

Menu Listing with Traffic Lights and Allergens

lucy.painter@educatering.uk

Furzeham 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 Pasta with Tomato Sauce	779.6	NONE 186.3	NONE 1.7	NONE 0.2	NONE 35.7		✓											✓	
Primary Caribbean Vegetable & Bean Jambalaya	941.5	NONE 225.0	NONE 4.0	NONE 0.6	NONE 38.4														
Primary Homemade Tomato & Herb Bread	381.1	NONE 91.1	NONE 2.4	NONE 0.2	NONE 14.7		✓												?
Primary Carrot Cake	981.2	NONE 234.5	NONE 14.3	NONE 1.4	NONE 24.5		✓		✓										?
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Coleslaw (Hand Cut)	337.9	NONE 80.8	NONE 7.2	NONE 0.6	NONE 3.3				✓					?					
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 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 Pork Sausages, Mash & Gravy	1276.2	NONE 305.0	NONE 18.4	NONE 6.1	NONE 24.3													✓	
Primary Vegan Quorn Sausage (1)	305.4	NONE 73.0	NONE 2.6	NONE 0.9	NONE 2.9		✓												
Primary Mashed Potatoes (Hand Cut)	514.6	NONE 123.0	NONE 5.2	NONE 1.2	NONE 17.9														
Primary Strawberry Jelly & Fruit	58.3	NONE 13.9	NONE 0.1	NONE 0.0	NONE 3.8														
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		✓		?								?		
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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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 Yorkshire Pudding Vegetable Cottage Pie	545.5	NONE 130.4	NONE 7.4	NONE 1.4	NONE 14.1		✓		✓			✓							
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Toffee Apple Crumble & Custard	963.5	NONE 230.3	NONE 8.3	NONE 3.4	NONE 37.1		✓					✓							?
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		✓		✓	✓				?			?		
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														

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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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Primary Crispy Chicken Katsu Curry (Bites)	587.7	NONE 140.5	NONE 5.5	NONE 1.5	NONE 9.9		✓												
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 Iced Lemon Muffin	1129.9	NONE 270.1	NONE 14.2	NONE 1.4	NONE 33.3		✓		✓									✓	?
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							✓							
Primary Pasta with Cheese Sauce	1197.1	NONE 286.1	NONE 9.0	NONE 4.0	NONE 41.4		✓					✓		✓					?

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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
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.4		✓												?

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Primary Breaded Fish	522.2	NONE 124.8	NONE 4.7	NONE 0.3	NONE 13.8					✓									
Primary Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.9		✓					✓						✓	?
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0														
Primary Homemade Jammie Dodger	1018.2	NONE 243.4	NONE 12.2	NONE 5.0	NONE 32.2		✓		?										?
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Strawberry Milkshake (Wibble)	219.1	NONE 52.4	NONE 1.8	NONE 1.1	NONE 5.5							✓							
Primary Vegan Cheese Jacket Potato	1193.4	NONE 285.2	NONE 7.8	NONE 6.6	NONE 50.7														
Primary Chocolate Milkshake (Wibble)	218.8	NONE 52.3	NONE 1.8	NONE 1.1	NONE 5.5							✓							
Primary Half Baguette Cheddar Cheese	1040kJ 249kcal	MED 6.2g	MED 2.7g	LOW 2.7g	MED 1.2g		✓		?			✓						?	

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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 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							✓							
Primary Super 6 Tomato Sauce	1402.3	 NONE 335.2	 NONE 12.2	 NONE 0.8	 NONE 43.8													✓	