

Menu Listing with Traffic Lights and Allergens

Meradith.Hart@educatering.uk

Feniton 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 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 Plain White Rice	721.1	NONE 172.4	NONE 1.6	NONE 0.4	NONE 34.1														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Shortbread Biscuit	947.7	NONE 226.5	NONE 12.0	NONE 4.9	NONE 28.6		✓												?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Feniton 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 Pepperoni Pizza	1122.0	NONE 268.2	NONE 12.0	NONE 4.7	NONE 29.8		✓					✓						✓	?
Primary Quorn Sausage Hot Dog	853.5	NONE 204.0	NONE 4.4	NONE 1.4	NONE 26.4		✓										?		
Primary Potato Balls (bought in)	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?							
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Apple & Blueberry Cake	1004.7	NONE 240.1	NONE 14.3	NONE 1.4	NONE 25.6		✓		✓										?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Feniton 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 Chipolata Portion (2)	905.0	NONE 216.3	NONE 17.5	NONE 6.4	NONE 6.7													✓	
Primary Yorkshire Pudding, Bean & Veg Cottage Pie	626.7	NONE 149.8	NONE 7.6	NONE 1.4	NONE 16.5		✓		✓			✓							
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7													✓	
Primary Strawberry Jelly & Fruit	58.3	NONE 13.9	NONE 0.1	NONE 0.0	NONE 3.8														
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					
Primary Gravy	31kJ 7kcal	LOW <0.5g	LOW <0.1g	LOW <0.5g	MED 0.23g														

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Feniton 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 Devon Beef Lasagne	1367.0	NONE 326.7	NONE 19.6	NONE 7.6	NONE 19.6		✓		?			✓		✓				✓	?
Primary Vegetable & Chickpea Curry	314.8	NONE 75.2	NONE 3.0	NONE 0.3	NONE 8.7		?							?					
Primary Plain White Rice	721.1	NONE 172.4	NONE 1.6	NONE 0.4	NONE 34.1														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Iced Sponge	1018.7	NONE 243.5	NONE 14.2	NONE 1.4	NONE 26.8		✓		✓										?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Feniton September 26 Week 1 Day 5

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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 Fish	522.2	NONE 124.8	NONE 4.7	NONE 0.3	NONE 13.8					✓									
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 Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Hob Nob Biscuit	960.3	NONE 229.5	NONE 10.0	NONE 3.8	NONE 32.2		✓												?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

Menu Listing with Traffic Lights and Allergens

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Feniton September 26 Week 2 Day 1

Legend

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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 Crispy Chicken Katsu Curry (Goujons)	135.8	NONE 171.7	NONE 7.4	NONE 1.2	NONE 16.2		✓												
Primary Roasted Vegetable & Tomato Pasta Bake	1096.4	NONE 262.1	NONE 7.0	NONE 1.9	NONE 40.1		✓					✓							✓
Primary Plain White Rice	721.1	NONE 172.4	NONE 1.6	NONE 0.4	NONE 34.1														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Pear & Chocolate Crumble & Choc Custard	973.4	NONE 232.6	NONE 9.0	NONE 3.8	NONE 35.5		✓					✓							?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Feniton 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 Salmon & Broccoli Penne Pasta	1779.4	NONE 425.3	NONE 18.8	NONE 6.7	NONE 40.8		✓			✓		✓		✓					?
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 Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Carrot Cake	981.2	NONE 234.5	NONE 14.3	NONE 1.4	NONE 24.5		✓		✓										?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Feniton 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 Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4														
Primary Lentil & Vegetable Wellington	1438.8	NONE 343.9	NONE 16.0	NONE 6.7	NONE 42.5		✓												
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7													✓	
Primary Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4														
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														

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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 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 Flapjack	905.8	NONE 216.5	NONE 10.9	NONE 4.0	NONE 25.5		✓												
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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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 Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9		✓												
Primary Homemade Vegetarian Sausage Roll	878.1	NONE 209.9	NONE 9.7	NONE 3.7	NONE 22.7		✓				?			?					✓
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0														
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Chocolate Rice Crispy Cake (Traybake)	519.7	NONE 124.2	NONE 4.7	NONE 2.4	NONE 18.8		✓					✓							
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

Menu Listing with Traffic Lights and Allergens

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Feniton September 26 Week 3 Day 1

Legend

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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 Meatballs in Tomato Sauce	1159.4	NONE 277.1	NONE 21.2	NONE 7.5	NONE 11.3													✓	
Primary Quorn Tikka Masala	506.0	NONE 120.9	NONE 7.6	NONE 3.6	NONE 4.8		✓							?					
Primary Plain Penne Pasta	668.4	NONE 159.8	NONE 0.7	NONE 0.1	NONE 32.0		✓												
Primary Plain White Rice	721.1	NONE 172.4	NONE 1.6	NONE 0.4	NONE 34.1														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Chocolate Brownie (Standard)	856.3	NONE 204.7	NONE 11.2	NONE 4.5	NONE 22.8		✓		✓										?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Feniton 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 Baked Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6		✓			✓									
Primary Vegetable & Bean Chimichanga	898.3	NONE 214.7	NONE 9.6	NONE 3.7	NONE 21.3		✓					✓		?					
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0														
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Jam Sponge	988.9	NONE 236.4	NONE 14.3	NONE 1.4	NONE 24.9		✓		✓										?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Feniton September 26 Week 3 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 Broccoli, Mixed Bean & Cauliflower Bake	957.7	NONE 228.9	NONE 14.1	NONE 6.4	NONE 15.2		✓					✓		✓					?
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Carrots Sliced (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 Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4														
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					

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Feniton September 26 Week 3 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 Chicken & Vegetable Biryani	1060.7	NONE 253.5	NONE 2.5	NONE 0.6	NONE 37.3														
Primary Tomato & Mozzarella Pasta Bake	1034.9	NONE 247.3	NONE 6.1	NONE 2.9	NONE 36.9		✓					✓							✓
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Strawberry Jelly & Fruit	58.3	NONE 13.9	NONE 0.1	NONE 0.0	NONE 3.8														
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓					?				

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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 Sausage Roll (Bought in)	1038.7	NONE 248.3	NONE 14.0	NONE 6.6	NONE 26.6		✓					✓							
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 Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6		✓		?										?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					