

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 Tomato & Mozzarella Gnocchi	650.2	NONE 155.4	NONE 4.1	NONE 2.0	NONE 23.3	Contains: Wheat.	✓						✓		?				✓	?
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.2	NONE 14.4	Contains: Wheat.	✓													?
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9															
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 Sponge	1016.4	NONE 242.9	NONE 14.2	NONE 2.3	NONE 26.6	Contains: Wheat.	✓		✓											?

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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 Devon Beef Burrito	1176.1	NONE 281.1	NONE 11.1	NONE 3.9	NONE 31.5	Contains: Wheat.	✓												?
Primary Cajun Butternut Squash & Bean Burger	1001.8	NONE 239.4	NONE 4.0	NONE 0.5	NONE 38.4	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 Rainbow Slaw (Prepped Veg)	335.4	NONE 80.2	NONE 7.2	NONE 0.6	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 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

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 Roast Quorn Fillet & Gravy	338.5	NONE 80.9	NONE 3.5	NONE 0.7	NONE 1.6	Contains: Wheat.						✓													
Primary Roast Potatoes (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2																		✓		
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																		✓		
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 Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6	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
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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 Creamy Bacon & Penne Pasta	1850.4	NONE 442.3	NONE 20.2	NONE 8.3	NONE 44.4	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 Pineapple Cake	989.3	NONE 236.5	NONE 14.3	NONE 2.3	NONE 24.9	Contains: Wheat.	✓		✓											?

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- Celery
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- 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 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 Roasted Vegetable Quiche	1247.1	NONE 298.1	NONE 19.4	NONE 8.0	NONE 20.7	Contains: Wheat.		✓		✓			✓							
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0															
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 Chocolate Cookie	979.3	NONE 234.1	NONE 9.8	NONE 3.9	NONE 34.5	Contains: Barley, Oats, Wheat.		✓												?