

Allergen Information: Glanmore Full Menu

	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)
Breakfast / Morning Snacks												
Glenisk Vanilla Yogurt	X											
Yogurt Rice cake	X			X					!			
Brown Pancake	X	X	X	!	X							
Cheese Dip	X											
Soft Cheese	X											
Edam Cheese Piece	X											
Sliced Apple												
Apple & Grapes												
Apple & Carrot												
Apple & Blueberries												
Melon & Grapes												
Melon & Pineapple												
Seasonal Fruit Pot												
Raisins												
Oatie Crunch	!	X	X	!	!							!
Bread Sticks		X	X	!				!				
Plain Rice Cake	!			!				X				
Jacobs Crackers		X	X						!			
Granola	!	X	X	!	!							
Strawberry Yogurt Tube	X											
Brown Plain Scone	X	X	X	X	!							
Brown Fruit Scone	X	X	X	X	!							
Peppers												
Carrot Sticks												
Bread												
Healthy Choice Pan		X	X	X				!				
100% Wholemeal		X	X	X				!				
Hi-fibre Soft Roll	!	X	X	X	!							
Demi-baguette		X	X					!	!			
Farmhouse Brown	X	X	X					!				
B Free Bread												
Dairy Spread												
Dairy spread	X											
Fillings												
Ham												
Cheddar Cheese	X											
Chicken Breast												
Turkey Slice												
Tuna Mayo					X		X					X
Egg Mayo					X							
Corned Beef	X											
Chicken Mayo & Stuffing				X	X		X					
Alternative Lunch options												
Jacobs Crackers & Soft Cheese	X	X	X						!			
Pasta Bolognaise		X	X		!	X						
Plain Pasta		X	X		!	!						
Vegetable Salad Pot												
Ham Salad Sandwich (No Dairy Spread)	!	X	X	X				!				
Chicken Salad Sandwich (No Dairy Spread)	!	X	X	X				!				
Cheese Salad Sandwich (No Dairy Spread)	X	X	X	X				!				
Soft Bap Sweet Chilli Chicken (No Dairy Spread)	X	X	X	X	!							
Soft Bap Taco Chicken (No Dairy Spread)	X	X	X	X	X							
Soft Bap Tuna & Sweetcorn (No Dairy Spread)	X	X	X	X	X							X
Soft Bap Ham & Cheese (No Dairy Spread)	X	X	X	X	!							
Add Dairy Spread to Sandwiches & Baps	X											
Drinks												
Water												

KEY: Allergen and intolerance information. NONE OF THE PRODUCTS ON THIS LIST CONTAIN PEANUTS, MOLLUSCS, LUPINS

X CONTAINS

! MAY CONTAIN TRACES OF

Issued: 15 August 2018. Correct on date of issue. Rev1

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 Vanilla Yogurt	<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"/>
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 & Grapes	<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"/>
Melon & Grapes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Melon & Pineapple	<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"/>

CHOICE 2

Please tick 1 item per day

	Mon	Tue	Wed	Thu	Fri
Raisins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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"/>
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"/>
Granola	<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"/>
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"/>
Peppers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrot Sticks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Not available on this day

LUNCH

Please tick 1 Bread & Filling OR Alternative Item, 1 Drink & 1 Piece of Fruit per day.

Bread

	Mon	Tue	Wed	Thu	Fri
Healthy Choice Pan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100% Wholemeal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hi-fibre Soft Roll	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Demi-baguette	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Farmhouse Brown	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No Dairy Spread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*White Tues & Thurs. Brown Mon, Wed, Fri

or

Alternative items

	Mon	Tue	Wed	Thu	Fri
Jacobs Crackers & Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pasta Bolognese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plain Pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable Salad Pot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Ham Salad Sandwich	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Chicken Salad Sandwich	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Cheese Salad Sandwich	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
**Soft Bap Sweet Chilli Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
**Soft Bap Taco Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
**Soft Bap Tuna & Sweetcorn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
**Soft Bap Ham & Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No Dairy Spread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Salad: Lettuce, Red & Yellow Peppers

**Baps: White: Tues & Thurs. Brown: Mon, Wed, Fri.

Fillings

	Mon	Tue	Wed	Thu	Fri
Ham	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheddar Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chicken Breast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turkey Slice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuna Mayo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Egg Mayo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corned Beef	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chicken Mayo & Stuffing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Drink

+Add 1 Drink Per Day

	Mon	Tue	Wed	Thu	Fri
Water 250ml	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fruit

+Add 1 Fruit Per Day

	Mon	Tue	Wed	Thu	Fri
Apple	<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"/>
Satsuma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Not available on this day