

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

ST MARKS APRIL 26 MENU WEEK 3 DAY 4

**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

Description	Energy	Fat	Saturates	Sugars	Salt																		
Primary BBQ Chicken	572.8	NONE 136.9	NONE 0.8	NONE 0.2	NONE 14.8																		
Primary Vegetable & Chickpea Curry	319.1	NONE 76.3	NONE 3.0	NONE 0.4	NONE 8.9	Contains: Wheat.	?																?
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4																		
Primary Naan Bread	240.1	NONE 57.4	NONE 1.3	NONE 0.1	NONE 9.8	Contains: Wheat.	✓																
Primary Indian Salad	31.6	NONE 7.6	NONE 0.1	NONE 0.0	NONE 1.5																		
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 Flapjack	1010.4	NONE 241.5	NONE 10.9	NONE 4.0	NONE 31.7	Contains: Barley, Oats, Wheat.	✓																





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ST MARKS APRIL 26 MENU WEEK 3 DAY 2

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												
Primary West Country Brunch	1754.8	419.4	24.1	7.1	30.5												✓
Primary Vegetarian Brunch	1194.8	285.6	10.6	2.0	31.7	Contains: Wheat.	✓										
Primary Jacket Potato with Beans & Salad	10293.0	2460.1	7.8	0.4	374.9												
Primary Jacket Potato with Cheese & Salad	1255.5	300.1	9.5	4.5	45.3						✓						
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	305.3	8.1	0.7	44.1				✓	✓				?			
Primary Chocolate Drizzle Shortbread (Icing)	1024.0	244.8	12.1	5.0	32.8	Contains: Wheat.	✓		?								?

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ST MARKS APRIL 26 MENU WEEK 3 DAY 3

**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

Description	Energy	Fat	Saturates	Sugars	Salt																			
Primary Pulled Roast Devon Beef & Gravy	354.9	NONE 84.8	NONE 2.7	NONE 1.1	NONE 1.4																			
Primary Vegetarian Toad in the Hole	347.2	NONE 83.0	NONE 2.7	NONE 0.9	NONE 4.7	Contains: Wheat.						✓	✓	✓										
Primary Roast Potatoes (Handcut)	533.2	NONE 127.4	NONE 7.7	NONE 1.1	NONE 13.8																			
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																	✓		
Primary Savoy Cabbage (Hand Cut)	67.8	NONE 16.2	NONE 0.3	NONE 0.1	NONE 2.3																			
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 ABC Cake	973.3	NONE 232.6	NONE 14.7	NONE 2.3	NONE 23.0	Contains: Wheat.						✓	✓										?	