Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Sandford Winter 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 Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.7		✔					✔						✔	?
Contains: Wheat.																			
Primary Vegetable & Butter Bean Chilli	342.7	NONE 81.9	NONE 3.3	NONE 0.3	NONE 9.6													✔	
Primary Garlic & Herb Diced Potatoes (Hand Cut)	505.0	NONE 120.7	NONE 5.2	NONE 0.4	NONE 17.3														
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Crunchy Carrot Sticks (Hand Cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														

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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 Melon & Orange Wedges	91.3	NONE 21.8	NONE 0.2	NONE 0.0	NONE 5.0														
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	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✔	✔									

Menu Listing with Traffic Lights and Allergens

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Sandford Winter 26 Week 1 Day 2

Legend

- ✔ Contains
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- ! 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 Devon Beef Lasagne	1365.0	NONE 326.3	NONE 19.6	NONE 7.6	NONE 19.6		✔					✔		✔				✔	?
Contains: Wheat.																			
Primary Broccoli & Cauliflower Cheese Bake	997.2	NONE 238.3	NONE 15.5	NONE 7.2	NONE 13.9		✔					✔		✔					?
Contains: Wheat.																			
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.2		✔												?
Contains: Wheat.																			
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Chocolate Flapjack	939.3	NONE 224.5	NONE 11.4	NONE 4.2	NONE 25.7		✔												
Contains: Barley, Oats, Wheat.																			
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														

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Sandford Winter 26 Week 1 Day 2

Legend

- ✔ Contains
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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 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	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✔	✔									

Menu Listing with Traffic Lights and Allergens

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Sandford Winter 26 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 Roast Devon Gammon & Gravy	378.5	NONE 90.5	NONE 4.6	NONE 1.5	NONE 1.7															
Primary Vegan Mince & Vegetable Parcel	1306.7	NONE 312.3	NONE 16.2	NONE 6.8	NONE 30.4	**Contains:** Wheat.		✔												✔
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 Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1															
Primary Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4															

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Sandford Winter 26 Week 1 Day 3

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 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	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✔	✔									

Sandford Winter 26 Week 1 Day 4

Legend

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- ? 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 & Salad Pitta Pockets	776.2	NONE 185.5	NONE 3.1	NONE 0.4	NONE 20.1	**Contains:** Wheat.		✔												
Primary Quorn Sausage Hot Dog	853.5	NONE 204.0	NONE 4.4	NONE 1.4	NONE 26.4	**Contains:** Wheat.		✔										?		
Primary Potato Balls (bought in)	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 Sweetcorn & Red Pepper Salad	152.8	NONE 36.5	NONE 0.8	NONE 0.2	NONE 5.5															
Primary Iced Sponge	1018.7	NONE 243.5	NONE 14.2	NONE 1.4	NONE 26.8	**Contains:** Wheat.		✔		✔									?	
Primary Jacket Potato with Beans & Salad																				

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Sandford Winter 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
	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	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✔	✔									

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Sandford Winter 26 Week 1 Day 5

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 Baked Fish Fingers	674.7	NONE 161.3	NONE 6.8	NONE 0.5	NONE 13.4	**Contains:** Wheat.		✔			✔									
Primary Salmon Fingers	894.3	NONE 213.8	NONE 14.3	NONE 1.7	NONE 12.8	**Contains:** Wheat.		✔			✔									
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4	**Contains:** Wheat.		✔												
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0															
Primary Salad Sticks (Hand Cut)	58.1	NONE 13.9	NONE 0.1	NONE 0.0	NONE 2.9															
Primary Custard Cookie	836.1	NONE 199.8	NONE 10.2	NONE 4.2	NONE 25.6	**Contains:** Wheat.		✔		?										?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9															

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Sandford Winter 26 Week 1 Day 5

Legend

- ✔ Contains
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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 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	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✔	✔									