## Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

### St Marks Primary September 26 Week 2 Day 2

**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 West Country Brunch** | 1690.4 | NONE 404.0 | NONE 22.4 | NONE 6.7 | NONE 30.5 | | | | | | | | | | | | | ✔ | |
| **Primary Vegetarian Brunch** | 1194.8 | NONE 285.6 | NONE 10.6 | NONE 2.0 | NONE 31.7 | | ✔ | | | | | | | | | | | | |
| **Primary Chocolate Mousse & Fruit Pot** | 87.6 | NONE 20.9 | NONE 0.1 | NONE 0.1 | NONE 4.5 | | | | | | | ✔ | | | | | | | |
| **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** | 1329.8 | NONE 317.8 | NONE 9.0 | NONE 0.8 | NONE 44.5 | | | | ✔ | ✔ | | | | | | | | | |

**Contains:** Wheat.

## Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

### St Marks Primary September 26 Week 2 Day 3

**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 Roast Chicken & Gravy** | 341.5 | NONE 81.6 | NONE 0.8 | NONE 0.2 | NONE 1.4 | | | | | | | | | | | | | | |
| **Primary Spanish Vegetable & Butter Bean Casserole** | 366.2 | NONE 87.5 | NONE 3.4 | NONE 0.3 | NONE 10.0 | | | | | | | | | | | | | ✔ | |
| **Primary Roast Potatoes (Prepped)** | 502.1 | NONE 120.0 | NONE 5.2 | NONE 0.4 | NONE 17.2 | | | | | | | | | | | | | ✔ | |
| **Primary Broccoli** | 82.8 | NONE 19.8 | NONE 0.5 | NONE 0.1 | NONE 1.1 | | | | | | | | | | | | | | |
| **Primary Cornflake Tart** | 1031.6 | NONE 246.6 | NONE 10.0 | NONE 4.2 | NONE 36.4 | | ✔ | | | | | | | | | | | | |
| **Primary Jacket Potato with Beans & Salad** | 977.5 | NONE 233.6 | NONE 0.8 | NONE 0.0 | NONE 49.9 | | | | | | | | | | | | | | |

**Contains:** Barley, Wheat.

## Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

### St Marks Primary September 26 Week 2 Day 3

**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 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** | 1329.8 | NONE 317.8 | NONE 9.0 | NONE 0.8 | NONE 44.5 | | | | ✔ | ✔ | | | | | | | | | |
| **Primary Roasted Root Vegetables (hand cut)** | 173.8 | NONE 41.5 | NONE 2.8 | NONE 0.2 | NONE 3.9 | | | | | | | | | | | | | | |

## Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

### St Marks Primary September 26 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 Crunchy Topped Macaroni Cheese** | 1538.5 | NONE 367.7 | NONE 13.6 | NONE 6.2 | NONE 48.0 | **Contains:** Wheat. | | ✔ | | | | | ✔ | | ✔ | | | | | ? |
| **Primary Homity Pie** | 1657.1 | NONE 396.1 | NONE 23.1 | NONE 9.5 | NONE 39.1 | **Contains:** Wheat. | | ✔ | | | | | ✔ | | ✔ | | | | ✔ | ? |
| **Primary Homemade Tomato & Herb Bread** | 302.7 | NONE 72.3 | NONE 0.3 | NONE 0.0 | NONE 14.6 | **Contains:** Wheat. | | ✔ | | | | | | | | | | | | ? |
| **Primary Fresh Chopped Salad** | 34.9 | NONE 8.3 | NONE 0.1 | NONE 0.0 | NONE 1.4 | | | | | | | | | | | | | | | |
| **Primary Fine Green Beans** | 60.3 | NONE 14.4 | NONE 0.3 | NONE 0.1 | NONE 1.9 | | | | | | | | | | | | | | | |
| **Primary Fresh Fruit Salad** | 205.0 | NONE 49.0 | NONE 0.2 | NONE 0.0 | NONE 11.9 | | | | | | | | | | | | | | | |
| **Primary Jacket Potato with Beans & Salad** | | | | | | | | | | | | | | | | | | | | |

## Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

### St Marks Primary September 26 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 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** | 1329.8 | NONE 317.8 | NONE 9.0 | NONE 0.8 | NONE 44.5 | | | | ✔ | ✔ | | | | | | | | | |

## Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

### St Marks Primary September 26 Week 2 Day 4

**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 Homemade Devon Beef Meatballs in Tomato Sc | 691.7 | NONE 165.3 | NONE 10.7 | NONE 4.2 | NONE 4.2 | | | | | | | | | | | | | | ✔ | |
| Primary Homemade Meat Free Balls in Tomato Sauce | 528.2 | NONE 126.3 | NONE 2.8 | NONE 0.5 | NONE 13.3 | **Contains:** Wheat. | | ✔ | | ✔ | | | | | | | | | ✔ | ✔ |
| Primary Bananas & Custard | 461.2 | NONE 110.2 | NONE 0.6 | NONE 0.4 | NONE 26.2 | | | | | | | | ✔ | | | | | | | |
| 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 | 1329.8 | NONE 317.8 | NONE 9.0 | NONE 0.8 | NONE 44.5 | | | | | ✔ | ✔ | | | | | | | | | |

## Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

### St Marks Primary September 26 Week 2 Day 4

**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 White & Wholemeal Penne Pasta** | 667.5 | NONE 159.5 | NONE 0.8 | NONE 0.2 | NONE 31.3 | **Contains:** Wheat. | | ✔ | | | | | | | | | | | | |
| **Primary Sweetcorn & Red Pepper Salad** | 152.8 | NONE 36.5 | NONE 0.8 | NONE 0.2 | NONE 5.5 | | | | | | | | | | | | | | | |

## Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

### St Marks Primary September 26 Week 2 Day 5

**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 Breaded Fish** | 577.4 | NONE 138.0 | NONE 6.0 | NONE 0.7 | 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 Peas** | 148.1 | NONE 35.4 | NONE 0.5 | NONE 0.1 | NONE 3.2 | | | | | | | | | | | | | | |
| **Primary Ice Cream & Fruit** | 283.7 | NONE 67.8 | NONE 2.2 | NONE 1.1 | NONE 11.3 | | | | | | | ✔ | | | | | | | |
| **Primary Jacket Potato with Beans & Salad** | 977.5 | NONE 233.6 | NONE 0.8 | NONE 0.0 | NONE 49.9 | | | | | | | | | | | | | | |

## St Marks Primary September 26 Week 2 Day 5

**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 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** | 1329.8 | NONE 317.8 | NONE 9.0 | NONE 0.8 | NONE 44.5 | | | | ✔ | ✔ | | | | | | | | | |
| **Primary Fresh Chopped Salad** | 34.9 | NONE 8.3 | NONE 0.1 | NONE 0.0 | NONE 1.4 | | | | | | | | | | | | | | |
| **Primary Salmon Fingers** | 894.3 | NONE 213.8 | NONE 14.3 | NONE 1.7 | NONE 12.8 | | ✔ | | | ✔ | | | | | | | | | |

**Contains:** Wheat.