

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

Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
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Description	Energy	Fat	Saturates	Sugars	Salt																			
Primary Pepperoni Pizza	1122.9	NONE 268.4	NONE 12.0	NONE 5.0	NONE 29.9	Contains: Wheat.	✓															✓	?	
Primary Vegetable & Chickpea Curry	317.0	NONE 75.8	NONE 3.0	NONE 0.4	NONE 8.7	Contains: Wheat.	?																	
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	19.2	NONE 4.6	NONE 0.1	NONE 0.0	NONE 0.7																			
Primary Jacket Potato with Beans & Salad	10293.0	NONE 2460.1	NONE 7.8	NONE 0.4	NONE 374.9																			
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3																			
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1																			
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6	Contains: Wheat.	✓																	?

Menu Listing with Traffic Lights and Allergens

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ST MARKS APRIL 26 MENU WEEK 1 DAY 2

Legend

✓ Contains

⚠ May Contain

! 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															
Primary West Country Brunch	1706.5	NONE 407.9	NONE 23.2	NONE 7.1	NONE 29.4															✓
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7	Contains: Wheat.	✓													
Primary Apple & Raspberry Cake	980.4	NONE 234.3	NONE 14.2	NONE 2.3	NONE 24.2	Contains: Wheat.	✓	✓												⚠

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ST MARKS APRIL 26 MENU WEEK 1 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 Chicken Taco	621.6	 148.6	 2.5	 0.9	 14.3	Contains: Wheat.		✓													
Primary Cauliflower, Leek & Cheese Bake	879.0	 210.1	 13.8	 6.3	 13.4	Contains: Wheat.		✓					✓		✓						?
Primary Garlic & Herb Diced Potatoes (Hand Cut)	504.8	 120.6	 5.2	 0.7	 17.3																
Primary Sweetcorn	195.8	 46.8	 1.1	 0.2	 6.6																
Primary Strawberry Mousse	35.2	 8.4	 0.2	 0.2	 1.2								✓								

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ST MARKS APRIL 26 MENU WEEK 1 DAY 4

Legend	
✓	Contains
?	May Contain
!	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																			
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	543.4	NONE 129.9	NONE 7.4	NONE 1.6	NONE 13.9	Contains: Wheat.						✓	✓	✓										
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)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2																		✓	
Primary Fresh Fruit Salad	125.6	NONE 30.0	NONE 0.1	NONE 0.0	NONE 7.3																			

Menu Listing with Traffic Lights and Allergens

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ST MARKS APRIL 26 MENU WEEK 1 DAY 5

Legend

✓ Contains

? May Contain

! 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 Fishcake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4	Contains: Wheat.	✓			✓			✓	✓						
Primary Homemade Quorn Sausage Roll	808.1	NONE 193.2	NONE 10.2	NONE 4.9	NONE 13.9	Contains: Wheat.	✓				?			?						?
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	948.0	NONE 226.6	NONE 14.4	NONE 2.4	NONE 21.7	Contains: Wheat.	✓		✓											?

ST MARKS APRIL 26 MENU 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 Breaded Chicken Goujon Burger	936.4	NONE 223.8	NONE 3.4	NONE 1.2	NONE 33.7	Contains: Wheat.	✓												?	✓	
Primary Quorn Sausage Hot Dog	316.4	NONE 75.6	NONE 2.6	NONE 0.9	NONE 3.3	Contains: Wheat.	✓													?	
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	1016.4	NONE 242.9	NONE 14.2	NONE 2.3	NONE 26.6	Contains: Wheat.	✓		✓												?

Menu Listing with Traffic Lights and Allergens

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ST MARKS APRIL 26 MENU WEEK 2 DAY 2

Legend

✓ Contains

? May Contain

! No Data

Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
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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	1850.4	NONE 442.3	NONE 20.2	NONE 8.3	NONE 44.4	Contains: Wheat.	✓						✓	✓						?
Primary Margherita Pizza	1050.6	NONE 251.1	NONE 9.9	NONE 4.3	NONE 29.9	Contains: Wheat.	✓						✓						✓	?
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 0.2	NONE 14.4	Contains: Wheat.	✓													?
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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ST MARKS APRIL 26 MENU WEEK 2 DAY 3

Legend	
✓	Contains
?	May Contain
!	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																			
Primary Chipolata Portion (2)	905.0	NONE 216.3	NONE 17.5	NONE 6.4	NONE 6.7																			✓
Primary Five Bean & Vegetable Chilli	403.7	NONE 96.5	NONE 3.5	NONE 0.5	NONE 11.0																			✓
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 Roasted Root Vegetables (hand cut)	170.0	NONE 40.6	NONE 2.8	NONE 0.4	NONE 3.6																			
Primary Chocolate Shortbread	950.5	NONE 227.2	NONE 12.5	NONE 5.2	NONE 26.8																			?

