Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

Malborough Primary September 26 Week 1 Day 4

Legend

- ✔ Contains
- ? May Contain
- ! No Data

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 Salt & Pepper Chicken	505.3	NONE 120.8	NONE 2.8	NONE 0.4	NONE 9.2															✔
Primary Hoisin Vegetable & Chickpea Stir-Fry	471.6	NONE 112.7	NONE 1.0	NONE 0.3	NONE 22.5	**Contains:** Wheat.		✔												✔
Primary Rainbow Noodles	686.6	NONE 164.1	NONE 2.5	NONE 0.2	NONE 29.4	**Contains:** Wheat.		✔												
Primary Simple Stir-Fried Vegetables	242.6	NONE 58.0	NONE 5.1	NONE 0.4	NONE 2.4															
Primary Sweetener Free Strawberry Jelly & Fruit	282.3	NONE 67.5	NONE 0.1	NONE 0.0	NONE 17.6															
Primary Half Cheese Panini	885.1	NONE 211.6	NONE 6.6	NONE 3.7	NONE 28.9	**Contains:** Wheat.		✔		?			✔					?		
Primary Half Devon Ham Panini	712.1	NONE 170.2	NONE 2.7	NONE 0.7	NONE 28.4	**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 Tuna Panini (No Cheese)	796.4	NONE 190.4	NONE 1.5	NONE 0.3	NONE 28.4		✔		?	✔							?		
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✔							

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

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Malborough Primary September 26 Week 1 Day 5

Legend

- ✔ Contains
- ? May Contain
- ! No Data

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 Baked Fish Fingers	674.7	NONE 161.3	NONE 6.8	NONE 0.5	NONE 13.4		✔			✔									
Contains: Wheat.																			
Primary BBQ Quorn Sausage (1)	655.7	NONE 156.7	NONE 2.6	NONE 0.9	NONE 22.6		✔												
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 Cheese, Apple & Cracker	556.4	NONE 133.0	NONE 7.1	NONE 3.5	NONE 13.0		✔					✔							
Contains: Barley, Oats, Rye, Wheat.																			
Primary Half Cheese Panini	885.1	NONE 211.6	NONE 6.6	NONE 3.7	NONE 28.9		✔		?			✔					?		
Contains: Wheat.																			
Primary Half Devon Ham Panini	712.1	NONE 170.2	NONE 2.7	NONE 0.7	NONE 28.4		✔		?								?		
Contains: Wheat.																			

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Malborough Primary September 26 Week 1 Day 5

Legend

- ✔ Contains
- ? May Contain
- ! No Data

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 Panini (No Cheese)	796.4	NONE 190.4	NONE 1.5	NONE 0.3	NONE 28.4	**Contains:** Wheat.		✔		?	✔							?		
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5															
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1								✔							

Malborough Primary September 26 Week 1 Day 1

Legend

- ✔ Contains
- ? May Contain
- ! No Data

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 Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.7	**Contains:** Wheat.		✔					✔						✔	?
Primary Sweet Potato Falafel with Tomato Sauce	585.4	NONE 139.9	NONE 3.5	NONE 0.4	NONE 19.8														✔	
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 77.4	NONE 1.1	NONE 0.1	NONE 14.2	**Contains:** Wheat.		✔												?
Primary Salad Sticks (Prepped Batons)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9														✔	
Primary Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4															
Primary Half Cheese Panini	885.1	NONE 211.6	NONE 6.6	NONE 3.7	NONE 28.9	**Contains:** Wheat.		✔		?			✔					?		

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Malborough Primary September 26 Week 1 Day 1

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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 Devon Ham Panini	712.1	NONE 170.2	NONE 2.7	NONE 0.7	NONE 28.4	**Contains:** Wheat.		✔		?								?		
Primary Half Tuna Panini (No Cheese)	796.4	NONE 190.4	NONE 1.5	NONE 0.3	NONE 28.4	**Contains:** Wheat.		✔		?	✔							?		
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1								✔							

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Malborough Primary September 26 Week 1 Day 2

Legend

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- ! No Data

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 Chicken Fajita Wrap	771.9	NONE 184.5	NONE 6.5	NONE 2.1	NONE 13.4		✔					✔		?					
Contains: Wheat.																			
Primary Vegetable & Bean Chimichanga	898.3	NONE 214.7	NONE 9.6	NONE 3.7	NONE 21.3		✔					✔		?					
Contains: Wheat.																			
Primary Potato Wedges (Hand cut)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2														
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Orange Cookie (OATS)	1012.9	NONE 242.1	NONE 9.5	NONE 3.8	NONE 35.9		✔												?
Contains: Barley, Oats, Wheat.																			
Primary Half Cheese Panini	885.1	NONE 211.6	NONE 6.6	NONE 3.7	NONE 28.9		✔		?			✔					?		
Contains: Wheat.																			

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Malborough Primary September 26 Week 1 Day 2

Legend

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- ? May Contain
- ! No Data

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 Devon Ham Panini	712.1	NONE 170.2	NONE 2.7	NONE 0.7	NONE 28.4	**Contains:** Wheat.		✔		?								?		
Primary Half Tuna Panini (No Cheese)	796.4	NONE 190.4	NONE 1.5	NONE 0.3	NONE 28.4	**Contains:** Wheat.		✔		?	✔							?		
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1								✔							

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Malborough Primary September 26 Week 1 Day 3

Legend

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- ? May Contain
- ! No Data

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 Roast Devon Gammon & Gravy	378.5	NONE 90.5	NONE 4.6	NONE 1.5	NONE 1.7														
Primary Individual Sweet Potato & Chickpea Cake	368.1	NONE 88.0	NONE 2.7	NONE 0.3	NONE 13.8														
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✔	
Primary Sliced Carrots (Hand cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														
Primary Savoy Cabbage (Hand Cut)	52.2	NONE 12.5	NONE 0.2	NONE 0.1	NONE 1.8														
Primary Chocolate Mousse	34.5	NONE 8.3	NONE 0.2	NONE 0.2	NONE 1.2							✔							

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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.		✔		?			✔					?		
Primary Half Devon Ham Panini	712.1	NONE 170.2	NONE 2.7	NONE 0.7	NONE 28.4	**Contains:** Wheat.		✔		?								?		
Primary Half Tuna Panini (No Cheese)	796.4	NONE 190.4	NONE 1.5	NONE 0.3	NONE 28.4	**Contains:** Wheat.		✔		?	✔							?		
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1								✔							