

Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

LUDGVAN Primary September 26 Week 1 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 Baked Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6		✓			✓									
Primary Salmon Fingers	894.3	NONE 213.8	NONE 14.3	NONE 1.7	NONE 12.8		✓			✓									
Primary Homemade Vegetarian Sausage Roll	878.1	NONE 209.9	NONE 9.7	NONE 3.7	NONE 22.7		✓				?			?					✓
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 Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6		✓		?										?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														

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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 Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														

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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 Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.7		✓					✓						✓	?
Primary Vegetable & Lentil Bolognese	551.9	NONE 131.9	NONE 3.5	NONE 0.3	NONE 17.6													✓	
Primary White & Wholemeal Penne Pasta	667.5	NONE 159.5	NONE 0.8	NONE 0.2	NONE 31.3		✓												
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Iced Sponge	1018.7	NONE 243.5	NONE 14.2	NONE 1.4	NONE 26.8		✓		✓										?
Primary Jacket Potato with Beans & Salad																			

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	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				✓	✓									
Primary Pasta with Tomato Sauce	779.6	NONE 186.3	NONE 1.8	NONE 0.2	NONE 34.8		✓												✓

Contains: Wheat.

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LUDGVAN Primary September 26 Week 1 Day 2

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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 & Sweetcorn Pie	1302.4	NONE 311.3	NONE 16.2	NONE 6.7	NONE 22.1		✓				?	✓		✓					?
						Contains: Wheat.													
Primary Sweet Potato & Vegetable Bake	801.5	NONE 191.6	NONE 10.4	NONE 4.1	NONE 19.9		✓					✓		✓					?
						Contains: Wheat.													
Primary New Potatoes	313.8	NONE 75.0	NONE 0.2	NONE 0.0	NONE 17.2														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
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												✓							

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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
	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				✓	✓								

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LUDGVAN Primary September 26 Week 1 Day 3

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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 Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4														
Primary Yorkshire Pudding, Bean & Veg Cottage Pie	626.7	NONE 149.8	NONE 7.6	NONE 1.4	NONE 16.5		✓		✓			✓							
Primary Roast Potatoes (Handcut)	533.5	NONE 127.5	NONE 7.7	NONE 0.6	NONE 13.8														
Primary Sliced Carrots (Hand cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														
Primary Savoy Cabbage (Hand Cut)	52.2	NONE 12.5	NONE 0.2	NONE 0.1	NONE 1.8														
Primary Sticky Toffee Pudding & Caramel Sauce	923.7	NONE 220.8	NONE 10.5	NONE 4.1	NONE 29.1		✓		✓										?
Primary Jacket Potato with Beans & Salad																			

Contains: Wheat.

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
	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				✔	✔								

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Primary Devon Pork Sausages, Mash & Gravy	1276.2	NONE 305.0	NONE 18.4	NONE 6.1	NONE 24.3													✓	
Primary Vegetable & Mixed Bean Casserole	532.1	NONE 127.2	NONE 4.9	NONE 0.5	NONE 14.5														
Primary Mashed Potatoes (Hand Cut)	514.6	NONE 123.0	NONE 5.2	NONE 1.2	NONE 17.9														
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
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														

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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				✓	✓									