

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

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 Cheesy Potato Wheels	1345.1	NONE 321.5	NONE 20.3	NONE 9.1	NONE 28.1	Contains: Wheat.	✓						?	✓		?						?	
Primary Roasted Vegetable & Tomato Pasta Bake	1106.0	NONE 264.3	NONE 7.0	NONE 2.1	NONE 40.8	Contains: Wheat.	✓							✓									✓
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.	✓																?
Primary Tomato & Pasta Salad	1008.4	NONE 241.0	NONE 1.9	NONE 0.3	NONE 46.5	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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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 Sausage Roll (Bought in)	1038.7	NONE 248.3	NONE 14.0	NONE 6.6	NONE 26.6	Contains: Wheat.	✓					✓			
Primary Vegan Sausage Roll (Bought in cut in half)	791.4	NONE 189.2	NONE 12.2	NONE 6.5	NONE 16.6	Contains: Wheat.	✓					?			✓
Primary Saute Potatoes (Bought in)	564.8	NONE 135.0	NONE 4.0	NONE 0.5	NONE 21.0										
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2										
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										
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 Pear Cake	1019.9	NONE 243.8	NONE 14.4	NONE 2.3	NONE 26.8	Contains: Wheat.	✓	✓							?

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MASTER PRIMARY APRIL 26 MENU WEEK 3 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 Pulled Roast Devon Beef & Gravy	698.8	NONE 167.0	NONE 12.6	NONE 5.2	NONE 1.4																			
Primary Sweet Potato, Lentil & Vegetable Bake	1278.6	NONE 305.6	NONE 13.9	NONE 5.7	NONE 33.3	Contains: Wheat.						✓					✓	✓						?
Primary Roast Potatoes (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2																		✓	
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 Chocolate Rice Crispy Cake (Traybake)	506.3	NONE 121.0	NONE 4.7	NONE 2.4	NONE 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											
Primary Breaded Chicken Goujon Burger	936.4	NONE 223.8	NONE 3.4	NONE 1.2	NONE 33.7	Contains: Wheat.	✓								⚠	✓
Primary Halloumi & Red Pepper Burger	1376.9	NONE 329.1	NONE 15.5	NONE 8.7	NONE 26.8	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				✓	✓			⚠			
Primary Sweetener Free Strawberry Jelly	229.6	NONE 54.9	NONE 0.1	NONE 0.0	NONE 14.7											

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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 Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6	Contains: Wheat.	✓		✓										
Primary BBQ Quorn Sausage (1)	451.4	NONE 107.9	NONE 2.6	NONE 0.9	NONE 11.1	Contains: Wheat.	✓												
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
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 Jammie Dodger	994.2	NONE 237.6	NONE 12.2	NONE 5.0	NONE 30.8	Contains: Wheat.	✓		?										?