

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
Glenisk 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 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"/>
Melon Pot	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Melon & Pineapple	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 type="checkbox"/>	<input checked="" type="checkbox"/>

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"/>
Strawberry 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 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 or MAIN 5.

MAIN 1

or

MAIN 2

or

MAIN 3

or

MAIN 4

or

MAIN 5

(VEGAN/VEGETARIAN)

Day	MAIN 1	or	MAIN 2	or	MAIN 3	or	MAIN 4	or	MAIN 5 (VEGAN/VEGETARIAN)
MONDAY	Roasted Breast of Chicken, Seasonal Vegetables & Mash Add Gravy <input type="checkbox"/> <input type="checkbox"/>	or	Classic Meatballs in Tomato Arrabbiata Sauce, Carrots & Fusilli Pasta <input type="checkbox"/>	or	Mild Chilli Con Carne, Rice, Carrots & Peas <input type="checkbox"/>	or	Chicken & Pasta Bake <input type="checkbox"/>	or	Tuscan Bean Chilli, Rice & Broccoli <input type="checkbox"/>
TUESDAY	Baked Ham, Beans & Mashed Potato Add Gravy <input type="checkbox"/> <input type="checkbox"/>	or	Chicken Tenders, Savoury Potato Cubes & Mixed Vegetables <input type="checkbox"/>	or	Traditional Chicken Curry, Peppers with Fluffy Rice <input type="checkbox"/>	or	Sausages, Potato Cubes & Baked Beans <input type="checkbox"/>	or	Vegan Fish Fingers, Beans & Potato Cubes <input type="checkbox"/>
WEDNESDAY	Roast Beef, Carrots & Mashed Potato Add Gravy <input type="checkbox"/> <input type="checkbox"/>	or	Beef Lasagne, Carrots & Peas <input type="checkbox"/>	or	Chicken Pasta in Rich Tomato Sauce & Broccoli <input type="checkbox"/>	or	Chicken Tikka & Rice <input type="checkbox"/>	or	Meatless Meatballs in Tomato Arrabbiata Sauce, Carrots & Fusilli Pasta <input type="checkbox"/>
THURSDAY	Roast Chicken, Mixed Vegetables & Mashed Potato Add Gravy <input type="checkbox"/> <input type="checkbox"/>	or	Beef Bolognese, Carrots with Fusilli Pasta <input type="checkbox"/>	or	Mild Chicken Korma & Peppers with Fluffy Rice <input type="checkbox"/>	or	Traditional Beef Casserole & Potatoes <input type="checkbox"/>	or	Meatless Sausages, Carrots, Parsnips & Potato Cubes <input type="checkbox"/>
FRIDAY	Roast Breast of Turkey, Parsnips, Carrots & Mashed Potato Add Gravy <input type="checkbox"/> <input type="checkbox"/>	or	Baked Fish Fingers, Beans & Potato Cubes <input type="checkbox"/>	or	Beef Lasagne, Carrots & Peas <input type="checkbox"/>	or	Traditional Chicken Curry, Peppers & Fluffy Rice <input type="checkbox"/>	or	Potato, Cauliflower & Spinach Aromatic Curry <input type="checkbox"/>

allergen Information: Hot Food Menu

X CONTAINS	I MAY CONTAIN TRACES OF										FREE FROM				
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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	Molluscs	Crustaceans	Lupins
Morning Snack Choice 1															
Yoghurt	X														
Pancake	X	X	X ^W		X										
Dip	X														
Cheese	X														
Cheese Pie	X														
Apple															
Apple & Carrot						I									
Apple & Blueberries															
Pot															
Pineapple															
Fruit Pot															
Tom															
Morning Snack Choice 2															
Crunch	I	X	X ^W	I	I		I	I			X	I			
Sticks		X ^W	X ^W	I				I							
Rice cake	X			X				X	I						
Rice Cake	I			I				X							
Crackers		X	X ^W						I						
Yoghurt Tube	X														
Hot Meal Options															
Chicken Breast, Seasonal Veg, Mashed Potato (NO gravy)	X					I									
Chicken Breast, Seasonal Veg, Mashed Potato (Gravy)	X					I									
Spaghetti, Arrabbiata Sauce, Carrots, Fusilli Pasta	X	X	X ^W	I	X	X	I	I			X	I	I	I	
Steak, Con Carne, Carrots & Rice		X	X ^W	I		I					I		I	I	
Chicken & Pasta Bake	X	X	X ^W	I	I	I	X	I			X	I	I	I	
Bean Chili, Rice & Broccoli	I	I	I	I	I	I	I	I			X	I	I	I	
Ham, Beans, Mashed Potato (No gravy)	X	I	I	I											
Ham, Beans, Mashed Potato (Gravy)	X	I	I	I											
Chicken Tenders, Potato cubes & mixed vegetables	I	X	X ^W	I	X	X		I			I				
Chicken Curry, Peppers, Fluffy Rice	I	I	I	I	I	I	X	I			X	I	I	I	
Beef, Potato cubes & Baked Beans		X	X ^W								X				
Fish Fingers, Beans & Potato Cubes		X	X ^W												
Beef, Carrots, Mashed Potato (NO Gravy)	X					I					I				
Beef, Carrots & Mashed Potato (Gravy)	X					I					I				
Lasagne, Carrots & Peas	X	X	X ^W			I					I				
Chicken, Pasta with broccoli and rich tomato sauce	I	X	X ^W	I	I	X	I	I			X	I	I	I	
Chicken Tikka & Rice	I	I	I	I	I	I	X	I			X	I	I	I	
Beef Meatballs, Arrabbiata Sauce, Carrots, Fusilli Pasta	I	X	X ^W	I	I	X	I	I			X	I	I	I	
Chicken, Mixed vegetables, Mashed Potato (NO Gravy)	X					I					I				
Chicken, Mixed vegetables, Mashed Potato (Gravy)	X					I					I				
Polonaise, Carrots, Fusilli Pasta		X	X ^W		I	I					I				
Chicken Korma, Peppers, Fluffy Rice	I	I	I	I	I	I	I	I			X	I	I	I	
Beef Casserole & Potatoes	X	I	I	I	I	I	X	I			X	I	I	I	
Beef Sausage, Carrot, Parsnip, Potato Cubes			X ^S			I					I				
Chicken Breast, Mash Potato, Carrot & Parsnip (NO Gravy)	X					I					I				
Chicken Breast, Mash Potato, Carrot & Parsnip (Gravy)	X					I					I				
Fish Fingers, Beans, Potato Cubes		X	X ^W									X			
Lasagne, Carrots & Peas	X	X	X ^W			I					I				
Chicken Curry, Peppers, Fluffy Rice	I	I	I	I	I	I	X	I			X	I	I	I	
Cauliflower & Spinach in Aromatic Curry, Rice	I	I	I	I	I	I	X	I			X	I	I	I	

IN FREE OPTIONS: All listed gluten free products are made on a site that also handles products containing gluten. For more information on products containing products see cereal reference: Wheat (W), Barley (B), Rye (R), Oats (O), Triticale (T).
OF THE PRODUCTS ON THIS LIST CONTAIN PEANUTS OR LUPINS
OPTIONS: All meals are produced on site that also handles meat, dairy, eggs and fish. Please contact Glanmore if you require further information