Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Sandford Winter 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 Tomato & Mozzarella Pasta Bake	1034.9	NONE 247.3	NONE 6.2	NONE 2.9	NONE 36.0	**Contains:** Wheat.		✔					✔						✔	
Primary Breaded Halloumi with Nut Free Pesto	1311.7	NONE 313.5	NONE 22.7	NONE 9.3	NONE 9.8	**Contains:** Wheat.		✔		✔			✔							?
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.3	**Contains:** Wheat.		✔												?
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 Salad Sticks (Hand Cut)	58.1	NONE 13.9	NONE 0.1	NONE 0.0	NONE 2.9															
Primary Pear Cake	1022.8	NONE 244.5	NONE 14.4	NONE 1.4	NONE 27.0	**Contains:** Wheat.		✔		✔										?

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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				✔	✔									

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Sandford Winter 26 Week 3 Day 2

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 Chicken Fajita Wrap	771.9	NONE 184.5	NONE 6.5	NONE 2.1	NONE 13.4	**Contains:** Wheat.		✔					✔		?					
Primary Vegetable & Bean Chimichanga	898.3	NONE 214.7	NONE 9.6	NONE 3.7	NONE 21.3	**Contains:** Wheat.		✔					✔		?					
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0															
Primary Coleslaw (Hand Cut)	359.6	NONE 86.0	NONE 8.0	NONE 0.6	NONE 3.2					✔										
Primary BBQ Beans	201.9	NONE 48.3	NONE 0.1	NONE 0.0	NONE 8.0															
Primary Raspberry Ripple Shortbread	983.6	NONE 235.1	NONE 12.0	NONE 4.9	NONE 28.8	**Contains:** Wheat.		✔												?
Primary Jacket Potato with Beans & Salad																				

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Sandford Winter 26 Week 3 Day 2

Legend

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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
	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 3 Day 3

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 Roast Devon Pork Leg & Gravy	300.7	NONE 71.9	NONE 1.4	NONE 0.4	NONE 1.7															
Primary Vegetarian Toad in the Hole & Gravy	348.2	NONE 83.2	NONE 2.7	NONE 0.9	NONE 4.9	**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 Cauliflower	38.5	NONE 9.2	NONE 0.2	NONE 0.1	NONE 0.8															
Primary Apple Muffin	960.0	NONE 229.4	NONE 14.2	NONE 1.4	NONE 23.2	**Contains:** Wheat.		✔		✔										?
Primary Jacket Potato with Beans & Salad																				

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Sandford Winter 26 Week 3 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
	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				✔	✔									
Primary Roasted Root Vegetables (Hand Cut)	173.8	NONE 41.5	NONE 2.8	NONE 0.2	NONE 3.9														
Primary Fine Green Beans	85.4	NONE 20.4	NONE 0.1	NONE 0.0	NONE 2.6														

Menu Listing with Traffic Lights and Allergens

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Sandford Winter 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 Crispy Chicken Katsu Curry (Bites)	587.7	NONE 140.5	NONE 5.5	NONE 1.5	NONE 9.9	**Contains:** Wheat.		✔												
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 Naan Bread	240.1	NONE 57.4	NONE 1.3	NONE 0.1	NONE 9.8	**Contains:** Wheat.		✔												
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6															
Primary Kachumber Indian Salad	44.7	NONE 10.7	NONE 0.1	NONE 0.0	NONE 2.0															
Primary Chocolate Brownie (Standard)								✔		✔										?

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Sandford Winter 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
	857.0	NONE 204.8	NONE 11.2	NONE 4.5	NONE 22.7	**Contains:** Wheat.														
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 3 Day 5

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 Fish Cake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4	**Contains:** Wheat.		✔			✔		✔		✔					
Primary Cheese & Onion Pasty	1499.6	NONE 358.4	NONE 19.9	NONE 8.9	NONE 37.5	**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 Shortbread Biscuit	978.0	NONE 233.8	NONE 12.0	NONE 4.9	NONE 28.6	**Contains:** Wheat.		✔												?
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													✔							

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Sandford Winter 26 Week 3 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
	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				✔	✔									