Contains: Wheat.

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ST MARKS APRIL 26 MENU WEEK 2 DAY 4

Legend	
✓	Contains
?	May Contain
!	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														
Primary Roast Chicken & Gravy	347.4	NONE 83.0	NONE 1.5	NONE 0.4	NONE 1.4														
Primary Vegetable & Lentil Pie	205485.9	NONE 49112.3	NONE 3140.2	NONE 1662.9	NONE 4516.3	Contains: Wheat.	✓		?	?									?
Primary Roast Potatoes (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	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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ST MARKS APRIL 26 MENU WEEK 2 DAY 5

Legend	
✓	Contains
?	May Contain
!	No Data

Description	Energy	Fat	Saturates	Sugars	Salt		Allergens																
							Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya			
Primary Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6	Contains: Wheat.	✓				✓												
Primary Salmon Fingers	35.8	NONE 8.6	NONE 0.6	NONE 0.1	NONE 0.5	Contains: Wheat.	✓				✓												
Primary Cheese & Red Onion Quiche	1327.0	NONE 317.2	NONE 20.9	NONE 8.8	NONE 21.4	Contains: Wheat.	✓		✓			✓											
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	1001.6	NONE 239.4	NONE 14.2	NONE 2.3	NONE 25.5	Contains: Wheat.	✓		✓														?

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ST MARKS APRIL 26 MENU WEEK 3 DAY 1

























Legend

✓ Contains

? May Contain

! No Data

Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
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Description	Energy	Fat	Saturates	Sugars	Salt									
Primary Mild Thai Chicken & Coconut Curry	715.2	 170.9	 11.6	 7.4	 3.7									
Primary Macaroni Cheese	1474.4	 352.4	 14.0	 6.4	 44.4	Contains: Wheat.	✓					✓	✓	?
Primary White & Wholegrain Rice	696.6	 166.5	 1.4	 0.4	 35.4									
Primary Homemade Focaccia Bread	323.6	 77.3	 1.1	 0.2	 14.3	Contains: Wheat.	✓							?
Primary Peas	148.1	 35.4	 0.5	 0.1	 3.2									
Primary Iced Lemon Shortbread	1004.9	 240.2	 12.0	 4.9	 32.0	Contains: Wheat.	✓	?						?

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ST MARKS APRIL 26 MENU WEEK 3 DAY 2

Legend

✓ Contains

? May Contain

! 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 Devon Pork Sausage Plait	1244.1	NONE 297.4	NONE 19.4	NONE 8.3	NONE 21.4	Contains: Wheat.	✓					?			?				✓	?
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)	41.1	NONE 9.8	NONE 0.2	NONE 0.0	NONE 1.9															
Primary Fruity Flapjack	1169.7	NONE 279.6	NONE 10.9	NONE 4.0	NONE 41.2	Contains: Barley, Oats, Wheat.		✓												

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ST MARKS APRIL 26 MENU WEEK 3 DAY 3

Legend	
✓	Contains
?	May Contain
!	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														
Primary Devon Beef & Pork Bolognese	707.2	169.0	10.8	3.6	5.1														✓
Primary Margherita Pizza	1050.6	251.1	9.9	4.3	29.9	Contains: Wheat.	✓				✓								✓ ?
Primary Plain Penne Pasta	668.4	159.8	0.7	0.1	32.0	Contains: Wheat.	✓												
Primary Potato Balls	732.2	175.0	5.5	0.7	27.5						?								
Primary Sweetcorn	195.8	46.8	1.1	0.2	6.6														
Primary Melon & Orange Wedges	91.3	21.8	0.2	0.0	5.0														

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ST MARKS APRIL 26 MENU WEEK 3 DAY 4

Legend

✓ Contains

? May Contain

! 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																
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	347.2	NONE 83.0	NONE 2.7	NONE 0.9	NONE 4.7	Contains: Wheat.						✓	✓	✓							
Primary Roasted New Potatoes	407.8	NONE 97.5	NONE 2.7	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 Chocolate Mousse & Fruit Pot	87.6	NONE 20.9	NONE 0.1	NONE 0.1	NONE 4.5													✓			

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ST MARKS APRIL 26 MENU WEEK 3 DAY 5

Legend

✓ Contains

? May Contain

! 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 Breaded Fish	517.9	NONE 123.8	NONE 5.0	NONE 0.3	NONE 12.9	Contains: Wheat.	✓			✓										
Primary Roasted Vegetable & Lentil Tartlet	842.8	NONE 201.4	NONE 10.8	NONE 5.5	NONE 21.4	Contains: Wheat.	✓				?			?					✓	?
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)	516.5	NONE 123.5	NONE 5.0	NONE 2.4	NONE 17.9	Contains: Barley.	✓						✓							