

Menu Listing with Traffic Lights and Allergens

lucy.painter@educatering.uk

Furzeham 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 Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.9		✓					✓						✓	?
Primary Vegan Mince & Vegetable Parcel	1306.7	NONE 312.3	NONE 16.2	NONE 6.8	NONE 30.4		✓												✓
Primary Potato Wedges (Hand cut)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2														
Primary Raspberry Ripple Shortbread	953.3	NONE 227.8	NONE 12.0	NONE 4.9	NONE 28.8		✓												?
Primary Milk (Cup)	307.5	NONE 73.5	NONE 2.6	NONE 1.5	NONE 7.5							✓							
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		✓		✓	✓				?			?		
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 Coleslaw (Hand Cut)	337.9	NONE 80.8	NONE 7.2	NONE 0.6	NONE 3.3				✓					?					
Fruit Yoghurt Pot - Bought in	596.2	NONE 142.5	NONE 5.3	NONE 3.5	NONE 18.9							✓							

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Furzeham 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 Cottage Pie	1137.2	NONE 271.8	NONE 15.2	NONE 5.4	NONE 19.7													✓	
Primary Tomato & Mozzarella Pasta Bake	1034.9	NONE 247.3	NONE 6.1	NONE 2.9	NONE 36.9		✓					✓						✓	
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.4		✓												?
Primary Apple & Blueberry Cake	1004.7	NONE 240.1	NONE 14.3	NONE 1.4	NONE 25.6		✓		✓										?
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 Half Baguette Devon Ham	944kJ 226kcal	MED 3.5g	LOW 1.0g	LOW 2.4g	HIGH 1.4g		✓		?								?		
Fruit Yoghurt Pot - Bought in	596.2	NONE 142.5	NONE 5.3	NONE 3.5	NONE 18.9							✓							
Primary Jacket Potato with BBQ Beans & Salad	1021.3	NONE 244.1	NONE 0.8	NONE 0.0	NONE 52.3														

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Furzeham 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 Roast Quorn Fillet & Gravy	338.6	NONE 80.9	NONE 3.5	NONE 0.5	NONE 1.6		✓												
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Medley of Green Vegetables	81.7	NONE 19.5	NONE 0.3	NONE 0.1	NONE 2.1														
Primary Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4														
Roasted Vegetable & Tomato Pasta	945.8	NONE 226.1	NONE 4.0	NONE 0.4	NONE 39.6		✓											✓	
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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Furzeham Primary September 26 Week 2 Day 3

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✓

Contains

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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	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							✓							

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Furzeham Primary September 26 Week 2 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 Devon Pork & Vegetable Casserole	537.8	NONE 128.5	NONE 4.7	NONE 1.1	NONE 7.5														
Primary Mozzarella & Tomato Pinwheel	948.6	NONE 226.7	NONE 15.2	NONE 8.5	NONE 15.0		✓			?		✓		?				✓	?
Primary Banana Cake	969.7	NONE 231.8	NONE 14.3	NONE 1.4	NONE 23.8		✓		✓										?
Primary Custard	103.5	NONE 24.7	NONE 0.3	NONE 0.3	NONE 5.3							✓							
Primary Potato Wedges (Hand cut)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2														
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		✓		?									?	

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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							✓							

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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 Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9		✓												
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 Chocolate Rice Crispy Cake (Traybake)	519.7	NONE 124.2	NONE 4.7	NONE 2.4	NONE 18.8		✓					✓							
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Super 6 Tomato Sauce	1402.3	NONE 335.2	NONE 12.2	NONE 0.8	NONE 43.8													✓	
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							✓							
Primary Vegan Cheese Jacket Potato	1193.4	NONE 285.2	NONE 7.8	NONE 6.6	NONE 50.7														