Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

Modbury 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	**Contains:** Wheat.		✔					✔						✔	
Primary Vegetable & Mixed Bean Lasagne	924.1	NONE 220.9	NONE 9.3	NONE 3.0	NONE 25.5	**Contains:** Wheat.		✔					✔		✔				✔	?
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.3	**Contains:** Wheat.		✔												?
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 Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4															
Primary Jacket Potato with Beans & 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	Soya
	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 Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✔							

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Modbury Primary September 26 Week 3 Day 2

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 Devon Beef Chilli	660.8	NONE 157.9	NONE 8.7	NONE 3.5	NONE 7.5														
Primary Cajun Roasted Vegetable Risotto	777.7	NONE 185.9	NONE 3.6	NONE 0.4	NONE 39.0														
Primary Vegetable Rice	647.9	NONE 154.9	NONE 1.4	NONE 0.4	NONE 32.2														
Primary Baton Carrots & Peas (Prepped)	118.0	NONE 28.2	NONE 0.4	NONE 0.1	NONE 4.0													✔	
Primary Shortbread Biscuit	978.0	NONE 233.8	NONE 12.0	NONE 4.9	NONE 28.6		✔												?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														

Contains: Wheat.

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Modbury Primary September 26 Week 3 Day 2

Legend

- ✔ Contains
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- ! 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				✔	✔									
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✔							
Primary Tortilla Chips	300.0	NONE 71.7	NONE 3.2	NONE 0.4	NONE 9.5														

Modbury Primary September 26 Week 3 Day 3

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 Cajun Chicken Breast	396.0	NONE 94.6	NONE 2.8	NONE 0.4	NONE 0.3															
Primary Moroccan Chickpea & Squash Tagine	456.4	NONE 109.1	NONE 4.0	NONE 0.4	NONE 12.7	**Contains:** Wheat.		?							?				✔	
Primary Saute Potatoes (Hand cut)	451.9	NONE 108.0	NONE 4.2	NONE 0.3	NONE 16.5															
Primary Sweetcorn & Red Pepper Salad	152.8	NONE 36.5	NONE 0.8	NONE 0.2	NONE 5.5															
Primary Chocolate Brownie (Standard)	857.0	NONE 204.8	NONE 11.2	NONE 4.5	NONE 22.7	**Contains:** 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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Modbury 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
	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 Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✔							

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Modbury Primary September 26 Week 3 Day 4

Legend

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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	300.7	NONE 71.9	NONE 1.4	NONE 0.4	NONE 1.7														
Primary Vegetable & Lentil Pie	887.9	NONE 212.2	NONE 8.9	NONE 3.6	NONE 26.6		✔				?			?					?
Contains: Wheat.																			
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2														✔
Primary Roasted Root Vegetables (Hand Cut)	173.8	NONE 41.5	NONE 2.8	NONE 0.2	NONE 3.9														
Primary Cauliflower	38.5	NONE 9.2	NONE 0.2	NONE 0.1	NONE 0.8														
Primary Peach & Apple Cobbler & Custard	611.7	NONE 146.2	NONE 4.3	NONE 1.9	NONE 25.6		✔					✔							?
Contains: Wheat.																			
Primary Jacket Potato with Beans & Salad																			

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Modbury Primary September 26 Week 3 Day 4

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
	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 Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✔							

Modbury Primary September 26 Week 3 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 Breaded Fish	504.6	NONE 120.6	NONE 5.1	NONE 0.5	NONE 12.7					✔									
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 Sweetener Free Orange 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														

Contains: Wheat.

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Modbury Primary September 26 Week 3 Day 5

Legend

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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 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 Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✔							
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														