Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

THURLESTONE SEP 26 MENU WEEK 1 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 Devon Ham Pizza Bagel	1313.2	NONE 313.9	NONE 12.4	NONE 6.4	NONE 30.3		✔					✔					?	✔	
Contains: Barley, Wheat.																			
Primary Pizza Bagel (Half)	1100.7	NONE 263.1	NONE 9.6	NONE 5.4	NONE 30.3		✔					✔					?	✔	
Contains: Barley, Wheat.																			
Primary White & Wholemeal Penne Pasta	667.5	NONE 159.5	NONE 0.8	NONE 0.2	NONE 31.3		✔												
Contains: Wheat.																			
Primary Salad Sticks (Hand Cut)	58.1	NONE 13.9	NONE 0.1	NONE 0.0	NONE 2.9														
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									✔	✔									

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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 1 DAY 2

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 Cajun Chicken Breast	396.0	NONE 94.6	NONE 2.8	NONE 0.4	NONE 0.3															
Primary Chinese Style Vegetable & Bean Noodles	963.5	NONE 230.3	NONE 1.5	NONE 0.3	NONE 43.8	**Contains:** Wheat.		✔											✔	✔
Primary Vegetable Rice	647.9	NONE 154.9	NONE 1.4	NONE 0.4	NONE 32.2															
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9															
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								✔							

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THURLESTONE SEP 26 MENU WEEK 1 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 Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✔	✔									
Primary Sweetener Free Strawberry Jelly & Fruit	282.3	NONE 67.5	NONE 0.1	NONE 0.0	NONE 17.6														
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														

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THURLESTONE SEP 26 MENU WEEK 1 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 Braised Devon Beef & Vegetables	1630.0	NONE 389.6	NONE 34.4	NONE 15.1	NONE 8.1														
Primary Spanish Vegetable & Butter Bean Casserole	366.2	NONE 87.5	NONE 3.4	NONE 0.3	NONE 10.0													✔	
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✔	
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7													✔	
Primary Savoy Cabbage (Hand Cut)	52.2	NONE 12.5	NONE 0.2	NONE 0.1	NONE 1.8														
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 1 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 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 Apple Crumble & Custard	908.8	NONE 217.2	NONE 8.2	NONE 3.4	NONE 33.8		✔					✔							?

Contains: Barley, Oats, Wheat.

THURLESTONE SEP 26 MENU WEEK 1 DAY 4

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
Primary Homemade Devon Pork Sausage Roll	1279.2	NONE 305.7	NONE 22.7	NONE 9.6	NONE 16.8	**Contains:** Wheat.		✔				?			?				✔	?
Primary Homemade Vegetarian Sausage Roll	878.1	NONE 209.9	NONE 9.7	NONE 3.7	NONE 22.7	**Contains:** Wheat.		✔				?			?					✔
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 Fresh Fruit Salad	205.0	NONE 49.0	NONE 0.2	NONE 0.0	NONE 11.9															
Primary White & Wholemeal Penne Pasta								✔												

THURLESTONE SEP 26 MENU WEEK 1 DAY 4

Legend

- ✔ Contains
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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
	667.5	NONE 159.5	NONE 0.8	NONE 0.2	NONE 31.3	**Contains:** Wheat.														
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4															
Primary Rainbow Slaw (Hand Cut)	357.1	NONE 85.4	NONE 8.0	NONE 0.6	NONE 3.1					✔										

THURLESTONE SEP 26 MENU WEEK 1 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 Baked Fish Fingers	674.7	NONE 161.3	NONE 6.8	NONE 0.5	NONE 13.4	**Contains:** Wheat.		✔			✔									
Primary Five Bean & Vegetable Enchilada	815.2	NONE 194.8	NONE 7.4	NONE 2.4	NONE 23.1	**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 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										✔	✔									

THURLESTONE SEP 26 MENU WEEK 1 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
Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5														
Primary Chocolate Cookie	984.2	NONE 235.2	NONE 9.8	NONE 4.0	NONE 34.7		✔												?
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														

Contains: Barley, Oats, Wheat.