

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"/>				
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"/>				
Apple & Blueberries	<input type="checkbox"/>				
Melon Pot	<input type="checkbox"/>				
Melon & Pineapple	<input type="checkbox"/>				
Seasonal Fruit Pot	<input type="checkbox"/>				
Popcorn	<input type="checkbox"/>				

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"/>				
Strawberry Yoghurt Tube	<input type="checkbox"/>				
Banana	<input type="checkbox"/>				
Apple	<input type="checkbox"/>				
Satsuma	<input type="checkbox"/>				
Brown Plain Scone	<input type="checkbox"/>				
Brown Fruit Scone	<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"/>				
100% Wholemeal	<input type="checkbox"/>				
Hi-fibre Soft Roll	<input type="checkbox"/>				
*Demi-baguette	<input type="checkbox"/>				
Farmhouse Brown	<input type="checkbox"/>				
No Dairy Spread	<input type="checkbox"/>				

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

Fillings

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



Alternative items

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

*Salad: Lettuce, Red & Yellow Peppers

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

Drink

+Add 1 Drink Per Day

	Mon	Tue	Wed	Thu	Fri
Water	<input type="checkbox"/>				
Milk 189ml	<input type="checkbox"/>				

Fruit

+Add 1 Fruit Per Day

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

Not available on this day



**GLANMORE
FOODS**

Allergen Information: Cold Full 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 (Tuna)	Molluscs	Crustaceans	Lupins
Morning Snacks: Choice 1															
Yogurt Pot	X														
Brown Pancake	X	X	X ^w		X										
Cheese Dip	X														
Soft Cheese	X														
Edam Cheese Piece	X														
Sliced Apple															
Apple & Carrot						!									
Apple & Blueberries															
Melon Pot															
Melon & Pineapple															
Seasonal Fruit Pot															
Popcorn															
Morning Snacks: Choice 2															
Oatie Crunch	!	X	X ^{ow}	!	!		!	!			X	!			
Bread Sticks		X	X ^w	!				!							
Yogurt Rice cake	X			X				X	!						
Plain Rice Cake	!			!				X							
Jacobs Crackers		X	X ^w						!						
Strawberry Yogurt Tube	X														
Banana															
Apple															
Satsuma															
Brown Plain Scone	X	X	X ^w	!	!	!	!	!	!		!	!			
Brown Fruit Scone	X	X	X ^w	!	!	!	!	!	!		!	!			
Bread & Dairy Spread															
Healthy Choice Pan	!	X	X ^w	X	!		!	!				!			
100% Wholemeal	!	X	X ^w	X	!		!	!				!			
Hi-fibre Soft Roll	!	X	X ^w	X	!		!				!	!			
Demi-baguette	!	X	X ^w	!	!		!	!	!			!			
Farmhouse Brown	X	X	X ^w	!	!		!	!				!			
B Free Bread															
Dairy Spread	X	!	!	!											
Fillings															
Ham		!	!	!											
Cheddar Cheese	X														
Chicken Breast															
Turkey Slice															
Tuna Mayo					X		X	!	!			X			
Egg Mayo					X		X								
Comed Beef															
Chicken Mayo & Stuffing		X	X ^w	X	X		X	!	!						
Alternative Lunch Options															
Jacobs Crackers & Soft Cheese	X	X	X ^w						!						
Pasta Bolognaise		X	X ^w		!	X									
Plain Pasta		X	X ^w		!	!									
Vegetable Salad Pot						!									
Falafel Sweet Chilli Salad pot		X	X ^w			!		!	!						
Ham Salad Sandwich (No Dairy Spread)	!	X	X ^w	X	!		!	!				!			
Chicken Salad Sandwich (No Dairy Spread)	!	X	X ^w	X	!		!	!				!			
Cheese Salad Sandwich (No Dairy Spread)	X	X	X ^w	X	!		!	!				!			
Cajun Chicken & Mayo Baguette	!	X	X ^w	!	X		X	!	!			!			
Soft Bap Tuna & Sweetcorn (No Dairy Spread)	X	X	X ^w	X	X		X	!	!			X			
Soft Bap Ham & Cheese (No Dairy Spread)	X	X	X ^w	X	!		!	!	!			!			
Soft Bap Curried Chicken	X	X	X ^w	X	X		X	!	!			!			
Add Dairy Spread to Sandwiches & Baps	X	!	!	!											
Drinks															
Water															
Milk	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)