

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

THURLESTONE APRIL 26 MENU WEEK 3 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 Macaroni Cheese	1479kJ 354kcal	MED 14g	HIGH 6.4g	LOW 5.8g	MED 0.92g		✓					✓		✓					?
Primary Vegetable & Mixed Bean Lasagne	927.2	NONE 221.6	NONE 9.3	NONE 3.0	NONE 25.5		✓					✓		✓				✓	?
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.3		✓												?
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7													✓	
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
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				✓	✓				?					
Primary Oaty Cookie	982.5	NONE 234.8	NONE 9.5	NONE 3.8	NONE 35.6		✓												?

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Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6		✓												✓
Primary Sandwich Tuna Mayonnaise	1191.6	NONE 284.8	NONE 8.7	NONE 0.9	NONE 32.9		✓		✓	✓				?					✓

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THURLESTONE APRIL 26 MENU WEEK 3 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 Pork Meatballs in Tomato Sauce	1159.4	NONE 277.1	NONE 21.2	NONE 7.5	NONE 11.3													✓	
Primary Sweet Potato Falafel with Tomato Sauce	585.4	NONE 139.9	NONE 3.5	NONE 0.4	NONE 19.8													✓	
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
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							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					
Primary Strawberry Jelly & Fruit	58.3	NONE 13.9	NONE 0.1	NONE 0.0	NONE 3.8														

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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 Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6		✓												✓
Primary Sandwich Tuna Mayonnaise	1191.6	NONE 284.8	NONE 8.7	NONE 0.9	NONE 32.9		✓		✓	✓				?					✓

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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 Pulled Roast Devon Beef & Gravy	354.9	NONE 84.8	NONE 2.7	NONE 1.1	NONE 1.4														
Primary Yorkshire Pudding, Bean & Veg Cottage Pie	626.7	NONE 149.8	NONE 7.6	NONE 1.4	NONE 16.5		✓		✓			✓							
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2														✓
Primary Roasted Root Vegetables (hand cut)	173.8	NONE 41.5	NONE 2.8	NONE 0.2	NONE 3.9														
Primary Savoy Cabbage (Hand Cut)	52.2	NONE 12.5	NONE 0.2	NONE 0.1	NONE 1.8														
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 Flapjack	905.8	NONE 216.5	NONE 10.9	NONE 4.0	NONE 25.5		✓												

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Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6		✓												✓
Primary Sandwich Tuna Mayonnaise	1191.6	NONE 284.8	NONE 8.7	NONE 0.9	NONE 32.9		✓		✓	✓				?					✓

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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 Fishcake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4		✓			✓		✓		✓					
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 Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
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 Shortbread Biscuit	947.7	NONE 226.5	NONE 12.0	NONE 4.9	NONE 28.6		✓												?

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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 Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6		✓												✓
Primary Sandwich Tuna Mayonnaise	1191.6	NONE 284.8	NONE 8.7	NONE 0.9	NONE 32.9		✓		✓	✓				?					✓