

# 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 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 Pot	<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"/>
Popcorn	<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
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 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

# 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"/>
<b>No Dairy Spread</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\*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"/>

+

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"/>
Falafel Sweet Chilli Salad	<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"/>
Cajun Chicken & Mayo Baguette	<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"/>
**Soft Bap Curried Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>No Dairy Spread</b>	<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.

## Drink

+Add 1 Drink Per Day

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



**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	Crust-aceans	Lupins
Morning Snacks: Choice 1															
Yogurt Pot	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															
Melon Pot															
Melon & Pineapple															
Seasonal Fruit Pot															
Popcorn															
Morning Snacks: Choice 2															
Oatie Crunch	!	X	X <sup>ow</sup>	!	!		!	!			X	!			
Bread Sticks		X	X <sup>w</sup>	!				!							
Yogurt Rice cake	X			X				X	!						
Plain Rice Cake	!			!				X							
Jacobs Crackers		X	X <sup>w</sup>						!						
Strawberry Yogurt Tube	X														
Banana															
Apple															
Satsuma															
Brown Plain Scone	X	X	X <sup>w</sup>	!	!	!	!	!	!		!	!			
Brown Fruit Scone	X	X	X <sup>w</sup>	!	!	!	!	!	!		!	!			
Bread & Dairy Spread															
Healthy Choice Pan	!	X	X <sup>w</sup>	X	!		!	!				!			
100% Wholemeal	!	X	X <sup>w</sup>	X	!		!	!				!			
Hi-fibre Soft Roll	!	X	X <sup>w</sup>	X	!		!				!	!			
Demi-baguette	!	X	X <sup>w</sup>	!	!		!	!	!			!			
Farmhouse Brown	X	X	X <sup>w</sup>	!	!		!	!				!			
B Free Bread															
Dairy Spread	X	!	!	!											
Fillings															
Ham		!	!	!											
Cheddar Cheese	X														
Chicken Breast															
Turkey Slice															
Tuna Mayo					X		X	!	!			X			
Egg Mayo					X		X								
Corned Beef															
Chicken Mayo & Stuffing		X	X <sup>w</sup>	X	X		X	!	!						
Alternative Lunch Options															
Jacobs Crackers & Soft Cheese	X	X	X <sup>w</sup>						!						
Pasta Bolognaise		X	X <sup>w</sup>		!	X									
Plain Pasta		X	X <sup>w</sup>		!	!									
Vegetable Salad Pot						!									
Falafel Sweet Chilli Salad pot		X	X <sup>w</sup>			!		!	!						
Ham Salad Sandwich (No Dairy Spread)	!	X	X <sup>w</sup>	X	!		!	!				!			
Chicken Salad Sandwich (No Dairy Spread)	!	X	X <sup>w</sup>	X	!		!	!				!			
Cheese Salad Sandwich (No Dairy Spread)	X	X	X <sup>w</sup>	X	!		!	!				!			
Cajun Chicken & Mayo Baguette	!	X	X <sup>w</sup>	!	X		X	!	!			!			
Soft Bap Tuna & Sweetcorn (No Dairy Spread)	X	X	X <sup>w</sup>	X	X		X	!	!			X			
Soft Bap Ham & Cheese (No Dairy Spread)	X	X	X <sup>w</sup>	X	!		!	!	!			!			
Soft Bap Curried Chicken	X	X	X <sup>w</sup>	X	X		X	!	!			!			
Add Dairy Spread to Sandwiches & Baps	X	!	!	!											
Drinks															
Water															
Milk	X														