

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





Description	Energy	Fat	Saturates	Sugars	Salt																		
Primary Tuna & Broccoli Pasta Bake	1641.7	NONE 392.4	NONE 13.1	NONE 5.8	NONE 44.6	Contains: Wheat.						✓		✓	✓	✓							⚠
Primary Macaroni Cheese	1474.4	NONE 352.4	NONE 14.0	NONE 6.4	NONE 44.4	Contains: Wheat.						✓			✓	✓							⚠
Primary Carrots & Peas (Prepped Carrot Batons)	118.0	NONE 28.2	NONE 0.4	NONE 0.1	NONE 4.0																✓		
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 Fresh Fruit Platter	149.0	NONE 35.6	NONE 0.2	NONE 0.0	NONE 8.6																		
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.						✓										✓	

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- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame
- Sulphur Dioxide and Sulphites
- Soya

Description	Energy	Fat	Saturates	Sugars	Salt														
Primary Cold Wrap Cheddar Cheese & Salad	747.6	 178.7	 10.4	 5.2	 13.4	Contains: Wheat.	✓						✓	?					

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MASTER PRIMARY APRIL 26 MENU WEEK 2 DAY 2

**Legend**

✓ Contains

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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 Hot Dog (Soft Roll)	754.9	NONE 180.4	NONE 14.7	NONE 5.7	NONE 2.3	Contains: Wheat.	✓													?	✓	
Primary Quorn Sausage Hot Dog	316.4	NONE 75.6	NONE 2.6	NONE 0.9	NONE 3.3	Contains: Wheat.	✓														?	
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0																	
Primary Fresh Chopped Salad	19.2	NONE 4.6	NONE 0.1	NONE 0.0	NONE 0.7																	
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 Iced Lemon Shortbread	1004.9	NONE 240.2	NONE 12.0	NONE 4.9	NONE 32.0	Contains: Wheat.	✓															?

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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 Fresh Fruit Salad	125.6	NONE 30.0	NONE 0.1	NONE 0.0	NONE 7.3																	
Primary Sandwich Tuna Mayonnaise & Salad	1194.0	NONE 285.4	NONE 8.7	NONE 0.9	NONE 33.5		✓		✓	✓				?								✓
Primary Cold Wrap Devon Ham & Salad	558.9	NONE 133.6	NONE 5.0	NONE 1.8	NONE 12.0		✓							?								

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MASTER PRIMARY APRIL 26 MENU WEEK 2 DAY 3

**Legend**

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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																			
Primary Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4																			
Primary Broccoli, Mixed Bean & Cauliflower Bake	952.9	NONE 227.8	NONE 14.0	NONE 6.4	NONE 15.2	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 Rocket Lolly	193.3	NONE 46.2	NONE 0.0	NONE 0.0	NONE 11.5																			

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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 Sandwich Cream Cheese & Cucumber	1002.5	 239.6	 6.1	 3.3	 33.8	Contains: Wheat.	✓						✓							✓
Primary Cold Wrap Devon Ham & Salad	558.9	 133.6	 5.0	 1.8	 12.0	Contains: Wheat.	✓								⚠					

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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

Description	Energy	Fat	Saturates	Sugars	Salt																		
Primary Chicken & Vegetable Jambalaya	1118.0	NONE 267.2	NONE 5.4	NONE 1.2	NONE 35.0																		
Primary Caribbean Vegetable & Bean Jamblaya	943.5	NONE 225.5	NONE 4.0	NONE 0.7	NONE 38.6																		
Primary Salad Sticks (Prepped Batons)	47.4	NONE 11.3	NONE 0.1	NONE 0.0	NONE 2.5																		✓
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 Chocolate Rice Crispy Cake (Traybake)	506.3	NONE 121.0	NONE 4.7	NONE 2.4	NONE 18.1							✓											✓
Primary Sandwich Egg Mayonnaise	1523.3	NONE 364.1	NONE 19.0	NONE 2.7	NONE 33.1																		✓

Contains: Barley.

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 Cold Wrap Tuna Mayonnaise & Salad	772.7	NONE 184.7	NONE 9.1	NONE 1.4	NONE 12.3	Contains: Wheat.	✓		✓	✓					?					

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MASTER PRIMARY APRIL 26 MENU WEEK 2 DAY 5

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- 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 Fishcake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4	Contains: Wheat.	✓		✓	✓	✓								
Primary Black Bean & Mozzarella Quesadilla	783.3	NONE 187.2	NONE 6.8	NONE 2.7	NONE 22.9	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 Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
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 Flapjack	1010.4	NONE 241.5	NONE 10.9	NONE 4.0	NONE 31.7	Contains: Barley, Oats, 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		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Sandwich Chicken Mayonnaise	1236.8	 295.6	 8.6	 0.9	 33.4	Contains: Wheat.	✓		✓						?					✓
Primary Cold Wrap Cheddar Cheese & Salad	747.6	 178.7	 10.4	 5.2	 13.4	Contains: Wheat.	✓						✓		?					