

Menu Listing with Traffic Lights and Allergens

Sue.Lewis@educatering.uk

Secondary Menu SEPT 26 Week 3 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 Chicken Tikka & Salad Pitta	1264.9	NONE 302.3	NONE 3.7	NONE 0.6	NONE 40.5		✓												
						Contains: Wheat.													
Secondary Vegetable & Salad Pitta with Minted Yog	1245.7	NONE 297.7	NONE 7.6	NONE 0.7	NONE 46.7		✓		✓			✓							
						Contains: Wheat.													
Secondary Salt & Pepper Potato Wedges (Hand Cut)	566.0	NONE 135.3	NONE 5.2	NONE 0.4	NONE 20.7														
Secondary Apple Slaw (Hand Cut)	486.6	NONE 116.3	NONE 10.8	NONE 0.9	NONE 4.1				✓						?				
Secondary Mixed Salad	46.4	NONE 11.1	NONE 0.2	NONE 0.0	NONE 1.8														
Secondary Chocolate Sponge & Chocolate Custard	1390.1	NONE 332.2	NONE 19.6	NONE 2.7	NONE 34.7		✓		✓			✓							?
						Contains: Wheat.													

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Secondary Menu SEPT 26 Week 3 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 Pork Leg & Gravy	409.9	NONE 98.0	NONE 1.9	NONE 0.6	NONE 2.4														
Secondary Apple Sauce Portion	44.4	NONE 10.6	NONE 0.0	NONE 0.0	NONE 2.7													✓	
Secondary Roasted Vegetable & Lentil Tartlet	1032.6	NONE 246.8	NONE 12.2	NONE 6.2	NONE 27.1		✓				?			?				✓	?
Secondary Roast Potatoes (Prepped)	567.2	NONE 135.6	NONE 5.3	NONE 0.4	NONE 20.7													✓	
Secondary Seasonal Vegetables (Prepped)	103.8	NONE 24.8	NONE 0.3	NONE 0.1	NONE 4.7													✓	
Secondary Toffee Apple Cake (Gastronorm)	1371.4	NONE 327.8	NONE 18.4	NONE 1.8	NONE 37.8		✓		✓										?

Contains: Wheat.

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Secondary Menu SEPT 26 Week 3 day 4 Thursday

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
Secondary Kung Pao Chicken	712.2	NONE 170.2	NONE 2.1	NONE 0.4	NONE 16.1													✓	✓
Secondary Sweet & Sour Vegetables	618.5	NONE 147.8	NONE 2.4	NONE 0.2	NONE 28.5													✓	
Secondary Egg Fried Rice	1160.4	NONE 277.4	NONE 6.0	NONE 1.1	NONE 46.1				✓										✓
Secondary Kachumber Salad	54.7	NONE 13.1	NONE 0.1	NONE 0.0	NONE 2.5														
Secondary Iced Sultana & Cinnamon Rolls	1449.4	NONE 346.4	NONE 19.3	NONE 9.2	NONE 40.9		✓		?		?			?					?

Contains: Wheat.

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Secondary Menu Sept 26 Week 3 Day 5 Friday

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
Secondary Battered Fish 110g to 140g	678.0	NONE 162.0	NONE 0.8	NONE 0.2	NONE 28.7		✓			✓									?
						Contains: Wheat.													
Secondary Chicken Bites x 4 (Bought in)	602.5	NONE 144.0	NONE 4.3	NONE 1.7	NONE 10.5		✓												
						Contains: Wheat.													
Secondary BBQ Vegetable Wrap	1236.8	NONE 295.6	NONE 9.0	NONE 4.9	NONE 42.5		✓					✓		?					
						Contains: Wheat.													
Secondary Chips	642.7	NONE 153.6	NONE 4.3	NONE 0.1	NONE 25.2														
Secondary Peas	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Baked Beans	237.2	NONE 56.7	NONE 0.2	NONE 0.0	NONE 8.3														
Secondary Jammie Dodger	1714.1	NONE 409.7	NONE 20.4	NONE 8.4	NONE 54.5		✓		?										?
						Contains: Wheat.													

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Secondary Menu Sept 26 Week 3 Day1 Monday

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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 Devon Pork Meatballs in Tomato Sauce	1187.4	NONE 283.8	NONE 21.5	NONE 7.5	NONE 12.2													✓	
Secondary Cauliflower & Broccoli Cheese Gratin	1179.0	NONE 281.8	NONE 14.5	NONE 6.5	NONE 25.4		✓					✓		✓					?
Secondary White & Wholewheat Penne Pasta	964.1	NONE 230.4	NONE 1.2	NONE 0.2	NONE 45.2		✓												
Secondary Sweetcorn	261.1	NONE 62.4	NONE 1.5	NONE 0.3	NONE 8.8														
Secondary Homemade Focaccia Bread	647.2	NONE 154.7	NONE 2.2	NONE 0.2	NONE 28.5		✓												?
Secondary Apple & Mixed Berry Pie & Custard (Gast)	632.5	NONE 151.2	NONE 4.9	NONE 2.8	NONE 24.9		✓				?	✓		?					?
Secondary Tomato & Basil Pasta Pot 16oz	1328.5	NONE 317.5	NONE 2.4	NONE 0.3	NONE 61.2		✓											✓	

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Secondary Meatball & Tomato Pasta Pot 16oz (Pork)	2201.2	NONE 526.1	NONE 19.3	NONE 6.5	NONE 67.7	Contains: Wheat.	✓												✓	
Secondary Devon Beef Bolognese Pasta Pot 16oz	1654.2	NONE 395.4	NONE 8.5	NONE 3.3	NONE 59.1	Contains: Wheat.	✓													
Secondary Spicy Tomato & Sausage Pasta Pot 16oz	2053.0	NONE 490.7	NONE 15.7	NONE 5.2	NONE 65.3	Contains: Wheat.	✓												✓	
Secondary Macaroni Cheese 12oz	1847.2	NONE 441.5	NONE 17.2	NONE 7.9	NONE 55.7	Contains: Wheat.	✓						✓		✓					?
Secondary Creamy Chicken Pasta Pot 16oz	2192.4	NONE 524.0	NONE 13.0	NONE 4.4	NONE 70.1	Contains: Wheat.	✓						✓		✓					?
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					✓	✓					?				