

Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

LUDGVAN Primary September 26 Week 3 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 Tomato & Mozzarella Pasta Bake	1034.9	NONE 247.3	NONE 6.2	NONE 2.9	NONE 36.0		✓					✓						✓	
Primary Pizza Pinwheel (Pizza Base)	1060.6	NONE 253.5	NONE 10.0	NONE 4.0	NONE 30.0		✓					✓						✓	?
Primary White & Wholemeal Penne Pasta	667.5	NONE 159.5	NONE 0.8	NONE 0.2	NONE 31.3		✓												
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.3		✓												?
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Salad Sticks (Hand Cut)	58.1	NONE 13.9	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Marble Cake	950.6	NONE 227.2	NONE 14.5	NONE 1.5	NONE 21.9		✓		✓										?

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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				✓	✓									
Primary Pasta with Tomato Sauce with Cheese or Ham	1135.5	NONE 271.4	NONE 7.9	NONE 3.0	NONE 35.6		✓					✓						✓	

Contains: Wheat.

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LUDGVAN Primary September 26 Week 3 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 Burger in a Bun 2oz	1049.4	NONE 250.8	NONE 10.1	NONE 4.0	NONE 23.5		✓										?		
						Contains: Wheat.													
Primary Cajun Butternut Squash & Bean Burger	1001.8	NONE 239.5	NONE 4.0	NONE 0.4	NONE 38.4		✓										?		
						Contains: Wheat.													
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0														
Primary Rainbow Slaw (Hand Cut)	357.1	NONE 85.4	NONE 8.0	NONE 0.6	NONE 3.1				✓										
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Apple Crumble & Custard	908.8	NONE 217.2	NONE 8.2	NONE 3.4	NONE 33.8		✓					✓						?	
						Contains: Barley, Oats, Wheat.													
Primary Jacket Potato with Beans & Salad																			

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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														
	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 3 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 Pork Leg & Gravy	299.7	NONE 71.6	NONE 1.4	NONE 0.4	NONE 1.4														
Primary Vegetable & Lentil Pie	884.2	NONE 211.3	NONE 8.9	NONE 3.6	NONE 25.6		✓			?				?					?
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 Jam & Coconut Sponge	988.9	NONE 236.4	NONE 14.3	NONE 1.4	NONE 24.9		✓		✓									✓	?
Primary Jacket Potato with Beans & Salad																			

Contains: Wheat.

Contains: Wheat.

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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														

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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 Cheesy Chicken Pasta Bake	1650.3	NONE 394.4	NONE 14.2	NONE 5.9	NONE 40.9		✓					✓		✓					?
						Contains: Wheat.													
Primary Caribbean Vegetable & Bean Jambalaya	941.5	NONE 225.0	NONE 4.0	NONE 0.6	NONE 38.4														
Primary Homemade White Bread	292.2	NONE 69.9	NONE 0.3	NONE 0.0	NONE 14.2		✓												?
						Contains: Wheat.													
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1														
Primary Sweetener Free Strawberry Jelly & Fruit	282.3	NONE 67.5	NONE 0.1	NONE 0.0	NONE 17.6														
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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LUDGVAN Primary September 26 Week 3 Day 4

Legend

✓

Contains

?

May Contain

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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				✓	✓									

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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 Fish Cake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4		✓			✓		✓		✓					
						Contains: Wheat.													
Primary Vegan Quorn Sausage (1)	305.4	NONE 73.0	NONE 2.6	NONE 0.9	NONE 2.9		✓												
						Contains: Wheat.													
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 Oaty Cookie	982.5	NONE 234.8	NONE 9.5	NONE 3.8	NONE 35.6		✓												?
						Contains: Barley, Oats, Wheat.													
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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LUDGVAN Primary September 26 Week 3 Day 5

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

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 Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														