

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		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Macaroni Cheese	1474.4	NONE 352.4	NONE 14.0	NONE 6.4	NONE 44.4	Contains: Wheat.	✓						✓	✓						?
Primary Vegetable & Bean Lasagne	930.5	NONE 222.4	NONE 9.4	NONE 3.2	NONE 25.7	Contains: Wheat.	✓		?				✓	✓					✓	?
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.2	NONE 14.4	Contains: Wheat.	✓													?
Primary Salad Sticks (Hand Cut)	41.1	NONE 9.8	NONE 0.2	NONE 0.0	NONE 1.9															
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 Strawberry Mousse & Fruit Pot	87.9	NONE 21.0	NONE 0.1	NONE 0.1	NONE 4.5								✓							



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MASTER PRIMARY APRIL 26 MENU WEEK 2 DAY 3

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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 Chicken & Gravy	347.4	NONE 83.0	NONE 1.5	NONE 0.4	NONE 1.4																		
Primary Homity Pie	1654.6	NONE 395.5	NONE 23.0	NONE 9.7	NONE 39.0	Contains: Wheat.						✓				✓	✓					✓	?
Primary Roast Potatoes (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2																	✓	
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																	✓	
Primary Roasted Root Vegetables (PREPPED)	182.9	NONE 43.7	NONE 2.8	NONE 0.4	NONE 4.4																	✓	
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 Strawberry Jelly & Fruit	58.3	NONE 13.9	NONE 0.1	NONE 0.0	NONE 3.8																		

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MASTER PRIMARY APRIL 26 MENU WEEK 2 DAY 4

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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		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya	
Primary Devon Beef Lasagne	1368.5	NONE 327.1	NONE 19.6	NONE 7.7	NONE 19.8	Contains: Wheat.	✓			?			✓	✓					✓	?	
Primary Sweet Potato & Vegetable Bake	796.9	NONE 190.5	NONE 10.4	NONE 4.2	NONE 19.7	Contains: Wheat.	✓						✓	✓							?
Primary Homemade Tomato & Herb Bread	381.9	NONE 91.3	NONE 2.4	NONE 0.4	NONE 14.8	Contains: Wheat.	✓														?
Primary Salad Sticks (Prepped Batons)	47.4	NONE 11.3	NONE 0.1	NONE 0.0	NONE 2.5																✓
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 Salad	125.6	NONE 30.0	NONE 0.1	NONE 0.0	NONE 7.3																

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MASTER PRIMARY APRIL 26 MENU WEEK 2 DAY 5

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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 Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9	Contains: Wheat.	✓																
Primary Salmon Fingers	35.8	NONE 8.6	NONE 0.6	NONE 0.1	NONE 0.5	Contains: Wheat.	✓			✓													
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4	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 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.	✓																?