

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

MASTER PRIMARY APRIL 26 MENU WEEK 3 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		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Pepperoni Pizza	1122.9	NONE 268.4	NONE 12.0	NONE 5.0	NONE 29.9	Contains: Wheat.	✓						✓						✓	?
Primary Margherita Pizza	1050.6	NONE 251.1	NONE 9.9	NONE 4.3	NONE 29.9	Contains: Wheat.	✓						✓						✓	?
Primary Plain Penne Pasta	668.4	NONE 159.8	NONE 0.7	NONE 0.1	NONE 32.0	Contains: Wheat.	✓													
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.	✓													?
Primary Rainbow Slaw (Hand Cut)	332.2	NONE 79.4	NONE 7.3	NONE 0.6	NONE 2.9				✓						?					
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				✓	✓					?					

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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 Chocolate Drizzle Shortbread (Choc)	1041.6	 249.0	 13.4	 6.0	 30.9	<p>Contains: Barley, Wheat.</p> <ul style="list-style-type: none"> <li>✓</li> <li></li> <li></li> <li></li> <li></li> <li></li> <li>✓</li> <li></li> <li></li> <li></li> <li></li> <li></li> <li>✓</li> </ul>



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MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 3

**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 Pulled Roast Devon Beef & Gravy	698.8	NONE 167.0	NONE 12.6	NONE 5.2	NONE 1.4																		
Primary Meat Free Balls in Tomato Sauce (Homemade)	531.5	NONE 127.0	NONE 2.8	NONE 0.6	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 Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	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 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 3 DAY 4

**Legend**

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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	NONE 211.6	NONE 6.6	NONE 3.7	NONE 28.9	Contains: Wheat.	✓			?			✓					?		

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MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 5

**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 Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9	Contains: Wheat.	✓													
Primary Cajun Butternut Squash & Bean Burger	1001.8	NONE 239.4	NONE 4.0	NONE 0.5	NONE 38.4	Contains: Wheat.	✓													?
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0															
Secondary Mixed Salad	38.3	NONE 9.2	NONE 0.2	NONE 0.0	NONE 1.5															
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 Chocolate Cookie	979.3	NONE 234.1	NONE 9.8	NONE 3.9	NONE 34.5	Contains: Barley, Oats, 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 Tuna & Cheese Panini	883.0	NONE 211.1	NONE 4.1	NONE 2.0	NONE 28.7	Contains: Wheat.	✓			?	✓		✓						?	
Primary Half Cheese Panini	885.1	NONE 211.6	NONE 6.6	NONE 3.7	NONE 28.9	Contains: Wheat.	✓			?			✓						?	