

HOT LUNCH (MONDAY - FRIDAY)

Please tick 1 Item from MAIN 1, MAIN 2, MAIN 3, MAIN 4 or MAIN 5.

SCHOOL
NAME

STUDENT
NAME

CLASS
NAME

TEACHER

MAIN 1 ☐ MAIN 2 ☐ MAIN 3 ☐ MAIN 4 ☐ MAIN 5
(VEGAN/VEGETARIAN)

MONDAY

Roasted
Breast of
Chicken,
Carrots,
Mashed Potato
& Gravy

☐

or

Chicken
Tenders,
Sweetcorn,
Mashed Potato
& Gravy

☐

or

Mild Chilli
Con Carne,
Carrots &
Rice

☐

or

Macaroni and
Cheese

☐

or

Meatless
Sausages,
Parsnips,
Mashed Potato
& Gravy

☐

TUESDAY

Baked Ham,
Beans &
Mashed
Potato

☐

or

Sausages,
Carrots,
Mashed
Potato &
Gravy

☐

or

Traditional
Chicken Curry
& Peppers
with Fluffy
Rice

☐

or

Cottage Pie

☐

or

Vegan Fish
Fingers,
Beans &
Sweet Potato
Wedges

☐

WEDNESDAY

Turkey Breast,
Carrots,
Parsnips,
Mashed Potato
& Gravy

☐

or

Beef Lasagne,
Wholemeal
Garlic Bread &
Carrots

☐

or

Chicken Pot
Noodle with
Roasted Red
Peppers

☐

or

Chicken Tikka
with Carrots
and Fluffy
Rice

☐

or

Meatless
Meatballs
in Tomato
Arrabbiata
Sauce, Carrots
with Fusilli
Pasta

☐

THURSDAY

Roast
Chicken,
Sweetcorn,
Mashed
Potato &
Gravy

☐

or

Beef
Bolognese &
Carrots with
Fusilli Pasta

☐

or

Mild Chicken
Korma &
Peppers with
Fluffy Rice

☐

or

Teriyaki Beef
with Peppers
and Egg
Noodles

☐

or

Carrot &
Coriander
Falafel in
Tomato
Arrabbiata
Sauce with
Cous Cous

☐

FRIDAY

Roast Beef,
Carrots,
Mashed Potato
& Gravy

☐

or

Baked Fish
Fingers, Beans
& Mashed
Potato

☐

or

Classic
Meatballs
in Tomato
Arrabbiata
Sauce, Carrots
with Fusilli
Pasta

☐

or

Moroccan
Spiced
Chicken with
Peppers and
Cous Cous

☐

or

Chickpea
Korma,
Peppers &
Lentils

☐



GLANMORE
FOODS



GLANMORE FOODS

Allergen Information: Glanmore Full Menu

	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame Seeds	Tree Nuts	Peanuts	Sulphur Dioxide	Fish	Crustaceans	Molluscs
Hot Meal Options														
Roasted Chicken Breast, Carrots, Mashed Potato & Gravy	X	X		X	!	!	!	!			!			
Chicken Tenders, Gravy, Sweet Corn & Mashed Potato	X	X	X ^W	X	!	!	!	!			!			
Mild Chilli Con Carne, Carrots & Rice	!	X	X ^W	!	!	!	!	!			!			
Meatless Sausage, Parsnip, Mashed Potato, Gravy		X	X ^{WB}	X							!			
Baked Ham, Beans, Mashed Potato	X			!	!	!	!	!			!			
Sausage, Carrots, Gravy & Mashed Potato	X	X	X ^W	X	!	!	!	!			X			
Chicken Curry, Peppers, Fluffy Rice	!	!	!	!	!	!	X	!			X	!	!	!
Vegan Fish Fingers, Beans & Sweet Potato Wedges		X	X ^W	!		!	!	!			!			
Turkey Breast, Mash, Carrot & Parsnip & Gravy	X	X		X	!	!	!	!			!			
Beef Lasagne, Garlic Bread, Carrots	X	X	X ^W	!	X	X	X	!	!		!	!		
Chicken Pot Noodle, Roasted Red Pepper	!	X	X ^W	X	X	!	!	!			X	!	!	!
Meatless Meatballs, Arrabiata Sauce, Fusilli Pasta		X	X ^{WOB}	!		!	!	!			X			
Roast Chicken, Gravy, Corn & Mashed Potato	X	X		X	!	!	!	!			!			
Beef Bolognese, Carrots, Fusilli Pasta	!	X	X ^W	!	!	X	!	!			!	!	!	!
Mild Chicken Korma, Peppers, Fluffy Rice		!	!	!	!	!	!	!			X			
Carrot & Coriander Falafel, Arrabiata Sauce, Cous Cous		X	X ^W	!		!	!	!			X			
Roast Beef, Carrots, Mashed Potato, Gravy	X	X		X	!	!	!	!			!			
Fish Fingers, Beans, Mashed Potato	X	X	X ^W	X	!	!	!	!			!	X	!	!
Meatballs, Arrabiata Sauce, Carrots, Fusilli Pasta	X	X	X ^W	X	X	X	X	!			X	!		
Chickpea Korma, Peppers & Lentils		!	!	!		!	!	!			X			

*KEY: Allergen and Intolerance information. NONE OF THE PRODUCTS ON THIS LIST CONTAIN PEANUTS, 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. *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).

X CONTAINS

! MAY CONTAIN TRACES OF

FREE FROM