

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

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 Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Fresh Chopped Salad	19.2	NONE 4.6	NONE 0.1	NONE 0.0	NONE 0.7														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Jacket Potato with Cheese & Beans & Salad	1108.7	NONE 265.0	NONE 5.1	NONE 2.3	NONE 47.3							✓							
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 Melon & Orange Wedges	91.3	NONE 21.8	NONE 0.2	NONE 0.0	NONE 5.0														
Primary Cold Wrap Devon Ham & Salad	558.9	NONE 133.6	NONE 5.0	NONE 1.8	NONE 12.0		✓												?





Contains: Wheat.

MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 1

Legend

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- ? 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 Sandwich Cheddar Cheese	1359.0	 324.8	 14.2	 5.7	 34.2	Contains: Wheat.	✓						✓							✓

MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 2

Legend

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- ! No Data

Description	Energy	Fat	Saturates	Sugars	Salt	Allergens												
Primary Pasta & Tomato Sauce with Cheese or Ham	1140.5	 272.6	 7.8	 3.1	 36.9	<div style="display: flex; justify-content: space-between; font-size: small;"> Celery Cereals containing Gluten Crustaceans Eggs Fish Lupin Milk Molluscs Mustard Nuts Peanuts Sesame Sulphur Dioxide and Sulphites Soya </div> <div style="display: flex; justify-content: space-between; margin-top: 5px;"> ✓ ✓ ✓ </div>												
Contains: Wheat.																		

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MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 3

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																			
Primary Roast Devon Pork Leg & Gravy	299.7	NONE 71.6	NONE 1.4	NONE 0.4	NONE 1.4																			
Primary Vegetarian Toad in the Hole	347.2	NONE 83.0	NONE 2.7	NONE 0.9	NONE 4.7	Contains: Wheat.						✓	✓	✓										
Primary Roast Potatoes (Handcut)	533.2	NONE 127.4	NONE 7.7	NONE 1.1	NONE 13.8																			
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																	✓		
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9																			
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 Apple Crumble & Custard	908.8	NONE 217.2	NONE 8.2	NONE 3.4	NONE 33.8	Contains: Barley, Oats, Wheat.						✓		✓									?	

MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 3

Legend

- ✓ Contains
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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 Pasta with Cheese Sauce with Cheese or Ham	1549.1	NONE 370.3	NONE 15.1	NONE 6.7	NONE 42.1	Contains: Wheat.	✓						✓	✓						?

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MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 4

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	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Chicken Katsu Curry	209813.3	NONE 50146.6	NONE 1609.0	NONE 205.2	NONE 3202.8														
Primary Vegetable & Lentil Chilli	547.0	NONE 130.7	NONE 3.6	NONE 0.5	NONE 17.4														✓
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		✓												
Primary Indian Salad	31.6	NONE 7.6	NONE 0.1	NONE 0.0	NONE 1.5														
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 Fruity Flapjack	1169.7	NONE 279.6	NONE 10.9	NONE 4.0	NONE 41.2		✓												





Contains: Wheat.

Contains: Barley, Oats, 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 Pasta & Tomato Sauce with Cheese or Ham	1140.5	 272.6	 7.8	 3.1	 36.9	Contains: Wheat.	✓						✓						✓	

MASTER PRIMARY APRIL 26 MENU 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 Pasta with Cheese Sauce with Cheese or Ham	1549.1	NONE 370.3	NONE 15.1	NONE 6.7	NONE 42.1	Contains: Wheat.		✓					✓	✓						?