

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

JACBOSTOW APRIL 26 MENU WEEK 3 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 Macaroni Cheese	1474.4	NONE 352.4	NONE 14.0	NONE 6.4	NONE 44.4	Contains: Wheat.	✓						✓	✓						?	
Primary Cheesy Potato Wheels	1345.1	NONE 321.5	NONE 20.3	NONE 9.1	NONE 28.1	Contains: Wheat.	✓				?		✓		?						?
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.	✓														?
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2																
Primary Fresh Chopped Salad	19.2	NONE 4.6	NONE 0.1	NONE 0.0	NONE 0.7																
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 Oaty Cookie	977.9	NONE 233.7	NONE 9.5	NONE 3.8	NONE 35.4	Contains: Barley, Oats, Wheat.	✓														?

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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 Breaded Chicken Breast	756.9	NONE 180.9	NONE 2.4	NONE 0.6	NONE 19.2	Contains: Wheat.	✓	✓										?
Primary Lentil & Vegetable Curry	416.7	NONE 99.6	NONE 3.6	NONE 0.5	NONE 12.4	Contains: Wheat.	?					?						
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4													
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9													
Primary Salad Sticks (Hand Cut)	47.4	NONE 11.3	NONE 0.1	NONE 0.0	NONE 2.5													
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 Apple & Raspberry Crumble & Custard	906.2	NONE 216.6	NONE 8.3	NONE 3.4	NONE 33.5	Contains: Barley, Oats, Wheat.	✓				✓							?

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JACBOSTOW APRIL 26 MENU WEEK 3 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																			
Primary Roast Devon Pork Leg & Gravy	299.7	NONE 71.6	NONE 1.4	NONE 0.4	NONE 1.4																			
Primary Leek & Potato Bake	822.0	NONE 196.5	NONE 10.3	NONE 4.2	NONE 20.8	Contains: Wheat.						✓				✓	✓							?
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 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 Fruity Flapjack	1169.7	NONE 279.6	NONE 10.9	NONE 4.0	NONE 41.2	Contains: Barley, Oats, Wheat.						✓												



