

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

MASTER PRIMARY APRIL 26 MENU WEEK 1 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 | | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites | Soya |
|--|---------|----------------|--------------|-------------|---------------|------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Pepperoni Pizza | 1122.9 | NONE 268.4 | NONE 12.0 | NONE 5.0 | NONE 29.9 | Contains: Wheat. | ✓ | | | | | | ✓ | | | | | | ✓ | ? |
| Primary Margherita Pizza | 1050.6 | NONE 251.1 | NONE 9.9 | NONE 4.3 | NONE 29.9 | Contains: Wheat. | ✓ | | | | | | ✓ | | | | | | ✓ | ? |
| Primary Tomato & Pasta Salad | 1008.4 | NONE 241.0 | NONE 1.9 | NONE 0.3 | NONE 46.5 | Contains: Wheat. | ✓ | | | | | | | | | | | | ✓ | |
| Primary Rainbow Slaw (Hand Cut) | 332.2 | NONE 79.4 | NONE 7.3 | NONE 0.6 | NONE 2.9 | | | | ✓ | | | | | | ? | | | | | |
| Primary Sweetcorn | 195.8 | NONE 46.8 | NONE 1.1 | NONE 0.2 | NONE 6.6 | | | | | | | | | | | | | | | |
| 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 | | | | ✓ | ✓ | | | | | ? | | | | | |

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

MASTER PRIMARY APRIL 26 MENU WEEK 1 DAY 2

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

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MASTER PRIMARY APRIL 26 MENU WEEK 1 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 | | | | | | | | | | | | | |
|--|---------|----------------|--------------|-------------|---------------|------------------|---|---|---|---|---|---|---|--|--|--|--|---|
| 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 Roasted Root Vegetables (hand cut) | 170.0 | NONE 40.6 | NONE 2.8 | NONE 0.4 | 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 Carrot Cake | 978.0 | NONE 233.7 | NONE 14.3 | NONE 2.3 | NONE 24.2 | 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

| Description | Energy | Fat | Saturates | Sugars | Salt | | | | | | | | | | | | | | | |
|--------------------------|--------|--|--|--|---|------------------|---|--|--|--|--|--|---|---|--|--|--|--|--|--|
| Primary Cold Wrap Cheese | 737.2 |  176.2 |  10.4 |  5.2 |  13.0 | Contains: Wheat. | ✓ | | | | | | ✓ | ? | | | | | | |

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MASTER PRIMARY APRIL 26 MENU WEEK 1 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 Cold Wrap Hummus | 601.5 | NONE 143.8 | NONE 7.1 | NONE 1.5 | NONE 15.2 | Contains: Wheat. | ✓ | | | | | | | | ? | | | | ✓ | |

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MASTER PRIMARY APRIL 26 MENU WEEK 1 DAY 5

Legend

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- ! 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 Fishcake | 796.6 | NONE 190.4 | NONE 9.4 | NONE 0.9 | NONE 19.4 | Contains: Wheat. | ✓ | | | ✓ | ✓ | ✓ | ✓ | | | | | | |
| Primary Chicken Bites x 3 (Bought in) | 451.9 | NONE 108.0 | NONE 3.2 | NONE 1.3 | NONE 7.9 | Contains: Wheat. | ✓ | | | | | | | | | | | | |
| Primary Red Pepper & Cheese Frittata | 720.1 | NONE 172.1 | NONE 13.2 | NONE 4.8 | NONE 3.0 | | | | ✓ | | ✓ | | | | | | | | |
| 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 | | | | ✓ | ✓ | | | | | | | | | ? |

