cubes <input type="checkbox"/>	Potato, Cauliflower & Spinach Aromatic Curry <input type="checkbox"/>

Allergen Information: Hot Food Menu

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 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 on our website
 Glanmore Foods is a Nut Free site. Please note that any products with "May contains nuts" are from supplier sites

	Dairy	Wheat	Gluten*	Soya	Egg	Celery	Mustard	Sesame Seeds	Tree Nuts	Peanuts	Sulphur Dioxide	Fish	Crustaceans	Molluscs	Legumes
Morning Snack Choice 1															
Yoghurt	X														
Brown Pancake	X	X	X ^W		X										
Cheese Dip	X														
Soft Cheese	X														
Edam Cheese Piece	X														
Sliced Apple															
Apple & Carrot						!					!				
Apple & Blueberries															
Seasonal Fruit Pot															
Popcorn															
Morning Snack Choice 2															
Oatie Crunch	!	X	X ^{OW}	!	!	!	!	!			X	!			
Bread Sticks		X	X ^W	!			!	!							
Yoghurt Rice cake	X			X				X	!						
Plain Rice Cake	!			!				X							
Jacobs Crackers		X	X ^W						!						
Yoghurt Tube	X														
Brown Plain Scone with dairy spread	X	X	X ^W	!	!	!	!	!	!		!	!			
Brown Fruit Scone with dairy spread	X	X	X ^W	!	!	!	!	!	!		!	!			
Hot Meal Options															
Roast Chicken, Seasonal Veg, Mash & Gravy	X	X		X		!					!				X
Meatballs, Arrabiata Sauce, Carrots & Fusilli Pasta	X	X	X ^W	!	X	X	!	!			X	!	!	!	
Macaroni Cheese with Peas	X	X	X ^W	!	!	!	X	!			X	!	!	!	X
Chicken in Black Bean Sauce with Peppers & Rice	!	X	X ^W	X	!	!	!				!	X			X
Cottage Pie & Mixed Veg	X	X	X ^W												X
Sausages, Potato Cubes & Baked Beans		X	X ^W								X				X
Tuscan Bean chilli, Rice & Broccoli	!	!	!	!	!	!	!	!			X	!	!	!	X
Beef Burger, Pepper Sauce, Mixed Veg & Potatoes	X	X	X ^W	X		!	X	!			X				X
Chicken Tenders, Savory Potato Cubes & Mixed Veg	!	X	X ^W	!	!	!		!			!				X
Chicken Curry, Peppers & Rice	!	!	!	!	!	!	X	!			X	!	!	!	
Sausages, Potato Cubes & Baked Beans		X	X ^W								X				X
Chicken & Broccoli Pasta Bake with Arrabiata Sauce	!	X	X ^W	!	!	X	!	!			X	!	!	!	
Fish Fingers, Beans & Potato Cubes		X	X ^W									X			X
Vegan Fish Fingers, Beans & Potato Cubes		X	X ^W												X
Turkey Breast, Carrot & Peas, Mashed Potato & Gravy	X	X		X		!					!				X
Beef Lasagne, Carrots & Peas	X	X	X ^W			!					!				X
Chicken & Pesto Pizza, Mixed Veg & Potato cubes	X	X	X ^W	!		!	!				!	!			X
Chicken Tikka Masala, Peppers, Rice	!	!	!	!	!	!	!	!			X	!	!	!	
Chicken Tenders, Savory Potato Cubes & Mixed Veg	!	X	X ^W	!	!	!		!			!				X
Margharita Pizza, Mixed Veg & Potato Cubes	X	X	X ^W	!		!	!				!	!			X
Meatless Meatballs in Arrabiata Sauce, Carrots & Fusilli Pasta	!	X	X ^{WOB}	!	!	X	!	!			X	!	!	!	X
Roast Breast of Chicken, Seasonal Veg, Mash & Gravy	X	X		X		!					!				X
Beef Bolognese, Carrots & Fusilli Pasta		X	X ^W	!		X	!				X				
Chicken Korma, Peppers & Rice	!	!	!	!	!	!	!	!			X	!	!	!	
Pepperoni Pizza, Mixed Veg & Potato Cubes	X	X	X ^W	!		!	!				!	!			X
Margharita Pizza, Mixed Veg & Potato Cubes	X	X	X ^W	!		!	!				!	!			X
Sausages, Potato Cubes & Baked Beans		X	X ^W								X				X
Meatless Sausages, Carrot & Potato Cubes			X ^E			!					!				X
Turkey Breast, Carrot & Peas, Mashed Potato & Gravy	X	X		X		!					!				X
Fish Fingers, Beans & Potato Cubes		X	X ^W									X			X
Beef Lasagne, Carrots & Peas	X	X	X ^W			!					!				X
Sweet & Sour Chicken, Peppers & Rice		X	X ^{WB}			!	!				!				
Crispy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box)	!	X	X ^W	!	!	!		!			!				X
Beef Bolognese, Carrots & Fusilli Pasta		X	X ^W	!		X	!				X				
Potato, Cauliflower & Spinach Curry	!	!	!	!	!	!	!	!			X	!	!	!	

*GLUTEN FREE OPTIONS: All listed gluten free products are made on site that also handles products containing gluten.

*For Gluten containing products see cereal reference: Wheat (W), Barley (B), Rye (R), Oats (O), Triticale (T).

NONE OF THE PRODUCTS ON THIS LIST CONTAIN PEANUTS OR LUPINS. We do not use Ingredients used with a "May contains" Peanuts or Lupins.

VEGAN OPTIONS: All meals are produced on site that also handles meat, dairy, eggs and fish. Please contact Glanmore if you require further information.