

# 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
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Apple & Blueberries	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Seasonal Fruit Pot	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Popcorn	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Not available on this day

## 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"/>
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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Brown Fruit Scone	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Not available on this day

# HOT LUNCH (MONDAY - FRIDAY)

Please tick 1 Item from MAIN 1, MAIN 2, MAIN 3, MAIN 4, MAIN 5, MAIN 6, MAIN 7 or MAIN 8 per day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Roast Chicken, Carrots, Peas, Mash and Gravy <input type="checkbox"/>	Irish Beef Burger, Pepper Sauce, Peas and Boiled Potatoes <input type="checkbox"/>	Roast Turkey, Butternut Squash and Carrots, Mash and Gravy <input type="checkbox"/>	Roast Chicken, Peas and Sweetcorn, Mash and Gravy <input type="checkbox"/>	Roast Turkey, Sweetcorn and Carrots, Mash and Gravy <input type="checkbox"/>
<b>MAIN 2</b>	Mamma's Italian Meatballs in Tomato Sauce, Carrots and Fusilli Pasta <input type="checkbox"/>	Crispy Chicken Tenders, Potato Cubes and Carrots <input type="checkbox"/>	Mixed Veggie Rice with Quorn Chicken <input type="checkbox"/>	Beef Lasagne with Carrots and Peas <input type="checkbox"/>	Mega Yummy Chicken Curry, Peppers and Fluffy Rice <input type="checkbox"/>
<b>MAIN 3</b>	Super Gooley Mac'n'Cheese with Peas <input type="checkbox"/>	Mild Chicken Korma and Peppers with Fluffy Rice <input type="checkbox"/>	Chicken with Sweet Peppers and Tomato Sauce with Fusilli Pasta <input type="checkbox"/>	Italian Beef Bolognese, Carrots and Fusilli Pasta <input type="checkbox"/>	Sweet and Sour Chicken with Broccoli and Rice <input type="checkbox"/>
<b>MAIN 4</b>	Classic Cottage Pie with Carrots and Peas <input type="checkbox"/>	Crispy Shredded Chicken, Spiced Potato Cubes with Peppers and Peas <input type="checkbox"/>	Cajun Spiced Chicken with Sweet Potato Wedges & Sweetcorn <input type="checkbox"/>	Mild Thai Red Chicken Curry with Fluffy Rice and Broccoli <input type="checkbox"/>	Mexican Chicken Burrito Bowl with Rice and Peppers <input type="checkbox"/>
<b>MAIN 5</b>	Tex-Mex Chicken Fajita with Peppers <input type="checkbox"/>	Cheesy Margherita Pizza Served with Carrots and Peas <input type="checkbox"/>	Mexican Chicken Burrito Tortilla with Roasted Peppers <input type="checkbox"/>	Loaded Beef Burrito with Peppers <input type="checkbox"/>	Cheesy Tuna Melt Bap with Sweetcorn <input type="checkbox"/>
<b>MAIN 6</b>	Sausages & Potato Cubes <input type="checkbox"/>	Baked Fish Fingers & Potato Cubes <input type="checkbox"/>	Margherita Pizza & Potato Cubes <input type="checkbox"/>	Pepperoni Pizza & Potato Cubes <input type="checkbox"/>	Baked Fish Fingers & Potato Cubes <input type="checkbox"/>
<b>MAIN 7</b>	Baked Chicken Tenders & Potato Cubes <input type="checkbox"/>	Baked Chicken Tenders & Potato Cubes <input type="checkbox"/>	Baked Chicken Tenders & Potato Cubes <input type="checkbox"/>	Sausages & Potato Cubes <input type="checkbox"/>	Baked Chicken Tenders & Potato Cubes <input type="checkbox"/>
<b>MAIN 8</b> (Vegan Option)	Moroccan Veggie Stew with Chickpeas and Potatoes <input type="checkbox"/>	Veggie Curry with Chickpeas and Fluffy Rice <input type="checkbox"/>	Lebanese Falafel Bowl with Peppers and Rice <input type="checkbox"/>	Lentil and Sweet Potato Bolognese with Fusilli Pasta <input type="checkbox"/>	Bombay Curry with Cauliflower, Butter beans, Spinach and Potatoes <input type="checkbox"/>



# Menu Allergen, Ingredient & Nutritional Information

Allergen details, ingredient declaration,  
and nutritional information can be found on our website.

You can either scan the QR code provided or visit  
<https://www.glanmorefoods.ie/Allergen-information.html>.

Prior to placing an order, please review the information  
carefully if your child has specific dietary requirements.  
It's important to regularly check our labels and website,  
as ingredients may be subject to change.



**Please feel free to reach out to us  
directly for additional information  
as needed.**

If your child has any allergies,  
kindly inform Glanmore Foods at  
[customerservice@glanmorefoods.ie](mailto:customerservice@glanmorefoods.ie)  
or call us on (01) 8976026.

We are more than happy to discuss  
suitable options with you.

**SCAN HERE:**

