

# 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"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Brown Pancake       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cheese Dip          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Soft Cheese         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Edam Cheese Piece   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sliced Apple        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apple & Carrot      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apple & Blueberries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Seasonal Fruit Pot  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Popcorn             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input 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"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bread Sticks      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Yogurt Rice Cake  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Rice Cake   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Jacobs Crackers   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Yoghurt Tube      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Banana            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apple             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Satsuma           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Brown Plain Scone | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Brown Fruit Scone | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input 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  |
|---------------------------------|--|--|---|---|---|
| <b>MAIN 1</b>                   | 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"/>       |
| <b>MAIN 2</b>                   | 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"/>                               |
| <b>MAIN 3</b>                   | 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"/>   |
| <b>MAIN 4</b>                   | 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"/>                                   |
| <b>MAIN 5</b>                   | 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"/> |
| <b>MAIN 6</b>                   | 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"/>                                |
| <b>MAIN 7</b><br>(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 | Trea Nuts | Peanuts | Sulphur Dioxide | Fish | Crustaceans | Molluscs | Legumes |
|--|-------|-------|----------------|------|-----|--------|---------|--------------|-----------|---------|-----------------|------|-------------|----------|---------|
| <b>Morning Snack Choice 1</b>  |       |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Yoghurt  | X     |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Brown Pancake  | X     | X     | X <sup>W</sup> |      | X   |        |         |              |           |         |                 |      |             |          |         |
| Cheese Dip   | X     |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Soft Cheese  | X     |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Edam Cheese Piece  | X     |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Sliced Apple   |       |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Apple & Carrot   |       |       |                |      |     | !      |         |              |           |         | !               |      |             |          |         |
| Apple & Blueberries  |       |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Seasonal Fruit Pot   |       |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Popcorn  |       |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| <b>Morning Snack Choice 2</b>  |       |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Oatie Crunch   | !     | X     | X <sup>W</sup> | !    | !   | !      | !       | !            |           |         | X               | !    |             |          |         |
| Bread Sticks   |       | X     | X <sup>W</sup> | !    |     |        | !       | !            |           |         |                 |      |             |          |         |
| Yoghurt Rice cake  | X     |       |                | X    |     |        |         | X            | !         |         |                 |      |             |          |         |
| Plain Rice Cake  | !     |       |                | !    |     |        |         | X            |           |         |                 |      |             |          |         |
| Jacobs Crackers  |       | X     | X <sup>W</sup> |      |     |        |         |              | !         |         |                 |      |             |          |         |
| Yoghurt Tube   | X     |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Brown Plain Scone with dairy spread                                    | X     | X     | X <sup>W</sup> | !    | !   | !      | !       | !            | !         |         | !               | !    |             |          |         |
| Brown Fruit Scone with dairy spread                                    | X     | X     | X <sup>W</sup> | !    | !   | !      | !       | !            | !         |         | !               | !    |             |          |         |
| <b>Hot Meal Options</b>  |       |       |                |      |     |        |         |              |           |         |                 |      |             |          |         |
| Roast Chicken, Seasonal Veg, Mash & Gravy                              | X     | X     |                | X    |     | !      |         |              |           |         | !               |      |             |          | X       |
| Meatballs Arrabbiata Sauce, Carrots & Fusilli Pasta                    | X     | X     | X <sup>W</sup> | !    | X   | X      | !       | !            |           |         | X               | !    | !           | !        |         |
| Macaroni Cheese with Peas  | X     | X     | X <sup>W</sup> | !    | !   | !      | X       | !            |           |         | X               | !    | !           | !        | X       |
| Chicken in Black Bean Sauce with Peppers & Rice                        | !     | X     | X <sup>W</sup> | X    | !   | !      | !       |              |           |         | !               | X    |             |          | X       |
| Cottage Pie & Mixed Veg  | X     | X     | X <sup>W</sup> |      |     |        |         |              |           |         |                 |      |             |          | X       |
| Sausages, Potato Cubes & Baked Beans                                   |       | X     | X <sup>W</sup> |      |     |        |         |              |           |         | X               |      |             |          | X       |
