

Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

LUDGVAN Primary September 26 Week 2 Day 1

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 Crunchy Topped Macaroni Cheese	1538.5	NONE 367.7	NONE 13.6	NONE 6.2	NONE 48.0		✓					✓		✓					?
						Contains: Wheat.													
Primary Broccoli, Mixed Bean & Cauliflower Bake	957.7	NONE 228.9	NONE 14.1	NONE 6.4	NONE 15.2		✓					✓		✓					?
						Contains: Wheat.													
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.3		✓												?
						Contains: Wheat.													
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Syrup Sponge	1088.8	NONE 260.2	NONE 14.3	NONE 1.4	NONE 30.9		✓		✓										?
						Contains: Wheat.													
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 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 2 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 Devon Beef Chilli	660.8	NONE 157.9	NONE 8.7	NONE 3.5	NONE 7.5														
Primary Vegetable & Lentil Chilli	541.9	NONE 129.5	NONE 3.5	NONE 0.3	NONE 17.1													✓	
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Salad Sticks (Hand Cut)	58.1	NONE 13.9	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1														
Primary Rocky Road	988.3	NONE 236.2	NONE 13.8	NONE 6.3	NONE 25.1		✓					✓						✓	?
Contains: Wheat.																			

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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	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 2 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 Chicken & Gravy	341.5	NONE 81.6	NONE 0.8	NONE 0.2	NONE 1.4														
Primary Vegan Mince & Vegetable Parcel	1306.7	NONE 312.3	NONE 16.2	NONE 6.8	NONE 30.4		✓												✓
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 Fruity Coconut Flapjack	977.8	NONE 233.7	NONE 10.9	NONE 4.0	NONE 29.8		✓												✓
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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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														
	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 Savoy Cabbage (Hand Cut)	52.2	NONE 12.5	NONE 0.2	NONE 0.1	NONE 1.8														

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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 West Country Brunch	1690.4	NONE 404.0	NONE 22.4	NONE 6.7	NONE 30.5													✓	
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7		✓												
Primary Apple Cake	1003.9	NONE 239.9	NONE 14.2	NONE 1.4	NONE 25.7		✓		✓										?
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	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 2 Day 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 Breaded Fish	577.4	NONE 138.0	NONE 6.0	NONE 0.7	NONE 14.6					✓									
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4		✓												
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 Raspberry Ripple Shortbread	953.3	NONE 227.8	NONE 12.0	NONE 4.9	NONE 28.8		✓												?
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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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														
	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				✓	✓									