

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
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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 Tomato & Mozzarella Pasta Bake	1041.1	NONE 248.8	NONE 6.1	NONE 2.9	NONE 37.4	Contains: Wheat.		✓					✓							✓
Primary Vegetable & Cheese Potato Boat	1362.7	NONE 325.7	NONE 11.5	NONE 4.8	NONE 47.0								✓							
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.		✓												?
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2															
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 Rice Pudding & Jam	637.0	NONE 152.3	NONE 1.9	NONE 1.6	NONE 32.2								✓							

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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
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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 Breaded Chicken Goujon Burger	936.4	NONE 223.8	NONE 3.4	NONE 1.2	NONE 33.7	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 New Potatoes	313.8	NONE 75.0	NONE 0.2	NONE 0.0	NONE 17.2																
Primary Rainbow Slaw (Hand Cut)	332.2	NONE 79.4	NONE 7.3	NONE 0.6	NONE 2.9					✓					?						
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 Chocolate Drizzle Shortbread (Icing)	1024.0	NONE 244.8	NONE 12.1	NONE 5.0	NONE 32.8	Contains: Wheat.		✓		?											?

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MASTER PRIMARY APRIL 26 MENU WEEK 3 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

Description	Energy	Fat	Saturates	Sugars	Salt														
Primary Devon Sausage Toad in the Hole & Gravy	785.7	NONE 187.8	NONE 14.9	NONE 5.8	NONE 3.6	Contains: Wheat.	✓	✓		✓									✓
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 (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2														✓
Primary Roasted Root Vegetables (hand cut)	170.0	NONE 40.6	NONE 2.8	NONE 0.4	NONE 3.6														
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1														
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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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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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 Breaded Fish	577.4	NONE 138.0	NONE 6.0	NONE 0.7	NONE 14.6				✓									
Primary Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9	Contains: Wheat.	✓											
Primary Margherita Hot Wrap	1054.4	NONE 252.0	NONE 11.7	NONE 6.7	NONE 24.5	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			✓	✓									?

