

Menu Listing with Traffic Lights and Allergens

Sue.Lewis@educatering.uk

Secondary Menu SEPT 26 Week 1 Day 1 Monday

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
Secondary Chicken & Ham Jambalaya	1634.7	NONE 390.7	NONE 7.9	NONE 1.8	NONE 53.2														
Secondary Crunchy Topped Macaroni Cheese	2429.8	NONE 580.7	NONE 19.7	NONE 8.9	NONE 79.8		✓					✓		✓					?
Secondary Homemade Tomato & Herb Bread	668.1	NONE 159.7	NONE 2.2	NONE 0.2	NONE 29.2		✓												?
Secondary Smokey Sweetcorn	333.0	NONE 79.6	NONE 3.3	NONE 1.1	NONE 8.9														
Secondary Sweet Chilli Slaw (Hand Cut)	165.4	NONE 39.5	NONE 0.2	NONE 0.0	NONE 8.7													✓	
Secondary Peach Crumble & Custard (Gastronorm)	1126.3	NONE 269.2	NONE 11.3	NONE 4.7	NONE 40.3		✓					✓							?
Secondary Jacket Potato with Cheese &												✓							

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Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7														
Secondary Jacket Potato with Tuna Mayonnaise	1672.3	NONE 399.7	NONE 12.0	NONE 1.1	NONE 52.0				✓	✓				?					
Secondary Devon Beef Chilli (KG)	4861.6	NONE 1162.0	NONE 69.3	NONE 28.2	NONE 40.7		?							?					
Gammon Ham Sliced	2887kJ 690kcal	HIGH 38g	HIGH 13g	LOW <0.5g	HIGH 11.0g														
Secondary Tomato & Basil Pasta Pot 16oz	1328.5	NONE 317.5	NONE 2.4	NONE 0.3	NONE 61.2		✓												✓
Secondary Meatball & Tomato Pasta Pot 16oz (Pork)	2201.2	NONE 526.1	NONE 19.3	NONE 6.5	NONE 67.7		✓												✓
Secondary Devon Beef Bolognese Pasta Pot 16oz	1654.2	NONE 395.4	NONE 8.5	NONE 3.3	NONE 59.1		✓												

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Secondary Spicy Tomato & Sausage Pasta Pot 16oz	2053.0	NONE 490.7	NONE 15.7	NONE 5.2	NONE 65.3		✓											✓	
Secondary Macaroni Cheese 12oz	1847.2	NONE 441.5	NONE 17.2	NONE 7.9	NONE 55.7		✓					✓		✓					?
Secondary Creamy Chicken Pasta Pot 16oz	2192.4	NONE 524.0	NONE 13.0	NONE 4.4	NONE 70.1		✓					✓		✓					?

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Secondary Menu SEPT 26 Week 1 Day 2 Tuesday

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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
Secondary Homemade Toad in the Hole	1745.7	NONE 417.2	NONE 24.0	NONE 6.8	NONE 34.9		✓		✓			✓						✓	?
						Contains: Wheat.													
Secondary Mashed Potatoes (Prepped)	922.6	NONE 220.5	NONE 9.9	NONE 2.3	NONE 31.0													✓	
Secondary Peas	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Savoy Cabbage (Hand-Cut)	69.7	NONE 16.7	NONE 0.3	NONE 0.1	NONE 2.4														
Secondary Chocolate & Vanilla Swirl Cookie	1311.1	NONE 313.4	NONE 12.9	NONE 5.2	NONE 46.9		✓												?
						Contains: Barley, Oats, Wheat.													
Primary Vegan Quorn Sausage (1)	305.4	NONE 73.0	NONE 2.6	NONE 0.9	NONE 2.9		✓												
						Contains: Wheat.													

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Secondary Menu SEPT 26 Week 1 Day 3 Wednesday

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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
Secondary Roast Devon Gammon & Gravy	513.7	NONE 122.8	NONE 6.1	NONE 2.0	NONE 2.4														
Secondary Cheese, Leek & Onion Pie	1535.3	NONE 366.9	NONE 20.8	NONE 8.4	NONE 36.8		✓					✓		✓				✓	?
Secondary Roast Potatoes (Prepped)	567.2	NONE 135.6	NONE 5.3	NONE 0.4	NONE 20.7													✓	
Secondary Sliced Carrots (Prepped)	117.2	NONE 28.0	NONE 0.2	NONE 0.1	NONE 6.3													✓	
Secondary Roasted Root Vegetables (Prepped)	266.9	NONE 63.8	NONE 4.3	NONE 0.4	NONE 5.9													✓	
Secondary Chocolate Mousse 7oz	41.4	NONE 9.9	NONE 0.3	NONE 0.2	NONE 1.4							✓							

Contains: Wheat.

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Secondary Menu SEPT 26 Week 1 Day 4 Thursday

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Secondary Chicken Korma	923.5	NONE 220.7	NONE 13.8	NONE 9.2	NONE 5.7		?							?					
						Contains: Wheat.													
Secondary Cauliflower & Chick Pea Sabzi	369.9	NONE 88.4	NONE 4.5	NONE 0.4	NONE 7.7		?							?					
						Contains: Wheat.													
Secondary White & Wholegrain Rice	928.9	NONE 222.0	NONE 1.9	NONE 0.5	NONE 47.1														
Secondary Naan Bread	320.0	NONE 76.5	NONE 1.7	NONE 0.2	NONE 13.1		✓												
						Contains: Wheat.													
Secondary Red Onion & Coriander Salad	98.6	NONE 23.6	NONE 0.2	NONE 0.0	NONE 5.1														
Secondary Apple & Blackberry Strudel & Custard	1060.5	NONE 253.5	NONE 10.9	NONE 5.9	NONE 35.7		✓				?	✓		?					?
						Contains: Wheat.													

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Secondary Menu Sept 26 Week 1 Day 5 Friday

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Secondary Battered Fish 110g to 140g	678.0	NONE 162.0	NONE 0.8	NONE 0.2	NONE 28.7		✓			✓									?
Secondary Margherita Pizza (Gastronorm size)	1897.6	NONE 453.5	NONE 16.2	NONE 5.9	NONE 58.7		✓					✓						✓	?
Secondary Peas	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Chips	642.7	NONE 153.6	NONE 4.3	NONE 0.1	NONE 25.2														
Secondary Fruity Flapjack (Gastronorm)	1955.5	NONE 467.4	NONE 21.8	NONE 7.9	NONE 59.6		✓												
Secondary Baked Beans	237.2	NONE 56.7	NONE 0.2	NONE 0.0	NONE 8.3														
Secondary Crispy Chicken Bites x 4 (Bought in)	602.5	NONE 144.0	NONE 4.3	NONE 1.7	NONE 10.5		✓												