

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

JACBOSTOW APRIL 26 MENU WEEK 2 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
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Description	Energy	Fat	Saturates	Sugars	Salt										
Primary Tomato & Mozzarella Pasta Bake	1041.1	NONE 248.8	NONE 6.1	NONE 2.9	NONE 37.4	Contains: Wheat.	✓					✓			✓
Primary Vegetable & Chickpea Curry	319.1	NONE 76.3	NONE 3.0	NONE 0.4	NONE 8.9	Contains: Wheat.	?							?	
Primary Homemade Tomato & Herb Bread	381.9	NONE 91.3	NONE 2.4	NONE 0.4	NONE 14.8	Contains: Wheat.	✓								?
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2										
Primary Salad Sticks (Hand Cut)	47.4	NONE 11.3	NONE 0.1	NONE 0.0	NONE 2.5										
Primary Jacket Potato with Beans & Salad	961.8	NONE 229.9	NONE 0.7	NONE 0.0	NONE 49.3										
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 Iced Sponge	1016.4	NONE 242.9	NONE 14.2	NONE 2.3	NONE 26.6	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 White & Wholegrain Rice	696.6	 166.5	 1.4	 0.4	 35.4																	

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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 Devon Pork Sausages & Mash	1245.2	NONE 297.6	NONE 18.3	NONE 6.0	NONE 22.9														✓
Primary Vegetable & Mixed Bean Casserole	531.9	NONE 127.1	NONE 4.9	NONE 0.7	NONE 14.5														
Primary Mashed Potatoes (Prepped)	533.5	NONE 127.5	NONE 5.2	NONE 1.2	NONE 18.9														✓
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Jacket Potato with Beans & Salad	961.8	NONE 229.9	NONE 0.7	NONE 0.0	NONE 49.3														
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 Ice Cream Pot	343.1	NONE 82.0	NONE 3.9	NONE 2.0	NONE 10.5							✓							

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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 Roast Chicken & Gravy	341.5	NONE 81.6	NONE 0.8	NONE 0.2	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 (Handcut)	533.2	NONE 127.4	NONE 7.7	NONE 1.1	NONE 13.8																		
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																	✓	
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1																		
Primary Jacket Potato with Beans & Salad	961.8	NONE 229.9	NONE 0.7	NONE 0.0	NONE 49.3																		
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 Shortbread Biscuit	947.7	NONE 226.5	NONE 12.0	NONE 4.9	NONE 28.6	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 Devon Beef Lasagne	1369.5	NONE 327.3	NONE 19.6	NONE 7.7	NONE 19.9	Contains: Wheat.	✓			?			✓	✓					✓	?
Primary Cheese & Tomato Quiche	1307.6	NONE 312.5	NONE 20.9	NONE 8.8	NONE 20.3	Contains: Wheat.	✓		✓				✓							
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.	✓													?
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9															
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6															
Primary Jacket Potato with Beans & Salad	961.8	NONE 229.9	NONE 0.7	NONE 0.0	NONE 49.3															
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 Apple Cake	1001.6	NONE 239.4	NONE 14.2	NONE 2.3	NONE 25.5	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 Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9	Contains: Wheat.	✓													
Primary Halloumi & Red Pepper Burger	1376.9	NONE 329.1	NONE 15.5	NONE 8.7	NONE 26.8	Contains: Wheat.	✓						✓					?		
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0															
Primary Jacket Potato with Beans & Salad	961.8	NONE 229.9	NONE 0.7	NONE 0.0	NONE 49.3															
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 Orange Sticky Toffee Cake	1025.0	NONE 245.0	NONE 14.3	NONE 2.3	NONE 26.8	Contains: Wheat.	✓		✓											?
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2															