

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

MASTER PRIMARY APRIL 26 MENU WEEK 1 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 Roasted Vegetable & Tomato Pasta Bake	1106.0	NONE 264.3	NONE 7.0	NONE 2.1	NONE 40.8	Contains: Wheat.	✓						✓							✓	
Primary Broccoli, Mixed Bean & Cauliflower Bake	952.9	NONE 227.8	NONE 14.0	NONE 6.4	NONE 15.2	Contains: Wheat.	✓						✓		✓						?
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.2	NONE 14.4	Contains: Wheat.	✓														?
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 Chocolate Mousse & Fruit Pot	87.6	NONE 20.9	NONE 0.1	NONE 0.1	NONE 4.5								✓								

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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	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Devon Beef Chilli	664.0	NONE 158.7	NONE 8.7	NONE 3.5	NONE 7.8														
Primary Five Bean & Vegetable Chilli	403.7	NONE 96.5	NONE 3.5	NONE 0.5	NONE 11.0														✓
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Simple Stir-Fried Vegetables	244.6	NONE 58.5	NONE 5.2	NONE 0.8	NONE 2.5														
Primary Tortilla Chips	300.0	NONE 71.7	NONE 3.2	NONE 0.4	NONE 9.5														
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 Fresh Fruit Platter	149.0	NONE 35.6	NONE 0.2	NONE 0.0	NONE 8.6														

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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 Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4																		
Primary Vegan Root Vegetable Wellington	731.0	NONE 174.7	NONE 8.8	NONE 3.5	NONE 15.4	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 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 Strawberry Jelly & Fruit	58.3	NONE 13.9	NONE 0.1	NONE 0.0	NONE 3.8																		

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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 BBQ Chicken Wrap	869.4	NONE 207.8	NONE 5.4	NONE 2.3	NONE 21.7	Contains: Wheat.	✓						✓		?					
Primary Vegetable Fajita Wrap	590.1	NONE 141.0	NONE 6.8	NONE 2.5	NONE 15.2	Contains: Wheat.	✓						✓		?					
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 Rainbow Slaw (Hand Cut)	332.2	NONE 79.4	NONE 7.3	NONE 0.6	NONE 2.9					✓										?
Primary Potato Wedges (Hand cut)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2															
Primary Salad Sticks (Hand Cut)	41.1	NONE 9.8	NONE 0.2	NONE 0.0	NONE 1.9															
Primary Marble Cake	948.0	NONE 226.6	NONE 14.4	NONE 2.4	NONE 21.7	Contains: Wheat.	✓		✓											?

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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 Cheese & Red Onion Quiche	1327.0	NONE 317.2	NONE 20.9	NONE 8.8	NONE 21.4	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 Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5																			
Vanilla Ice Cream Cups	549kJ 131kcal	MED 6.2g	MED 3.2g	MED 16g	LOW 0.09g											✓								