

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

THURLESTONE APRIL 26 MENU WEEK 2 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 Devon Ham Pizza	1043.5	NONE 249.4	NONE 9.5	NONE 3.6	NONE 29.8		✓					✓						✓	?
Primary Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.9		✓					✓						✓	?
Primary Tomato & Pasta Salad	1003.4	NONE 239.8	NONE 1.9	NONE 0.3	NONE 46.1		✓											✓	
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 Chocolate Cookie	983.9	NONE 235.2	NONE 9.8	NONE 3.9	NONE 34.8		✓												?
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓

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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 2 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 Homemade Sausage Roll	1537.0	NONE 367.4	NONE 27.7	NONE 11.4	NONE 18.7		✓				?			?				✓	?
Primary Homemade Vegetarian Sausage Roll	878.1	NONE 209.9	NONE 9.7	NONE 3.7	NONE 22.7		✓				?			?					✓
Primary Potato Wedges (Hand cut)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2														
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Rainbow Slaw (Hand Cut)	335.4	NONE 80.2	NONE 7.2	NONE 0.6	NONE 3.2				✓					?					
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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THURLESTONE APRIL 26 MENU WEEK 2 DAY 3

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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 Beef Chilli	660.8	NONE 157.9	NONE 8.7	NONE 3.5	NONE 7.5														
Primary Vegetable & Butter Bean Chilli	342.7	NONE 81.9	NONE 3.3	NONE 0.3	NONE 9.6													✓	
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Sweetcorn & Red Pepper Salad	152.8	NONE 36.5	NONE 0.8	NONE 0.2	NONE 5.5														
Primary Tortilla Chips	300.0	NONE 71.7	NONE 3.2	NONE 0.4	NONE 9.5														
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 Chocolate Rice Crispy Cake (Traybake)	519.7	NONE 124.2	NONE 4.7	NONE 2.4	NONE 18.8		✓					✓							

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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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THURLESTONE APRIL 26 MENU WEEK 2 DAY 4

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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 Chicken & Tomato Pasta Bake	1123.0	NONE 268.4	NONE 5.7	NONE 1.3	NONE 32.2		✓					✓						✓	
Primary Five Bean & Vegetable Enchilada	815.2	NONE 194.8	NONE 7.4	NONE 2.4	NONE 23.1		✓					✓		?				✓	
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.3		✓												?
Primary Salad Sticks (Prepped Batons)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9													✓	
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1														
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 Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4														

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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 Baked Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6		✓			✓									
Primary Spinach & Potato Spanish Omelette	611.7	NONE 146.2	NONE 6.5	NONE 1.7	NONE 14.2				✓			✓							
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0														
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 Ice Cream & Fruit	260.9	NONE 62.4	NONE 2.2	NONE 1.1	NONE 10.0							✓							
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓

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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 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		✓		✓	✓				?					✓