

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

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	1034.9	NONE 247.3	NONE 6.1	NONE 2.9	NONE 36.9		✓					✓						✓	
Primary Sweet Potato, Lentil & Vegetable Bake	1284.6	NONE 307.0	NONE 13.9	NONE 5.6	NONE 33.6		✓					✓		✓					?
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.3		✓												?
Primary Potato Balls (bought in)	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?							
Primary Kachumber Indian Salad	44.7	NONE 10.7	NONE 0.1	NONE 0.0	NONE 2.0														
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9														
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				✓	✓				?					

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Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6		✓		?										?
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 1 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 Chinese Chicken Noodles	1102.7	NONE 263.6	NONE 3.3	NONE 0.4	NONE 37.1		✓											✓	✓
Primary Chinese Style Vegetable & Bean Noodles	963.5	NONE 230.3	NONE 1.5	NONE 0.3	NONE 43.8		✓											✓	✓
Primary Simple Stir-Fried Vegetables	242.6	NONE 58.0	NONE 5.1	NONE 0.4	NONE 2.4														
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
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 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		✓					✓							✓

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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		✓		✓	✓				?					✓

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THURLESTONE APRIL 26 MENU WEEK 1 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 Slow Cooked Devon Beef & Vegetables	1626.3	NONE 388.7	NONE 34.5	NONE 15.2	NONE 7.1														
Primary Spanish Vegetable & Butter Bean Casserole	369.7	NONE 88.4	NONE 3.4	NONE 0.3	NONE 10.1													✓	
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	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)	173.8	NONE 41.5	NONE 2.8	NONE 0.2	NONE 3.9														
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 & Raspberry Brownie	856.6	NONE 204.7	NONE 11.2	NONE 4.5	NONE 22.8		✓		✓										?

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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 West Country Brunch	1754.8	NONE 419.4	NONE 24.1	NONE 7.1	NONE 30.5													✓	
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7		✓												
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														
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 Salmon Fingers	894.3	NONE 213.8	NONE 14.3	NONE 1.7	NONE 12.8		✓			✓									
Primary Cheese & Bean Pasty	1448.5	NONE 346.2	NONE 18.4	NONE 8.1	NONE 37.8		✓					✓							
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	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 Lemon Drizzle Cake	1058.5	NONE 253.0	NONE 14.2	NONE 1.4	NONE 29.1		✓		✓									✓	?
Primary Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9		✓												

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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 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		✓		✓	✓				?					✓