

Menu Listing with Traffic Lights and Allergens

lucy.painter@educatering.uk

Furzeham Primary September 26 Week 1 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 Macaroni Cheese	1479kJ 354kcal	MED 14g	HIGH 6.4g	LOW 5.8g	MED 0.92g		✓					✓	✓						?
Primary Chinese Style Vegetable & Bean Noodles	963.5	NONE 230.3	NONE 1.5	NONE 0.3	NONE 43.8		✓											✓	✓
Primary Oaty Cookie	982.5	NONE 234.8	NONE 9.5	NONE 3.8	NONE 35.6		✓												?
Fruit Yoghurt Pot - Bought in	596.2	NONE 142.5	NONE 5.3	NONE 3.5	NONE 18.9							✓							
Primary Jacket Potato with Cheese & Beans & Salad	1124.4	NONE 268.7	NONE 5.1	NONE 2.3	NONE 47.9							✓							
Primary Half Baguette Devon Ham	944kJ 226kcal	MED 3.5g	LOW 1.0g	LOW 2.4g	HIGH 1.4g		✓		?									?	
Primary Half Baguette Cheddar Cheese	1040kJ 249kcal	MED 6.2g	MED 2.7g	LOW 2.7g	MED 1.2g		✓		?			✓						?	
Primary Half Baguette Tuna Mayonnaise	1021.0	NONE 244.0	NONE 4.6	NONE 0.6	NONE 38.3		✓		✓	✓				?				?	
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.4		✓												?

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Furzeham 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 Homemade Chicken Fillet Burger	1195.5	NONE 285.7	NONE 3.2	NONE 0.7	NONE 39.0		✓		✓								?		?
Primary Quorn Sausage Hot Dog	853.5	NONE 204.0	NONE 4.4	NONE 1.4	NONE 26.4		✓										?		
Primary Potato Wedges (Hand cut)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2														
Primary Super 6 Tomato Sauce	1402.3	NONE 335.2	NONE 12.2	NONE 0.8	NONE 43.8													✓	
Primary Marble Cake	950.4	NONE 227.1	NONE 14.4	NONE 1.5	NONE 21.9		✓		✓										?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Half Baguette Cheddar Cheese	1040kJ 249kcal	MED 6.2g	MED 2.7g	LOW 2.7g	MED 1.2g		✓		?			✓					?		
Primary Half Baguette Devon Ham	944kJ 226kcal	MED 3.5g	LOW 1.0g	LOW 2.4g	HIGH 1.4g		✓		?								?		
Primary Half Baguette Tuna Mayonnaise	1021.0	NONE 244.0	NONE 4.6	NONE 0.6	NONE 38.3		✓		✓	✓				?			?		

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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															
Fruit Yoghurt Pot - Bought in	596.2	NONE	NONE	NONE	NONE															
		142.5	5.3	3.5	18.9															

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Furzeham 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 Homity Pie	1657.1	NONE 396.1	NONE 23.1	NONE 9.5	NONE 39.1		✓					✓		✓				✓	?
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Apple & Pineapple Crumble & Custard	912.7	NONE 218.2	NONE 8.3	NONE 3.4	NONE 34.1		✓					✓							?
Primary Half Baguette Cheddar Cheese	1040kJ 249kcal	MED 6.2g	MED 2.7g	LOW 2.7g	MED 1.2g		✓		?			✓					?		
Primary Half Baguette Devon Ham	944kJ 226kcal	MED 3.5g	LOW 1.0g	LOW 2.4g	HIGH 1.4g		✓		?								?		
Primary Half Baguette Tuna Mayonnaise	1021.0	NONE 244.0	NONE 4.6	NONE 0.6	NONE 38.3		✓		✓	✓				?			?		
Fruit Yoghurt Pot - Bought in	596.2	NONE 142.5	NONE 5.3	NONE 3.5	NONE 18.9							✓							
Roasted Vegetable & Tomato Pasta	945.8	NONE 226.1	NONE 4.0	NONE 0.4	NONE 39.6		✓											✓	

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Furzeham Primary September 26 Week 1 Day 4

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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 Spaghetti	677.8	NONE 162.0	NONE 0.6	NONE 0.1	NONE 32.9		✓							?					?
Primary Devon Beef Bolognese	779.9	NONE 186.4	NONE 12.8	NONE 4.4	NONE 4.8													✓	
Primary Homemade Tomato & Herb Bread	381.1	NONE 91.1	NONE 2.4	NONE 0.2	NONE 14.7		✓												?
Primary Broccoli & Cauliflower Cheese Bake	986.2	NONE 235.7	NONE 15.5	NONE 7.2	NONE 13.9		✓					✓	✓						?
Primary Vegan Cheese Jacket Potato	1193.4	NONE 285.2	NONE 7.8	NONE 6.6	NONE 50.7														
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Half Baguette Cheddar Cheese	1040kJ 249kcal	MED 6.2g	MED 2.7g	LOW 2.7g	MED 1.2g		✓		?			✓					?		
Primary Half Baguette Devon Ham	944kJ 226kcal	MED 3.5g	LOW 1.0g	LOW 2.4g	HIGH 1.4g		✓		?								?		
Primary Half Baguette Tuna Mayonnaise	1021.0	NONE 244.0	NONE 4.6	NONE 0.6	NONE 38.3		✓		✓	✓				?			?		

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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
Fruit Yoghurt Pot - Bought in	596.2	NONE 142.5	NONE 5.3	NONE 3.5	NONE 18.9							✓							
Primary Orange Cookie	986.4	NONE 235.8	NONE 9.5	NONE 3.8	NONE 35.8		✓												?

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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 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 Breaded Halloumi with Tomato Sauce	1021.8	NONE 244.2	NONE 14.4	NONE 8.7	NONE 11.0		✓		✓			✓						✓	?
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 Chocolate Mousse	34.5	NONE 8.3	NONE 0.2	NONE 0.2	NONE 1.2							✓							
Primary Pasta with Tomato Sauce	779.6	NONE 186.3	NONE 1.7	NONE 0.2	NONE 35.7		✓												✓
Primary Half Baguette Cheddar Cheese	1040kJ 249kcal	MED 6.2g	MED 2.7g	LOW 2.7g	MED 1.2g		✓		?			✓						?	
Primary Half Baguette Devon Ham	944kJ 226kcal	MED 3.5g	LOW 1.0g	LOW 2.4g	HIGH 1.4g		✓		?									?	

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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 Half Baguette Tuna Mayonnaise	1021.0	NONE 244.0	NONE 4.6	NONE 0.6	NONE 38.3		✓		✓	✓				?			?		
Fruit Yoghurt Pot - Bought in	596.2	NONE 142.5	NONE 5.3	NONE 3.5	NONE 18.9							✓							