

Menu Listing with Traffic Lights and Allergens

Sue.Lewis@educatering.uk

Secondary Menu SEPT 26 Week 2 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 Devon Gammon & Leek Pie	1535.5	NONE 367.0	NONE 21.9	NONE 9.6	NONE 24.2		✓		✓		?	✓		✓					?
						Contains: Wheat.													
Secondary Courgette & Red Pepper Frittata	887.5	NONE 212.1	NONE 16.5	NONE 5.9	NONE 2.8				✓			✓							
Secondary Potato Wedges (bought in)	652.7	NONE 156.0	NONE 3.6	NONE 0.5	NONE 26.4														
Secondary Fresh Chopped Salad	44.8	NONE 10.7	NONE 0.2	NONE 0.0	NONE 1.8														
Secondary Apple & Raspberry Cake & Cusatrd (Gast)	1419.4	NONE 339.3	NONE 18.8	NONE 2.2	NONE 39.3		✓		✓			✓							?
						Contains: Wheat.													
Secondary Tomato & Basil Pasta Pot 16oz	1328.5	NONE 317.5	NONE 2.4	NONE 0.3	NONE 61.2		✓												✓
						Contains: Wheat.													
Secondary Meatball & Tomato Pasta Pot 16oz (Pork)	2201.2	NONE 526.1	NONE 19.3	NONE 6.5	NONE 67.7		✓												✓
						Contains: Wheat.													

Menu Listing with Traffic Lights and Allergens

Sue.Lewis@educatering.uk

Secondary Menu SEPT 26 Week 2 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 Devon Beef Bolognese Pasta Pot 16oz	1654.2	NONE 395.4	NONE 8.5	NONE 3.3	NONE 59.1		✓												
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		✓					✓		✓					?
Secondary Jacket Potato with Cheese & 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				✓	✓				?					

Menu Listing with Traffic Lights and Allergens

Sue.Lewis@educatering.uk

Secondary Menu SEPT 26 Week 2 Day 2 Tuesday

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 Devon Beef Chiili con Carne	946.0	NONE 226.1	NONE 13.7	NONE 5.6	NONE 7.1		?							?					
Secondary Tex-Mex Sweet Potato & Bean Braised Rice	1360.2	NONE 325.1	NONE 4.9	NONE 0.8	NONE 56.9														
Secondary White & Wholegrain Rice	928.9	NONE 222.0	NONE 1.9	NONE 0.5	NONE 47.1														
Secondary Fine Green Beans	80.3	NONE 19.2	NONE 0.4	NONE 0.1	NONE 2.6														
Secondary Tortilla Chips	500.0	NONE 119.5	NONE 5.3	NONE 0.6	NONE 15.8														
Secondary Iced Lemon Shortbread	1256.2	NONE 300.2	NONE 15.0	NONE 6.2	NONE 39.9		✓		?										?

Contains: Wheat.

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

Sue.Lewis@educatering.uk

Secondary Menu SEPT 26 Week 2 Day 3 Wednesday

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 Roast Chicken & Gravy	767.8	NONE 183.5	NONE 11.9	NONE 3.3	NONE 2.4														
Secondary Mediterranean Veg & Bean Crumble (Main)	1045.7	NONE 249.9	NONE 12.5	NONE 4.7	NONE 25.8		✓					✓						✓	?
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 Savoy Cabbage (Hand-Cut)	69.7	NONE 16.7	NONE 0.3	NONE 0.1	NONE 2.4														
Secondary Bread & Butter Pudding & Custard Gastro)	902.0	NONE 215.6	NONE 5.7	NONE 1.8	NONE 34.4		✓		✓			✓							✓

Contains: Barley, Oats, Wheat.

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

Sue.Lewis@educatering.uk

Secondary Menu SEPT 26 Week 2 Day 4 Thursday

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 Cajun Chicken Breast (Main)	838.0	NONE 200.3	NONE 14.8	NONE 3.5	NONE 0.3														
Secondary Vegetable & Mixed Bean Lasagne	1155.6	NONE 276.2	NONE 11.4	NONE 4.2	NONE 31.8		✓					✓		✓				✓	?
Secondary Rice & Peas	1094.1	NONE 261.5	NONE 2.6	NONE 0.6	NONE 50.3		?							?					
Secondary Stir-Fried Greens (Hand Cut Cabbage)	251.9	NONE 60.2	NONE 5.3	NONE 0.4	NONE 2.1														
Secondary Sweetcorn	261.1	NONE 62.4	NONE 1.5	NONE 0.3	NONE 8.8														
Secondary Sultana Cake (Gastronorm)	1590.9	NONE 380.2	NONE 18.4	NONE 1.8	NONE 51.4		✓	✓											?

Contains: Wheat.

Contains: Wheat.

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

Sue.Lewis@educatering.uk

Secondary Menu Sept 26 Week 2 Day 5 Friday

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 Battered Fish 110g to 140g	678.0	NONE 162.0	NONE 0.8	NONE 0.2	NONE 28.7		✓			✓									?
Secondary Roasted Vegetable Quiche	1460.3	NONE 349.0	NONE 22.0	NONE 9.1	NONE 25.1		✓		✓			✓							?
Secondary Chips	642.7	NONE 153.6	NONE 4.3	NONE 0.1	NONE 25.2														
Secondary Baked Beans	237.2	NONE 56.7	NONE 0.2	NONE 0.0	NONE 8.3														
Secondary Peas	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Strawberry Mousse 7oz	42.2	NONE 10.1	NONE 0.3	NONE 0.2	NONE 1.5							✓							
Secondary Crispy Chicken Bites x 4							✓												

Menu Listing with Traffic Lights and Allergens

Sue.Lewis@educatering.uk

Secondary Menu Sept 26 Week 2 Day 5 Friday

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

Description	Energy	Fat	Saturates	Sugars	Salt	
(Bought in)	602.5	NONE 144.0	NONE 4.3	NONE 1.7	NONE 10.5	Contains: Wheat.