

## ALLERGEN INFORMATION GLANMORE FULL MENU 2015/2016

	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame Seeds	Tree Nuts	Peanuts	Sulphur Dioxide	Fish (Tuna)
<b>Morning Snacks</b>												
Mini Toast + Cheese Dip	X	X	X	X				!				
Jacobs Crackers + Soft Cheese	X	X	X						!			
Petit Filous + 2 Plain Biscuits	X	X	X	!					!		X	
Frube + Strawberry Jelly	X	!	!									
Sliced Apple + Oats & Honey Crunch	!	X	X	X	!							
Sliced Apple + Buttered Plain Scone	X	X	X	X	!							
Petit Filous + Sliced Peppers	X											
Oats & Honey Crunch + Seedless Grapes	!	X	X	X	!							
Frube + Orange Jelly	X	!	!									
Buttered Fruit Scone + Seedless Grapes	X	X	X	X	!							
Sliced Peppers + Oats & Honey Crunch	!	X	X	X	!							
Melon & Grape + Raisins												
Carrot Sticks + Petit Filous	X											
Carrot Sticks + Cheese Dip	X											
Apple / Grape Slices + Chocolate Rice Cake	X			X				X	!			
Seasonal Fruit Pot + 2 plain biscuits	!	X	X	!					!		X	
<b>Sandwich / Roll</b>												
Healthy White		X	X	X				!				
100% Wholemeal bread		X	X	X				!				
Hi Fibre Soft White Roll	!	X	X	X	!							
Demi baguette		X	X					!	!			
Farmhouse Brown	X	X	X					!				
White Gluten free loaf	X			X								
<b>Dairy Spreadx</b>												
Dairy spread	X											
<b>Fillings</b>												
Ham												
Cheddar Cheese	X											
Chicken Breast												
Turkey Slice												
Tuna Mayo					X		X					X
Strawberry Jam												
Egg Mayo					X							
Corned Beef	X											
<b>Alternative lunch options</b>												
Healthy White with Ham Salad (Butter)	X	X	X	X				!				
Healthy White with Ham Salad (No Butter)	!	X	X	X				!				
Healthy White with Cheese Salad (Butter)	X	X	X	X				!				
Healthy White with Cheese Salad (No Butter)	X	X	X	X				!				
Healthy White with Chicken Salad (Butter)	X	X	X	X				!				
Healthy White with Chicken Salad (No Butter)	!	X	X	X				!				
Pasta Bolognaise		X	X				X					
Plain Pasta		X	X				!					
Cracker and soft cheese	X	X	X						!			
Sweet Chilli Chicken Wrap		X	X									
Taco Chicken Wrap		X	X		X							
Tuna & Sweetcorn Wrap		X	X		X		X					X
Soft white Bap with Chicken & Stuffing (butter)	X	X	X	X	!							
Soft White Bap with Chicken & Stuffing (no butter)	X	X	X	X	!							
Soft White Bap with Ham & Cheese (butter)	X	X	X	X	!							
Soft White Bap with Ham & Cheese (no butter)	X	X	X	X	!							

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

X

CONTAINS

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MAY CONTAIN TRACES OF

FREE FROM