

Menu Listing with Traffic Lights and Allergens

Natasha.Wenden@educatering.uk

St Andrews Primary September 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
Primary Tomato & Mozzarella Pasta Bake	1034.9	NONE 247.3	NONE 6.1	NONE 2.9	NONE 36.9		✓					✓						✓
Primary Vegan Mince & Vegetable Bolognese	427.4	NONE 102.2	NONE 4.0	NONE 0.4	NONE 8.4													✓
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.3		✓											?
Primary White & Wholemeal Penne Pasta	667.5	NONE 159.5	NONE 0.7	NONE 0.1	NONE 32.2		✓											
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6													
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9													
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							✓						

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Primary Jacket Potato with Tuna Mayonnaise & Salad	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					
Primary Sandwich Tuna Mayonnaise	1191.6	NONE 284.8	NONE 8.7	NONE 0.9	NONE 32.9		✓		✓	✓				?					✓
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6		✓												✓
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓

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St Andrews Primary 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 Cajun Chicken Breast	396.0	NONE 94.6	NONE 2.8	NONE 0.4	NONE 0.3														
Primary Moroccan Chickpea & Squash Tagine	458.7	NONE 109.6	NONE 4.0	NONE 0.4	NONE 12.8		?							?				✓	
Primary Fruity Couscous	700.1	NONE 167.3	NONE 0.7	NONE 0.1	NONE 35.0		✓												
Primary Rainbow Slaw (Prepped Veg)	328.8	NONE 78.6	NONE 7.2	NONE 0.6	NONE 2.8				✓					?				✓	
Primary Crunchy Carrot Sticks (Hand Cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														
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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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 Sandwich Tuna Mayonnaise	1191.6	NONE 284.8	NONE 8.7	NONE 0.9	NONE 32.9		✓		✓	✓				?					✓
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6		✓												✓

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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 Roast Devon Pork Leg & Gravy	299.7	NONE 71.6	NONE 1.4	NONE 0.4	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 Roasted Root Vegetables (PREPPED)	183.0	NONE 43.7	NONE 2.8	NONE 0.2	NONE 4.4														✓
Primary Cauliflower	38.5	NONE 9.2	NONE 0.2	NONE 0.1	NONE 0.8														
Primary Apple Crumble & Custard	908.8	NONE 217.2	NONE 8.2	NONE 3.4	NONE 33.8		✓					✓							?
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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Primary Sandwich Tuna Mayonnaise	1191.6	NONE 284.8	NONE 8.7	NONE 0.9	NONE 32.9		✓		✓	✓				?					✓
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6		✓												✓
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓

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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 Crispy Chicken Katsu Curry (Bites)	587.7	NONE 140.5	NONE 5.5	NONE 1.5	NONE 9.9		✓												
Primary Cauliflower Chickpea & Butternut Curry	413.2	NONE 98.8	NONE 6.7	NONE 3.6	NONE 7.0														
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		✓												
Primary Kachumber Indian Salad	44.7	NONE 10.7	NONE 0.1	NONE 0.0	NONE 2.0														
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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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 Sandwich Tuna Mayonnaise	1191.6	NONE 284.8	NONE 8.7	NONE 0.9	NONE 32.9		✓		✓	✓				?					✓
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6		✓												✓
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓

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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 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 Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Sweetener Free Orange Jelly & Fruit	282.3	NONE 67.5	NONE 0.1	NONE 0.0	NONE 17.6														
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				✓	✓				?					
Primary Salmon Fingers	894.3	NONE 213.8	NONE 14.3	NONE 1.7	NONE 12.8		✓			✓									

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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 Sandwich Tuna Mayonnaise	1191.6	NONE 284.8	NONE 8.7	NONE 0.9	NONE 32.9		✓		✓	✓				?					✓
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6		✓												✓
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2		✓					✓							✓
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														