

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

ST ANDREWS 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 Five Bean & Vegetable Chilli	403.7	NONE 96.5	NONE 3.5	NONE 0.5	NONE 11.0															✓
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.2	NONE 14.4	Contains: Wheat.	✓													?
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 Salad	125.6	NONE 30.0	NONE 0.1	NONE 0.0	NONE 7.3															
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 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

Description	Energy	Fat	Saturates	Sugars	Salt																		
Primary White & Wholegrain Rice	696.6	 166.5	 1.4	 0.4	 35.4																		

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ST ANDREWS APRIL 26 MENU WEEK 3 DAY 2

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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 Devon Beef Chilli	664.0	NONE 158.7	NONE 8.7	NONE 3.5	NONE 7.8																		
Primary Mozzarella & Tomato Pin Wheel	950.4	NONE 227.2	NONE 15.2	NONE 8.5	NONE 15.1	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 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

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 & Pasta Salad	1008.4	 241.0	 1.9	 0.3	 46.5	Contains: Wheat.	✓													✓	
Primary Sandwich Cheddar Cheese	1359.0	 324.8	 14.2	 5.7	 34.2	Contains: Wheat.	✓						✓								✓

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ST ANDREWS APRIL 26 MENU WEEK 3 DAY 3

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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 Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4																		
Primary Broccoli, Mixed Bean & Cauliflower Bake	952.9	NONE 227.8	NONE 14.0	NONE 6.4	NONE 15.2	Contains: Wheat.					✓				✓	✓							?
Primary Roast Potatoes (Handcut)	533.2	NONE 127.4	NONE 7.7	NONE 1.1	NONE 13.8																		
Primary Carrots & Peas (Prepped Carrot Batons)	118.0	NONE 28.2	NONE 0.4	NONE 0.1	NONE 4.0																		✓
Primary Roasted Root Vegetables (PREPPED)	182.9	NONE 43.7	NONE 2.8	NONE 0.4	NONE 4.4																		✓
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 Chocolate Mousse	34.5	NONE 8.3	NONE 0.2	NONE 0.2	NONE 1.2								✓										

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- Cereals containing Gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame
- Sulphur Dioxide and Sulphites
- Soya

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	 278.9	 8.7	 2.3	 32.6	Contains: Wheat.	✓													✓	
Primary Sandwich Cheddar Cheese	1359.0	 324.8	 14.2	 5.7	 34.2	Contains: Wheat.	✓						✓								✓

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ST ANDREWS APRIL 26 MENU WEEK 3 DAY 4

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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		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya	
Primary Chicken & Tomato Pasta Bake	1158.1	NONE 276.8	NONE 6.8	NONE 1.8	NONE 32.6	Contains: Wheat.	✓						✓							✓	
Primary Vegetable & Bean Lasagne	930.5	NONE 222.4	NONE 9.4	NONE 3.2	NONE 25.7	Contains: Wheat.	✓			?			✓		✓					✓	?
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.	✓														?
Primary Sweetcorn & Red Pepper Salad	152.8	NONE 36.5	NONE 0.8	NONE 0.2	NONE 5.5																
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 Flapjack	1010.4	NONE 241.5	NONE 10.9	NONE 4.0	NONE 31.7	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

Description	Energy	Fat	Saturates	Sugars	Salt															
Primary Sandwich Cheddar Cheese	1359.0	 324.8	 14.2	 5.7	 34.2	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

Description	Energy	Fat	Saturates	Sugars	Salt																				
Primary Fishcake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4	Contains: Wheat.						✓		✓	✓	✓									
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4	Contains: Wheat.						✓													
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0																				
Primary Salad Sticks (Hand Cut)	41.1	NONE 9.8	NONE 0.2	NONE 0.0	NONE 1.9																				
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5																				
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 Iced Lemon Shortbread	1004.9	NONE 240.2	NONE 12.0	NONE 4.9	NONE 32.0	Contains: Wheat.						✓		?									?		

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- Cereals containing Gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame
- Sulphur Dioxide and Sulphites
- Soya

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 Tuna Mayonnaise	1180.3	 282.1	 8.7	 0.9	 33.0	Contains: Wheat.	✓		✓	✓					⚠					✓	
Primary Chicken Bites x 3 (Bought in)	451.9	 108.0	 3.2	 1.3	 7.9	Contains: Wheat.	✓														