| Tuscan Bean chilli, Rice & Broccoli                                    | !     | !     | !              | !    | !   | !      | !       | !            |           |         | X               | !    | !           | !        | X       |
| Beef Burger, Pepper Sauce, Mixed Veg & Potatoes                        | X     | X     | X <sup>W</sup> | X    |     | !      | X       | !            |           |         | X               |      |             |          | X       |
| Chicken Tenders, Savory Potato Cubes & Mixed Veg                       | !     | X     | X <sup>W</sup> | !    | !   | !      |         | !            |           |         | !               |      |             |          | X       |
| Chicken Curry, Peppers & Rice  | !     | !     | !              | !    | !   | !      | X       | !            |           |         | X               | !    | !           | !        |         |
| Sausages, Potato Cubes & Baked Beans                                   |       | X     | X <sup>W</sup> |      |     |        |         |              |           |         | X               |      |             |          | X       |
| Chicken & Broccoli Pasta Bake with Arrabbiata Sauce                    | !     | X     | X <sup>W</sup> | !    | !   | X      | !       | !            |           |         | X               | !    | !           | !        |         |
| Fish Fingers, Beans & Potato Cubes                                     |       | X     | X <sup>W</sup> |      |     |        |         |              |           |         |                 | X    |             |          | X       |
| Vegan Fish Fingers, Beans & Potato Cubes                               |       | X     | X <sup>W</sup> |      |     |        |         |              |           |         |                 |      |             |          | X       |
| Turkey Breast, Carrot & Peas, Mashed Potato & Gravy                    | X     | X     |                | X    |     | !      |         |              |           |         | !               |      |             |          | X       |
| Beef Lasagne, Carrots & Peas   | X     | X     | X <sup>W</sup> |      |     | !      |         |              |           |         | !               |      |             |          | X       |
| Chicken & Pesto Pizza, Mixed Veg & Potato Cubes                        | X     | X     | X <sup>W</sup> | !    |     | !      | !       |              |           |         | !               | !    |             |          | X       |
| Chicken Tikka Masala, Peppers, Rice                                    | !     | !     | !              | !    | !   | !      | !       | !            |           |         | X               | !    | !           | !        |         |
| Chicken Tenders, Savory Potato Cubes & Mixed Veg                       | !     | X     | X <sup>W</sup> | !    | !   | !      |         | !            |           |         | !               |      |             |          | X       |
| Margherita Pizza, Mixed Veg & Potato Cubes                             | X     | X     | X <sup>W</sup> | !    |     | !      | !       |              |           |         | !               | !    |             |          | X       |
| Meatless Meatballs in Arrabbiata Sauce, Carrots & Fusilli Pasta        | !     | X     | X <sup>W</sup> | !    | !   | X      | !       | !            |           |         | X               | !    | !           | !        | X       |
| Roast Breast of Chicken, Seasonal Veg, Mash & Gravy                    | X     | X     |                | X    |     | !      |         |              |           |         | !               |      |             |          | X       |
| Beef Bolognaise, Carrots & Fusilli Pasta                               |       | X     | X <sup>W</sup> | !    |     | X      | !       |              |           |         | X               |      |             |          |         |
| Chicken Korma, Peppers & Rice  | !     | !     | !              | !    | !   | !      | !       | !            |           |         | X               | !    | !           | !        |         |
| Pepperoni Pizza, Mixed Veg & Potato Cubes                              | X     | X     | X <sup>W</sup> | !    |     | !      | !       |              |           |         | !               | !    |             |          | X       |
| Margherita Pizza, Mixed Veg & Potato Cubes                             | X     | X     | X <sup>W</sup> | !    |     | !      | !       |              |           |         | !               | !    |             |          | X       |
| Sausages, Potato Cubes & Baked Beans                                   |       | X     | X <sup>W</sup> |      |     |        |         |              |           |         | X               |      |             |          | X       |
| Meatless Sausages, Carrot & Potato Cubes                               |       |       | X <sup>W</sup> |      |     | !      |         |              |           |         | !               |      |             |          | X       |
| Turkey Breast, Carrot & Peas, Mashed Potato & Gravy                    | X     | X     |                | X    |     | !      |         |              |           |         | !               |      |             |          | X       |
| Fish Fingers, Beans & Potato Cubes                                     |       | X     | X <sup>W</sup> |      |     |        |         |              |           |         |                 | X    |             |          | X       |
| Beef Lasagne, Carrots & Peas   | X     | X     | X <sup>W</sup> |      |     | !      |         |              |           |         | !               |      |             |          | X       |
| Sweet & Sour Chicken, Peppers & Rice                                   |       | X     | X <sup>W</sup> |      |     | !      | !       |              |           |         | !               |      |             |          |         |
| Spicy Shredded Chicken, Spiced Potato Cubes & Seasoned Veg (Spice Box) | !     | X     | X <sup>W</sup> | !    | !   | !      |         | !            |           |         | !               |      |             |          | X       |
| Beef Bolognaise, Carrots & Fusilli Pasta                               |       | X     | X <sup>W</sup> | !    |     | 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).  
 ONE OF THE PRODUCTS ON THIS LIST CONTAIN PEANUTS OR LUPINS. We do not use ingredients with a "May contains" Peanuts or Lupins.  
 EGAN OPTIONS: All meals are produced on site that also handles meat, dairy, eggs and fish. Please contact Glanmore if you require further information.