Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

THURLESTONE SEP 26 MENU WEEK 2 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 Macaroni Cheese	1479kJ 354kcal	MED 14g	HIGH 6.4g	LOW 5.8g	MED 0.92g	**Contains:** Wheat.		✔					✔		✔					?
Primary Sweet Potato, Lentil & Vegetable Bake	1284.6	NONE 307.0	NONE 13.9	NONE 5.6	NONE 33.6	**Contains:** Wheat.		✔					✔		✔					?
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9															
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4															
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										✔	✔									

THURLESTONE SEP 26 MENU WEEK 2 DAY 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
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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THURLESTONE SEP 26 MENU WEEK 2 DAY 2

Legend

- ✔ Contains
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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 Beef Chilli	660.8	NONE 157.9	NONE 8.7	NONE 3.5	NONE 7.5														
Primary Vegetable & Butter Bean Chilli	342.7	NONE 81.9	NONE 3.3	NONE 0.3	NONE 9.6													✔	
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Sweetcorn & Red Pepper Salad	152.8	NONE 36.5	NONE 0.8	NONE 0.2	NONE 5.5														
Primary Tortilla Chips	300.0	NONE 71.7	NONE 3.2	NONE 0.4	NONE 9.5														
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														

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THURLESTONE SEP 26 MENU WEEK 2 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 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 Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6		✔		?										?

Contains: Wheat.

THURLESTONE SEP 26 MENU WEEK 2 DAY 3

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 Breaded Chicken Goujon Burger	514.6	NONE 262.2	NONE 6.0	NONE 1.1	NONE 37.6	**Contains:** Wheat.		✔										?		
Primary Halloumi & Red Pepper Burger	1377.0	NONE 329.1	NONE 15.5	NONE 8.6	NONE 26.8	**Contains:** Wheat.		✔					✔					?		
Primary Fruity Couscous	700.1	NONE 167.3	NONE 0.7	NONE 0.1	NONE 35.0	**Contains:** Wheat.		✔												
Primary Rainbow Slaw (Hand Cut)	357.1	NONE 85.4	NONE 8.0	NONE 0.6	NONE 3.1					✔										
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4															
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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THURLESTONE SEP 26 MENU WEEK 2 DAY 3

Legend

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- ! 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
	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 Fresh Fruit Salad	205.0	NONE 49.0	NONE 0.2	NONE 0.0	NONE 11.9														

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THURLESTONE SEP 26 MENU WEEK 2 DAY 4

Legend

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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 West Country Brunch	1690.4	NONE 404.0	NONE 22.4	NONE 6.7	NONE 30.5														✔	
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7	**Contains:** Wheat.		✔												
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6															
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	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					✔	✔									

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THURLESTONE SEP 26 MENU WEEK 2 DAY 4

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 Apple Cake	1003.9	NONE **239.9**	NONE **14.2**	NONE **1.4**	NONE **25.7**		✔		✔										?

Contains: Wheat.

THURLESTONE SEP 26 MENU WEEK 2 DAY 5

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 Breaded Fish	577.4	NONE 138.0	NONE 6.0	NONE 0.7	NONE 14.6					✔									
Primary Cheese & Bean Pasty	1448.5	NONE 346.2	NONE 18.4	NONE 8.1	NONE 37.8		✔					✔							
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 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							✔							

Contains: Wheat.

THURLESTONE SEP 26 MENU WEEK 2 DAY 5

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 Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✔	✔									
Primary Ice Cream & Fruit	283.7	NONE 67.8	NONE 2.2	NONE 1.1	NONE 11.3							✔							
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Salmon Fingers	894.3	NONE 213.8	NONE 14.3	NONE 1.7	NONE 12.8		✔			✔									

Contains: Wheat.