

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

Loddiswell Primary September 26 Week 3 Day 1

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 Cheesy Potato Wheels	1120.6	NONE 267.8	NONE 16.9	NONE 7.6	NONE 23.4		✓				?	✓		?					?
Primary Vegetable & Mixed Bean Lasagne	924.1	NONE 220.9	NONE 9.3	NONE 3.0	NONE 25.5		✓					✓		✓				✓	?
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.3		✓												?
Primary White & Wholemeal Penne Pasta	667.5	NONE 159.5	NONE 0.8	NONE 0.2	NONE 31.3		✓												
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Shortbread Biscuit	978.0	NONE 233.8	NONE 12.0	NONE 4.9	NONE 28.6		✓												?

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Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✓	✓									
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✓							

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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 Cajun Chicken Breast	396.0	NONE 94.6	NONE 2.8	NONE 0.4	NONE 0.3														
Primary Tomato & Mozzarella Pasta Bake	1034.9	NONE 247.3	NONE 6.2	NONE 2.9	NONE 36.0		✓					✓						✓	
Primary Fruity Couscous	700.1	NONE 167.3	NONE 0.7	NONE 0.1	NONE 35.0		✓												
Primary Fine Green Beans	85.4	NONE 20.4	NONE 0.1	NONE 0.0	NONE 2.6														
Primary Salad Sticks (Hand Cut)	58.1	NONE 13.9	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4														
Primary Jacket Potato with Beans & Salad																			

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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
	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✓	✓									
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✓							

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Loddiswell Primary September 26 Week 3 Day 3

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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 Devon Sausage Toad in the Hole & Gravy	754.5	NONE 180.3	NONE 13.2	NONE 4.9	NONE 6.1	Contains: Wheat.	✓	✓					✓						✓	
Primary Vegetarian Toad in the Hole & Gravy	348.2	NONE 83.2	NONE 2.7	NONE 0.9	NONE 4.9	Contains: Wheat.	✓		✓				✓							
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2														✓	
Primary Roasted Root Vegetables (PREPPED)	183.0	NONE 43.7	NONE 2.8	NONE 0.2	NONE 4.4														✓	
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1															
Primary Chocolate Brownie (Standard)	857.0	NONE 204.8	NONE 11.2	NONE 4.5	NONE 22.7	Contains: Wheat.	✓		✓											?
Primary Jacket Potato with Beans & Salad																				

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	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✓	✓									
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✓							

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Primary Crispy Chicken Katsu Curry (Bites)	587.7	NONE 140.5	NONE 5.5	NONE 1.5	NONE 9.9		✓												
Primary Five Bean & Vegetable Enchilada	815.2	NONE 194.8	NONE 7.4	NONE 2.4	NONE 23.1		✓					✓		?				✓	
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 Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Kachumber Indian Salad	44.7	NONE 10.7	NONE 0.1	NONE 0.0	NONE 2.0														
Primary Peach & Apple Cobbler & Custard	611.7	NONE 146.2	NONE 4.3	NONE 1.9	NONE 25.6		✓					✓							?

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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 Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✓	✓									
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✓							

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Primary Fish Cake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4		✓			✓		✓		✓					
						Contains: Wheat.													
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4		✓												
						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 Sweetener Free Orange Jelly & Fruit	282.3	NONE 67.5	NONE 0.1	NONE 0.0	NONE 17.6														
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad												✓							

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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
	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9														
Primary Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✓	✓									
Primary Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9		✓												
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✓							
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														

Contains: Wheat.