

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

MASTER PRIMARY APRIL 26 MENU WEEK 2 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
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Description	Energy	Fat	Saturates	Sugars	Salt									
Primary Macaroni Cheese	1474.4	NONE 352.4	NONE 14.0	NONE 6.4	NONE 44.4	Contains: Wheat.	✓					✓	✓	?
Primary Devon Pork Sausage & Bacon Wrap	1105.7	NONE 264.3	NONE 16.6	NONE 6.7	NONE 12.4	Contains: Wheat.	✓					?		✓
Primary Potato Wedges (Hand cut)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2									
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2									
Primary Salad Sticks (Hand Cut)	41.1	NONE 9.8	NONE 0.2	NONE 0.0	NONE 1.9									
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 Flapjack	1010.4	NONE 241.5	NONE 10.9	NONE 4.0	NONE 31.7	Contains: Barley, Oats, Wheat.	✓							

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MASTER PRIMARY APRIL 26 MENU WEEK 2 DAY 2

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																	
Primary Devon Beef Bolognese	783.8	NONE 187.3	NONE 12.8	NONE 4.6	NONE 5.1																✓	
Primary Vegetable & Bean Lasagne	930.5	NONE 222.4	NONE 9.4	NONE 3.2	NONE 25.7	Contains: Wheat.	✓	?		✓	✓										✓	?
Primary White & Wholemeal Penne Pasta	667.5	NONE 159.5	NONE 0.7	NONE 0.1	NONE 32.2	Contains: Wheat.	✓															
Primary Garlic Bread Slice	16.2	NONE 3.9	NONE 0.2	NONE 0.1	NONE 0.5	Contains: Wheat.	✓				?											?
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6																	
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 Fresh Fruit Platter	149.0	NONE 35.6	NONE 0.2	NONE 0.0	NONE 8.6																	

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MASTER PRIMARY APRIL 26 MENU WEEK 2 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 Devon Pork Leg & Gravy	299.7	NONE 71.6	NONE 1.4	NONE 0.4	NONE 1.4													
Primary Roast Quorn Fillet & Gravy	338.5	NONE 80.9	NONE 3.5	NONE 0.7	NONE 1.6	Contains: Wheat.						✓						
Primary Roast Potatoes (Handcut)	533.2	NONE 127.4	NONE 7.7	NONE 1.1	NONE 13.8													
Primary Carrots (Hand cut)	75.3	NONE 18.0	NONE 0.3	NONE 0.1	NONE 3.6													
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1													
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 Orange Jelly Vegan	5.6	NONE 1.3	NONE 0.1	NONE 0.0	NONE 0.8													

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MASTER PRIMARY APRIL 26 MENU WEEK 2 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

Description	Energy	Fat	Saturates	Sugars	Salt															
Primary Breaded Chicken Goujon Burger	936.4	NONE 223.8	NONE 3.4	NONE 1.2	NONE 33.7	Contains: Wheat.	✓												?	✓
Primary Black Bean & Mozzarella Quesadilla	783.3	NONE 187.2	NONE 6.8	NONE 2.7	NONE 22.9	Contains: Wheat.	✓			✓		?								✓
Primary Potato Balls	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?								
Primary Fresh Chopped Salad	19.2	NONE 4.6	NONE 0.1	NONE 0.0	NONE 0.7															
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5															
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 Banoffee Pancake (Bought in)	202.8	NONE 48.5	NONE 1.1	NONE 0.6	NONE 9.5	Contains: Wheat.	✓		✓		✓									





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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 Half Cheese Panini	885.1	 211.6	 6.6	 3.7	 28.9	Contains: Wheat.	✓			?			✓					?		





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Description	Energy	Fat	Saturates	Sugars	Salt	Allergens																			
Primary Half Devon Ham & Cheese Panini	805.8	 192.6	 4.7	 2.3	 28.7	Contains: Wheat.						Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
												✓		?			✓					?			