

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

MASTER PRIMARY APRIL 26 MENU WEEK 1 DAY 1

Legend	
✓	Contains
?	May Contain
!	No Data

- Celery
- Cereals containing Gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame
- Sulphur Dioxide and Sulphites
- Soya

Description	Energy	Fat	Saturates	Sugars	Salt		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Pasta & Nut Free Pesto	1006.6	NONE 240.6	NONE 9.5	NONE 1.4	NONE 32.5	Contains: Wheat.	✓													
Primary Pasta & Cheese Sauce	1193.3	NONE 285.2	NONE 9.0	NONE 3.9	NONE 41.3	Contains: Wheat.	✓						✓		✓					?
Primary Pasta with Tomato Sauce	784.6	NONE 187.5	NONE 1.7	NONE 0.3	NONE 36.1	Contains: Wheat.	✓													✓
Primary Garlic Bread Slice	16.2	NONE 3.9	NONE 0.2	NONE 0.1	NONE 0.5	Contains: Wheat.	✓						?							?
Primary Fresh Chopped Salad	19.2	NONE 4.6	NONE 0.1	NONE 0.0	NONE 0.7															
Primary Jacket Potato with Beans & Salad	10293.0	NONE 2460.1	NONE 7.8	NONE 0.4	NONE 374.9															
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3								✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1				✓	✓					?					
Primary Meringue topped Strawberry Mousse	331.7	NONE 79.3	NONE 0.2	NONE 0.1	NONE 18.4				✓				✓							

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MASTER PRIMARY APRIL 26 MENU WEEK 1 DAY 3

Legend

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- Celery
- Cereals containing Gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame
- Sulphur Dioxide and Sulphites
- Soya

Description	Energy	Fat	Saturates	Sugars	Salt																			
Primary Roast Chicken & Gravy	347.4	NONE 83.0	NONE 1.5	NONE 0.4	NONE 1.4																			
Primary Broccoli & Cauliflower Cheese Bake	906.1	NONE 216.6	NONE 14.0	NONE 6.4	NONE 13.6	Contains: Wheat.						✓				✓	✓							?
Primary Roast Potatoes (Handcut)	533.2	NONE 127.4	NONE 7.7	NONE 1.1	NONE 13.8																			
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																		✓	
Primary Savoy Cabbage (Hand Cut)	67.8	NONE 16.2	NONE 0.3	NONE 0.1	NONE 2.3																			
Primary Jacket Potato with Beans & Salad	10293.0	NONE 2460.1	NONE 7.8	NONE 0.4	NONE 374.9																			
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3								✓											
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1							✓	✓					?						
Primary Ice Cream & Fruit	260.9	NONE 62.4	NONE 2.2	NONE 1.1	NONE 10.0								✓											

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MASTER PRIMARY APRIL 26 MENU WEEK 1 DAY 4

Legend

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Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
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Description	Energy	Fat	Saturates	Sugars	Salt									
Primary Devon Beef Lasagne	1368.5	NONE 327.1	NONE 19.6	NONE 7.7	NONE 19.8	Contains: Wheat.	✓	⚠		✓	✓		✓	⚠
Primary Cauliflower Chickpea & Butternut Curry	413.2	NONE 98.8	NONE 6.7	NONE 3.7	NONE 7.0									
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4									
Primary Half Cheese Panini	885.1	NONE 211.6	NONE 6.6	NONE 3.7	NONE 28.9	Contains: Wheat.	✓	⚠		✓			⚠	
Primary Naan Bread	240.1	NONE 57.4	NONE 1.3	NONE 0.1	NONE 9.8	Contains: Wheat.	✓							
Primary Fresh Chopped Salad	19.2	NONE 4.6	NONE 0.1	NONE 0.0	NONE 0.7									
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6									
Primary Rainbow Slaw (Hand Cut)	332.2	NONE 79.4	NONE 7.3	NONE 0.6	NONE 2.9			✓				⚠		
Primary Jacket Potato with Beans & Salad	10293.0	NONE 2460.1	NONE 7.8	NONE 0.4	NONE 374.9									

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Description	Energy	Fat	Saturates	Sugars	Salt	Allergens																	
						Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya				
Primary Jacket Potato with Cheese & Salad	1255.5	 300.1	 9.5	 4.5	 45.3								✓										
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	 305.3	 8.1	 0.7	 44.1				✓	✓					?								
Primary Chocolate Rice Crispy Cake (Traybake)	506.3	 121.0	 4.7	 2.4	 18.1	Contains: Barley.						✓				✓							

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Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
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Description	Energy	Fat	Saturates	Sugars	Salt		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6	Contains: Wheat.	✓			✓										
Primary Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9	Contains: Wheat.	✓													
Primary Halloumi & Red Pepper Burger	1376.9	NONE 329.1	NONE 15.5	NONE 8.7	NONE 26.8	Contains: Wheat.	✓					✓						?		
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0															
Primary Potato & Spring Onion Salad	512.2	NONE 122.4	NONE 7.3	NONE 0.6	NONE 13.2				✓						?					
Primary Jacket Potato with Beans & Salad	10293.0	NONE 2460.1	NONE 7.8	NONE 0.4	NONE 374.9								✓							
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3								✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1				✓	✓					?					
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6	Contains: Wheat.	✓		?											?