

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

ST ANDREWS APRIL 26 MENU WEEK 1 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										
Primary Tomato & Mozzarella Pasta Bake	1041.1	NONE 248.8	NONE 6.1	NONE 2.9	NONE 37.4	Contains: Wheat.	✓					✓			✓
Primary Spinach, Cheese & Potato Pie	1575.7	NONE 376.6	NONE 19.8	NONE 8.4	NONE 41.8	Contains: Wheat.	✓					✓	✓		?
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.	✓								?
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9										
Primary Salad Sticks (Hand Cut)	41.1	NONE 9.8	NONE 0.2	NONE 0.0	NONE 1.9										
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 Fresh Fruit Platter	149.0	NONE 35.6	NONE 0.2	NONE 0.0	NONE 8.6										









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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 Pasta with Cheese Sauce with Cheese or Ham	1549.1	 370.3	 15.1	 6.7	 42.1	Contains: Wheat.	✓						✓	✓						?
Primary Sandwich Devon Ham	1166.9	 278.9	 8.7	 2.3	 32.6	Contains: 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 Goujon Burger	936.4	NONE 223.8	NONE 3.4	NONE 1.2	NONE 33.7	Contains: Wheat.	✓								?	✓
Primary Vegetable Fajita Wrap	590.1	NONE 141.0	NONE 6.8	NONE 2.5	NONE 15.2	Contains: Wheat.	✓				✓		?			
Primary Potato Wedges (Hand cut)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2											
Primary Sweetcorn & Red Pepper Salad	152.8	NONE 36.5	NONE 0.8	NONE 0.2	NONE 5.5											
Primary Rainbow Slaw (Hand Cut)	332.2	NONE 79.4	NONE 7.3	NONE 0.6	NONE 2.9			✓					?			
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 Orange Jelly Vegan	5.6	NONE 1.3	NONE 0.1	NONE 0.0	NONE 0.8											

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Description	Energy	Fat	Saturates	Sugars	Salt																			
Primary Pulled Roast Devon Beef & Gravy	698.8	NONE 167.0	NONE 12.6	NONE 5.2	NONE 1.4																			
Primary Sweet Potato, Lentil & Vegetable Bake	1278.6	NONE 305.6	NONE 13.9	NONE 5.7	NONE 33.3	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 Roasted Root Vegetables (hand cut)	170.0	NONE 40.6	NONE 2.8	NONE 0.4	NONE 3.6																			
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 Banana Marble Cake	964.6	NONE 230.5	NONE 14.4	NONE 2.4	NONE 22.7	Contains: Wheat.						✓		✓										?









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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	 324.8	 14.2	 5.7	 34.2	Contains: Wheat.	✓						✓							✓
Primary Sandwich Devon Ham	1166.9	 278.9	 8.7	 2.3	 32.6	Contains: Wheat.	✓													✓

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--------	---------------------------	-------------	------	------	-------	------	----------	---------	------	---------	--------	-------------------------------	------

Description	Energy	Fat	Saturates	Sugars	Salt									
Primary West Country Brunch	1706.5	NONE 407.9	NONE 23.2	NONE 7.1	NONE 29.4									✓
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7	Contains: Wheat.	✓							
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 Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6	Contains: Wheat.	✓	?						?
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓				✓			✓

ST ANDREWS APRIL 26 MENU WEEK 1 DAY 5









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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 Salmon Fingers	35.8	 8.6	 0.6	 0.1	 0.5	Contains: Wheat.	✓			✓									
Primary Fresh Chopped Salad	19.2	 4.6	 0.1	 0.0	 0.7														