

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Thorverton & Brampford September 26 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 Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.9		✓					✓						✓	?
Primary Vegetable & Butter Bean Chilli	342.7	NONE 81.9	NONE 3.3	NONE 0.3	NONE 9.6													✓	
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0														
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Crunchy Carrot Sticks (Hand Cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6		✓		?										?
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							✓							

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Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					
Primary Cold Wrap Tuna Mayonnaise	774.0	NONE 185.0	NONE 9.1	NONE 1.4	NONE 11.7		✓		✓	✓				?					
Primary Cold Wrap Cheddar Cheese	737.2	NONE 176.2	NONE 10.4	NONE 5.2	NONE 13.0		✓					✓		?					
Primary Cold Wrap Devon Ham	524.4	NONE 125.3	NONE 4.6	NONE 1.7	NONE 11.4		✓							?					

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Thorverton & Brampford September 26 Week 1 Day 2

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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 Bolognese	779.9	NONE 186.4	NONE 12.8	NONE 4.4	NONE 4.8													✓	
Primary Broccoli & Cauliflower Cheese Bake	986.2	NONE 235.7	NONE 15.5	NONE 7.2	NONE 13.9		✓					✓		✓					?
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.3		✓												?
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Pink Raspberry Flapjack	914.2	NONE 218.5	NONE 10.9	NONE 4.0	NONE 25.8		✓												
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	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Thorverton & Brampford September 26 Week 1 Day 2

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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 Tuna Mayonnaise	774.0	NONE 185.0	NONE 9.1	NONE 1.4	NONE 11.7		✓		✓	✓				?					
Primary Cold Wrap Cheddar Cheese	737.2	NONE 176.2	NONE 10.4	NONE 5.2	NONE 13.0		✓					✓		?					
Primary Cold Wrap Devon Ham	524.4	NONE 125.3	NONE 4.6	NONE 1.7	NONE 11.4		✓							?					

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Thorverton & Brampford September 26 Week 1 Day 3

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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 Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4														
Primary Vegan Mince & Vegetable Parcel	1306.7	NONE 312.3	NONE 16.2	NONE 6.8	NONE 30.4		✓												✓
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Carrots Sliced (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 Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4														
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 Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Primary Cold Wrap Tuna Mayonnaise	774.0	NONE 185.0	NONE 9.1	NONE 1.4	NONE 11.7		✓		✓	✓				?					
Primary Cold Wrap Cheddar Cheese	737.2	NONE 176.2	NONE 10.4	NONE 5.2	NONE 13.0		✓					✓		?					
Primary Cold Wrap Devon Ham	524.4	NONE 125.3	NONE 4.6	NONE 1.7	NONE 11.4		✓							?					

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Thorverton & Brampford September 26 Week 1 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 Homemade Chicken Fillet Burger	1195.5	NONE 285.7	NONE 3.2	NONE 0.7	NONE 39.0		✓		✓								?		?
Primary Quorn Sausage Hot Dog	853.5	NONE 204.0	NONE 4.4	NONE 1.4	NONE 26.4		✓										?		
Primary Potato Balls (bought in)	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?							
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Tomato Ketchup Portion	21.8	NONE 5.2	NONE 0.0	NONE 0.0	NONE 1.1														
Primary Banana Mousse	35.2	NONE 8.4	NONE 0.2	NONE 0.2	NONE 1.2							✓							
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	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Primary Cold Wrap Tuna Mayonnaise	774.0	NONE 185.0	NONE 9.1	NONE 1.4	NONE 11.7		✓		✓	✓				?					
Primary Cold Wrap Cheddar Cheese	737.2	NONE 176.2	NONE 10.4	NONE 5.2	NONE 13.0		✓					✓		?					
Primary Cold Wrap Devon Ham	524.4	NONE 125.3	NONE 4.6	NONE 1.7	NONE 11.4		✓							?					

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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 Baked Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6		✓			✓									
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4		✓												
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0														
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Chocolate Rice Crispy Cake (Traybake)	519.7	NONE 124.2	NONE 4.7	NONE 2.4	NONE 18.8		✓					✓							
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	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					
Primary Cold Wrap Tuna Mayonnaise	774.0	NONE 185.0	NONE 9.1	NONE 1.4	NONE 11.7		✓		✓	✓				?					

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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 Cheddar Cheese	737.2	NONE 176.2	NONE 10.4	NONE 5.2	NONE 13.0		✓					✓		?					
Primary Cold Wrap Devon Ham	524.4	NONE 125.3	NONE 4.6	NONE 1.7	NONE 11.4		✓							?					