Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

Malborough Primary September 26 Week 3 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 Tomato & Mozzarella Pasta Bake	1034.9	NONE 247.3	NONE 6.2	NONE 2.9	NONE 36.0	**Contains:** Wheat.		✔					✔						✔	
Primary Quorn Sausage Hot Dog	853.5	NONE 204.0	NONE 4.4	NONE 1.4	NONE 26.4	**Contains:** Wheat.		✔										?		
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.3	**Contains:** Wheat.		✔												?
Primary Potato Wedges (Hand cut)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2															
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6															
Primary Salad Sticks (Hand Cut)	58.1	NONE 13.9	NONE 0.1	NONE 0.0	NONE 2.9															
Primary Fresh Fruit Platter																				

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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
	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.		✔		?			✔					?		
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 3 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 Cajun Chicken Breast	396.0	NONE 94.6	NONE 2.8	NONE 0.4	NONE 0.3														
Primary Moroccan Chickpea & Squash Tagine	456.4	NONE 109.1	NONE 4.0	NONE 0.4	NONE 12.7		?							?				✔	
Primary Fruity Couscous	700.1	NONE 167.3	NONE 0.7	NONE 0.1	NONE 35.0		✔												
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1														
Primary Shortbread Biscuit	978.0	NONE 233.8	NONE 12.0	NONE 4.9	NONE 28.6		✔												?
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 3 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 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								✔							

Malborough Primary September 26 Week 3 Day 3

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 Devon Pork Sausages, Mash & Gravy	1277.3	NONE 305.3	NONE 18.4	NONE 6.0	NONE 24.6														✔	
Primary Yorkshire Pudding Vegetable Cottage Pie	546.6	NONE 130.6	NONE 7.4	NONE 1.4	NONE 14.4	**Contains:** Wheat.		✔		✔			✔							
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 Muffin	952.4	NONE 227.6	NONE 14.7	NONE 1.7	NONE 21.2	**Contains:** 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 3 Day 3

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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.

Malborough Primary September 26 Week 3 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 Breaded Fish	504.6	NONE 120.6	NONE 5.1	NONE 0.5	NONE 12.7						✔									
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 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 Custard Cookie	836.1	NONE 199.8	NONE 10.2	NONE 4.2	NONE 25.6	**Contains:** Wheat.		✔		?										?
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5															
Primary Half Cheese Panini								✔		?			✔					?		

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Malborough Primary September 26 Week 3 Day 5

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
	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								✔							

Malborough Primary September 26 Week 3 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 Mild Chicken Tikka Masala	573.4	NONE 137.0	NONE 7.1	NONE 3.7	NONE 4.0	**Contains:** Wheat.		?							?					
Primary Cauliflower Chickpea & Butternut Curry	413.2	NONE 98.8	NONE 6.7	NONE 3.6	NONE 7.0															
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4															
Primary Naan Bread	240.1	NONE 57.4	NONE 1.3	NONE 0.1	NONE 9.8	**Contains:** Wheat.		✔												
Primary Kachumber Indian Salad	44.7	NONE 10.7	NONE 0.1	NONE 0.0	NONE 2.0															
Primary Sweetener Free Orange Jelly & Fruit	282.3	NONE 67.5	NONE 0.1	NONE 0.0	NONE 17.6															
Primary Half Cheese Panini								✔		?			✔					?		

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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
	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								✔							