

Menu Listing with Traffic Lights and Allergens

sarah.rowe@educatering.uk

ST ANDREWS APRIL 26 MENU WEEK 2 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

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	1122.9	NONE 268.4	NONE 12.0	NONE 5.0	NONE 29.9	Contains: Wheat.	✓						✓						✓	?
Primary Margherita Pizza	1050.6	NONE 251.1	NONE 9.9	NONE 4.3	NONE 29.9	Contains: Wheat.	✓						✓						✓	?
Primary Tomato & Pasta Salad	1008.4	NONE 241.0	NONE 1.9	NONE 0.3	NONE 46.5	Contains: Wheat.	✓												✓	
Primary Rainbow Slaw (Hand Cut)	335.4	NONE 80.2	NONE 7.2	NONE 0.6	NONE 3.2				✓						?					
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4															
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4								✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2				✓	✓					?					
Primary Fresh Fruit Salad	125.6	NONE 30.0	NONE 0.1	NONE 0.0	NONE 7.3															
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓													✓

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ST ANDREWS APRIL 26 MENU WEEK 2 DAY 2

Legend

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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 Homemade Sausage Roll	1537.0	NONE 367.4	NONE 27.7	NONE 11.4	NONE 18.7	Contains: Wheat.	✓			?		?						✓	?	
Primary Vegetarian Sausage Roll (Homemade)	879.2	NONE 210.1	NONE 9.7	NONE 3.9	NONE 22.8	Contains: Wheat.	✓			?		?								✓
Primary Garlic & Herb Diced Potatoes (Hand Cut)	504.8	NONE 120.6	NONE 5.2	NONE 0.7	NONE 17.3															
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9															
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6															
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4															
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4							✓								
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2				✓	✓									?	
Primary Chocolate Rice Crispy Cake (Traybake)	506.3	NONE 121.0	NONE 4.7	NONE 2.4	NONE 18.1	Contains: Barley.	✓					✓								

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- Celery
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- Crustaceans
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- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame
- Sulphur Dioxide and Sulphites
- Soya

Description	Energy	Fat	Saturates	Sugars	Salt													
Primary Sandwich Cheddar Cheese	1359.0	 324.8	 14.2	 5.7	 34.2	Contains: Wheat.	✓											

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ST ANDREWS APRIL 26 MENU WEEK 2 DAY 3

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- 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	341.5	NONE 81.6	NONE 0.8	NONE 0.2	NONE 1.4																			
Primary Yorkshire Pudding, Bean & Veg Cottage Pie	626.6	NONE 149.8	NONE 7.6	NONE 1.6	NONE 16.5	Contains: Wheat.						✓	✓	✓										
Primary Roast Potatoes (Handcut)	533.2	NONE 127.4	NONE 7.7	NONE 1.1	NONE 13.8																			
Primary Savoy Cabbage (Hand Cut)	52.2	NONE 12.5	NONE 0.2	NONE 0.1	NONE 1.8																			
Primary Roasted Root Vegetables (hand cut)	173.7	NONE 41.5	NONE 2.8	NONE 0.4	NONE 3.9																			
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4																			
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4							✓												
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2							✓	✓					?						
Primary Pear Cake	1019.9	NONE 243.8	NONE 14.4	NONE 2.3	NONE 26.8	Contains: Wheat.						✓	✓										?	

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- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame
- Sulphur Dioxide and Sulphites
- Soya

Description	Energy	Fat	Saturates	Sugars	Salt															
Primary Sandwich Devon Ham	1166.9	 278.9	 8.7	 2.3	 32.6	Contains: Wheat.	✓													✓

ST ANDREWS APRIL 26 MENU WEEK 2 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 Sandwich Cheddar Cheese	1359.0	 324.8	 14.2	 5.7	 34.2	Contains: Wheat.	✓						✓							✓

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ST ANDREWS APRIL 26 MENU WEEK 2 DAY 5

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- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
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- Soya

Description	Energy	Fat	Saturates	Sugars	Salt																				
Primary Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6	Contains: Wheat.						✓			✓										
Primary Spinach & Potato Spanish Omelette	611.7	NONE 146.2	NONE 6.5	NONE 1.7	NONE 14.2								✓			✓									
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 Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4																				
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4											✓									
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2								✓	✓							?				
Primary Ice Cream & Fruit	260.9	NONE 62.4	NONE 2.2	NONE 1.1	NONE 10.0											✓									
Primary Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9	Contains: Wheat.						✓													

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- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame
- Sulphur Dioxide and Sulphites
- Soya

Description	Energy	Fat	Saturates	Sugars	Salt														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓	✓	✓		⚠							✓	