

Menu Listing with Traffic Lights and Allergens

Emily.Griffiths@educatering.uk

ST MARKS APRIL 26 MENU 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 Pepperoni Pizza	1122.0	NONE 268.2	NONE 12.0	NONE 4.7	NONE 29.8		✓					✓						✓	?
Primary Vegetable & Chickpea Curry	314.8	NONE 75.2	NONE 3.0	NONE 0.3	NONE 8.7		?							?					
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Potato Balls	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?							
Primary Fresh Chopped Salad	22.9	NONE 5.5	NONE 0.1	NONE 0.0	NONE 0.9														
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4														
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1				✓	✓				?					
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6		✓		?										?

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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 West Country Brunch	1754.8	NONE 419.4	NONE 24.1	NONE 7.1	NONE 30.5													✓	
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7		✓												
Primary Apple & Raspberry Cake	982.8	NONE 234.9	NONE 14.3	NONE 1.4	NONE 24.4		✓		✓										?

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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 Chicken & Tomato Pasta Bake	1123.0	NONE 268.4	NONE 5.7	NONE 1.3	NONE 32.2		✓					✓						✓	
Primary Cauliflower, Leek & Cheese Bake	883.8	NONE 211.2	NONE 13.9	NONE 6.4	NONE 13.5		✓					✓		✓					?
Primary Garlic & Herb Diced Potatoes (Hand Cut)	505.0	NONE 120.7	NONE 5.2	NONE 0.4	NONE 17.3														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Strawberry Mousse	35.2	NONE 8.4	NONE 0.2	NONE 0.2	NONE 1.2							✓							

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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 Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4														
Primary Yorkshire Pudding Vegetable Cottage Pie	545.5	NONE 130.4	NONE 7.4	NONE 1.4	NONE 14.1		✓		✓			✓							
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7													✓	
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Fresh Fruit Salad	205.0	NONE 49.0	NONE 0.2	NONE 0.0	NONE 11.9														

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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 Fishcake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4		✓			✓		✓		✓					
Primary Homemade Quorn Sausage Roll	808.1	NONE 193.2	NONE 10.2	NONE 4.9	NONE 13.9		✓				?			?					?
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 Marble Cake	950.4	NONE 227.1	NONE 14.4	NONE 1.5	NONE 21.9		✓		✓										?

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ST MARKS APRIL 26 MENU WEEK 2 DAY 1

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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 Breaded Chicken Goujon Burger	514.6	NONE 262.2	NONE 6.0	NONE 1.1	NONE 37.6		✓										?		
Primary Quorn Sausage Hot Dog	853.5	NONE 204.0	NONE 4.4	NONE 1.4	NONE 26.4		✓										?		
Primary Potato Balls	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?							
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Iced Sponge	1018.7	NONE 243.5	NONE 14.2	NONE 1.4	NONE 26.8		✓		✓										?

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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 Creamy Bacon & Penne Pasta	1923.0	NONE 459.6	NONE 22.1	NONE 8.7	NONE 44.5		✓					✓		✓					?
Primary Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.9		✓					✓						✓	?
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0														
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.1	NONE 14.4		✓												?
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Ice Cream & Fruit	260.9	NONE 62.4	NONE 2.2	NONE 1.1	NONE 10.0							✓							

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Primary Chipolata Portion (2)	905.0	NONE 216.3	NONE 17.5	NONE 6.4	NONE 6.7													✓	
Primary Five Bean & Vegetable Chilli	398.6	NONE 95.3	NONE 3.5	NONE 0.3	NONE 10.7													✓	
Primary Mashed Potatoes (Prepped)	533.5	NONE 127.5	NONE 5.2	NONE 1.2	NONE 18.9													✓	
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Primary Chocolate Shortbread	950.5	NONE 227.2	NONE 12.5	NONE 5.2	NONE 26.8		✓												?

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Primary Roast Chicken & Gravy	341.5	NONE 81.6	NONE 0.8	NONE 0.2	NONE 1.4														
Primary Vegetable & Lentil Pie	884.2	NONE 211.3	NONE 8.9	NONE 3.6	NONE 25.6		✓				?			?					?
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7													✓	
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Primary Orange Jelly Vegan	5.6	NONE 1.3	NONE 0.1	NONE 0.0	NONE 0.8														

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Primary 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 Cheese & Red Onion Quiche	1327.1	NONE 317.2	NONE 20.9	NONE 8.7	NONE 21.4		✓		✓			✓							
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 Apple Cake	1003.9	NONE 239.9	NONE 14.2	NONE 1.4	NONE 25.7		✓		✓										?

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Primary Mild Chicken Tikka Masala	590.1	NONE 141.0	NONE 7.1	NONE 3.7	NONE 5.0		?							?					
Primary Macaroni Cheese	1479kJ 354kcal	MED 14g	HIGH 6.4g	LOW 5.8g	MED 0.92g		✓					✓		✓					?
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.3		✓												?
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Iced Lemon Shortbread	1004.9	NONE 240.2	NONE 12.0	NONE 4.9	NONE 32.0		✓		?										?

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Primary Devon Pork Sausage Plait	1382.2	NONE 330.4	NONE 21.8	NONE 8.9	NONE 25.6		✓				?			?				✓	?
Primary Spinach & Potato Spanish Omelette	611.7	NONE 146.2	NONE 6.5	NONE 1.7	NONE 14.2				✓			✓							
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0														
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Fruity Flapjack	977.8	NONE 233.7	NONE 10.9	NONE 4.0	NONE 29.8		✓												

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Primary Devon Beef & Pork Bolognese	703.4	NONE 168.1	NONE 10.8	NONE 3.4	NONE 4.8													✓	
Primary Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.9		✓					✓						✓	?
Primary Plain Penne Pasta	668.4	NONE 159.8	NONE 0.7	NONE 0.1	NONE 32.0		✓												
Primary Potato Balls	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?							
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Melon & Orange Wedges	91.3	NONE 21.8	NONE 0.2	NONE 0.0	NONE 5.0														

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Primary Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4														
Primary Vegetarian Toad in the Hole & Gravy	347.2	NONE 83.0	NONE 2.7	NONE 0.9	NONE 4.7		✓		✓			✓							
Primary Roasted New Potatoes	407.9	NONE 97.5	NONE 2.7	NONE 0.2	NONE 17.2														
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														✓
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Primary Chocolate Mousse & Fruit Pot	87.6	NONE 20.9	NONE 0.1	NONE 0.1	NONE 4.5							✓							

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Primary Breaded Fish	522.2	NONE 124.8	NONE 4.7	NONE 0.3	NONE 13.8					✓									
Primary Black Bean & Mozzarella Quesadilla	783.4	NONE 187.2	NONE 6.8	NONE 2.6	NONE 22.9		✓					✓		?				✓	
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0														
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Crispy Chocolate Nests (Individual)	506.3	NONE 121.0	NONE 4.7	NONE 2.4	NONE 18.1		✓					✓							