

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

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 Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓		✓	✓					?					✓

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MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 2

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													
Primary BBQ Chicken Wrap	869.4	NONE 207.8	NONE 5.4	NONE 2.3	NONE 21.7	Contains: Wheat.	✓				✓	?						
Primary Five Bean & Vegetable Enchilada	817.2	NONE 195.3	NONE 7.4	NONE 2.6	NONE 23.1	Contains: Wheat.	✓				✓	?						✓
Primary Vegetable Rice	647.9	NONE 154.9	NONE 1.4	NONE 0.4	NONE 32.2													
Primary Carrots & Peas (Prepped Carrot Batons)	118.0	NONE 28.2	NONE 0.4	NONE 0.1	NONE 4.0													✓
Primary Rainbow Slaw (Hand Cut)	332.2	NONE 79.4	NONE 7.3	NONE 0.6	NONE 2.9				✓			?						
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 Mousse & Fruit Pot	87.6	NONE 20.9	NONE 0.1	NONE 0.1	NONE 4.5						✓							

MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 2

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 Sandwich Devon Ham	1166.9	 278.9	 8.7	 2.3	 32.6	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	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Roast Turkey & Gravy	294.7	NONE 70.4	NONE 1.0	NONE 0.3	NONE 1.4														
Primary Vegetable & Mixed Bean Casserole	528.8	NONE 126.4	NONE 4.9	NONE 0.7	NONE 14.2														
Primary Roast Potatoes (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2														✓
Primary Carrots (Hand cut)	75.3	NONE 18.0	NONE 0.3	NONE 0.1	NONE 3.6														
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 Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6		✓		?										?

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 Sandwich Egg Mayonnaise	1523.3	 364.1	 19.0	 2.7	 33.1	Contains: Wheat.	✓		✓						?					✓

MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 4

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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 Cheese	737.2	NONE 176.2	NONE 10.4	NONE 5.2	NONE 13.0	Contains: Wheat.	✓						✓		?					

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MASTER PRIMARY APRIL 26 MENU WEEK 3 DAY 5

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 Fresh Fruit Salad	125.6	NONE 30.0	NONE 0.1	NONE 0.0	NONE 7.3																
Primary Oaty Cookie	977.9	NONE 233.7	NONE 9.5	NONE 3.8	NONE 35.4		✓														?
						Contains: Barley, Oats, Wheat.															
Primary Cold Wrap Hummus	601.5	NONE 143.8	NONE 7.1	NONE 1.5	NONE 15.2		✓														
						Contains: Wheat.															