

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

THURLESTONE APRIL 26 MENU WEEK 1 DAY 1

**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
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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 Tomato & Mozzarella Pasta Bake	1041.1	NONE 248.8	NONE 6.1	NONE 2.9	NONE 37.4	Contains: Wheat.	✓						✓							✓
Primary Sweet Potato, Lentil & Vegetable Bake	1278.6	NONE 305.6	NONE 13.9	NONE 5.7	NONE 33.3	Contains: Wheat.	✓						✓		✓					?
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.	✓													?
Primary Potato Balls	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5								?							
Primary Indian Salad	31.6	NONE 7.6	NONE 0.1	NONE 0.0	NONE 1.5															
Primary Salad Sticks (Hand Cut)	41.1	NONE 9.8	NONE 0.2	NONE 0.0	NONE 1.9															
Primary Jacket Potato with Beans & Salad	10293.0	NONE 2460.1	NONE 7.8	NONE 0.4	NONE 374.9															
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3								✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1					✓	✓				?					

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Description	Energy	Fat	Saturates	Sugars	Salt		Allergens													
							Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6	Contains: Wheat.	✓		?										?	
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓					✓								✓
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓													✓
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓		✓	✓				?						✓

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THURLESTONE APRIL 26 MENU WEEK 1 DAY 2

**Legend**

- ✓ Contains
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- 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																			
Primary Chinese Chicken Noodles	1130.7	NONE 270.2	NONE 4.3	NONE 0.9	NONE 36.9	Contains: Wheat.						✓											✓	✓
Primary Chinese Style Vegetable & Bean Noodles	947.7	NONE 226.5	NONE 1.5	NONE 0.2	NONE 43.2	Contains: Wheat.						✓											✓	✓
Primary Simple Stir-Fried Vegetables	244.6	NONE 58.5	NONE 5.2	NONE 0.8	NONE 2.5																			
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9																			
Primary Jacket Potato with Beans & Salad	10293.0	NONE 2460.1	NONE 7.8	NONE 0.4	NONE 374.9																			
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3							✓												
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1							✓	✓					?						
Primary Orange Jelly Vegan	5.6	NONE 1.3	NONE 0.1	NONE 0.0	NONE 0.8																			
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.						✓				✓							✓	









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- 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		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Sandwich Devon Ham	1166.9	 278.9	 8.7	 2.3	 32.6	Contains: Wheat.	✓													✓
Primary Sandwich Tuna Mayonnaise	1180.3	 282.1	 8.7	 0.9	 33.0	Contains: Wheat.	✓		✓	✓					?					✓

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THURLESTONE APRIL 26 MENU WEEK 1 DAY 3

**Legend**

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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	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Braised Devon Beef & Vegetables	1624.2	NONE 388.2	NONE 34.5	NONE 15.3	NONE 6.9														
Primary Spanish Vegetable & Butter Bean Casserole	374.6	NONE 89.5	NONE 3.4	NONE 0.5	NONE 10.5														✓
Primary Roast Potatoes (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2														✓
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														✓
Primary Roasted Root Vegetables (hand cut)	170.0	NONE 40.6	NONE 2.8	NONE 0.4	NONE 3.6														
Primary Jacket Potato with Beans & Salad	10293.0	NONE 2460.1	NONE 7.8	NONE 0.4	NONE 374.9														
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1				✓	✓					?				
Primary Chocolate & Raspberry Brownie	856.6	NONE 204.7	NONE 11.2	NONE 4.5	NONE 22.8		✓		✓										?

Contains: Wheat.

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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		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	324.8	14.2	5.7	34.2	Contains: Wheat.	✓						✓							✓
Primary Sandwich Devon Ham	1166.9	278.9	8.7	2.3	32.6	Contains: Wheat.	✓													✓
Primary Sandwich Tuna Mayonnaise	1180.3	282.1	8.7	0.9	33.0	Contains: Wheat.	✓		✓	✓					⚠					✓



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THURLESTONE APRIL 26 MENU WEEK 1 DAY 5

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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															
Primary Salmon Fingers	35.8	NONE 8.6	NONE 0.6	NONE 0.1	NONE 0.5	Contains: Wheat.	✓		✓											
Primary Cheese & Bean Pasty	1448.5	NONE 346.2	NONE 18.4	NONE 8.1	NONE 37.8	Contains: Wheat.	✓				✓									
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 Jacket Potato with Beans & Salad	10293.0	NONE 2460.1	NONE 7.8	NONE 0.4	NONE 374.9															
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3						✓									
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1				✓	✓									?	
Primary Lemon Drizzle Cake	1056.2	NONE 252.4	NONE 14.2	NONE 2.3	NONE 28.9	Contains: Wheat.	✓		✓											✓ ?
Primary Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9	Contains: Wheat.	✓													

