

Menu Listing with Traffic Lights and Allergens

lesley.taylor@educatering.uk

Matfordbrook APRIL 26 MENU 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
Secondary Pepperoni Pizza (Gastronorm)	1860.1	NONE 444.6	NONE 16.3	NONE 5.7	NONE 58.9		✓					✓						✓	?
Secondary Margherita Pizza (Gastronorm size)	1898.9	NONE 453.8	NONE 16.2	NONE 6.3	NONE 59.2		✓					✓						✓	?
Secondary Potato Wedges (bought in)	652.7	NONE 156.0	NONE 3.6	NONE 0.5	NONE 26.4														
Secondary Fresh Chopped Salad	38.3	NONE 9.2	NONE 0.2	NONE 0.0	NONE 1.5														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					
Secondary Iced Sponge (Gastronorm)	1170.4	NONE 279.7	NONE 16.0	NONE 2.6	NONE 31.5		✓		✓										?

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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 Pepperoni Pizza	1122.9	NONE 268.4	NONE 12.0	NONE 5.0	NONE 29.9		✓					✓						✓	?
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0														
Primary Fresh Chopped Salad	19.2	NONE 4.6	NONE 0.1	NONE 0.0	NONE 0.7														
Primary Iced Sponge	1016.4	NONE 242.9	NONE 14.2	NONE 2.3	NONE 26.6		✓		✓										?
Primary Jacket Potato with Beans & Salad	961.8	NONE 229.9	NONE 0.7	NONE 0.0	NONE 49.3														
Primary Jacket Potato with Cheese & Beans & Salad	1108.7	NONE 265.0	NONE 5.1	NONE 2.3	NONE 47.3							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1				✓	✓				?					
Primary Margherita Pizza	1050.6	NONE 251.1	NONE 9.9	NONE 4.3	NONE 29.9		✓					✓						✓	?

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 1 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
Secondary Salt & Pepper Chicken	644.2	NONE 154.0	NONE 3.1	NONE 0.6	NONE 11.4														✓
Secondary Five Bean & Vegetable Chilli	560.1	NONE 133.9	NONE 4.1	NONE 0.6	NONE 16.3													✓	
Secondary Plain White Rice	961.5	NONE 229.8	NONE 2.2	NONE 0.5	NONE 45.5														
Secondary Sweetcorn	261.1	NONE 62.4	NONE 1.5	NONE 0.3	NONE 8.8														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓					?				
Secondary Fresh Fruit Platter	185.9	NONE 44.4	NONE 0.2	NONE 0.0	NONE 10.7														

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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
Secondary Cheese Sauce & Pasta Pot 12oz	1688.3	NONE 403.5	NONE 14.6	NONE 6.7	NONE 52.2		✓					✓		✓					?
Primary Salt & Pepper Chicken	505.2	NONE 120.8	NONE 2.8	NONE 0.5	NONE 9.2														✓
Primary Plain White Rice	721.1	NONE 172.4	NONE 1.6	NONE 0.4	NONE 34.1														
Primary Five Bean & Vegetable Chilli	405.7	NONE 97.0	NONE 3.5	NONE 0.5	NONE 11.2													✓	
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Jacket Potato with Beans & Salad	961.8	NONE 229.9	NONE 0.7	NONE 0.0	NONE 49.3														
Primary Jacket Potato with Cheese & Beans & Salad	1108.7	NONE 265.0	NONE 5.1	NONE 2.3	NONE 47.3							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1				✓	✓				?					
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3							✓							

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 Pasta & Cheese Sauce	1193.3	NONE 285.2	NONE 9.0	NONE 3.9	NONE 41.3	Contains: Wheat.													
Primary Fresh Fruit Platter	149.0	NONE 35.6	NONE 0.2	NONE 0.0	NONE 8.6														

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Matfordbrook APRIL 26 MENU 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
Secondary Roast Devon Pork Leg & Gravy	409.9	NONE 98.0	NONE 1.9	NONE 0.6	NONE 2.4														
Secondary Homity Pie	1654.6	NONE 395.5	NONE 23.0	NONE 9.7	NONE 39.0		✓					✓		✓				✓	?
Secondary Roast Potatoes (Prepped)	566.9	NONE 135.5	NONE 5.2	NONE 0.7	NONE 20.7													✓	
Secondary Carrots (Hand cut)	117.2	NONE 28.0	NONE 0.2	NONE 0.1	NONE 6.3														
Secondary Savoy Cabbage (Hand-Cut)	90.4	NONE 21.6	NONE 0.4	NONE 0.1	NONE 3.1														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

Contains: Wheat.

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Matfordbrook APRIL 26 MENU 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
Secondary Raspberry Tulip Muffin	1485.2	NONE 355.0	NONE 12.3	NONE 4.8	NONE 57.3		✓		✓			✓							?
Primary Roast Devon Pork Leg & Gravy	299.7	NONE 71.6	NONE 1.4	NONE 0.4	NONE 1.4														
Primary Roast Potatoes (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2													✓	
Primary Carrots (Hand cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														
Primary Savoy Cabbage (Prepped)	67.8	NONE 16.2	NONE 0.3	NONE 0.1	NONE 2.3													✓	
Primary Homity Pie	1654.6	NONE 395.5	NONE 23.0	NONE 9.7	NONE 39.0		✓					✓		✓				✓	?
Primary Jacket Potato with Beans & Salad	961.8	NONE 229.9	NONE 0.7	NONE 0.0	NONE 49.3														
Primary Jacket Potato with Cheese & Beans & Salad	1108.7	NONE 265.0	NONE 5.1	NONE 2.3	NONE 47.3							✓							
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3							✓							

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Matfordbrook APRIL 26 MENU WEEK 1 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 Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1				✔	✔				⚠					
Primary Raspberry Muffin	952.2	NONE 227.6	NONE 14.2	NONE 2.3	NONE 22.6		✔		✔										⚠
Contains: Wheat.																			

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Matfordbrook APRIL 26 MENU 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
Secondary Devon Beef & Pork Bolognese (Main)	883.8	NONE 211.2	NONE 13.5	NONE 4.7	NONE 5.8													✓	
Secondary Cauliflower Cheese Bake	921.7	NONE 220.3	NONE 14.1	NONE 6.4	NONE 14.3		✓					✓		✓					?
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					
Secondary Tomato & Basil Pasta Pot 12oz	1001.0	NONE 239.3	NONE 1.8	NONE 0.3	NONE 46.3		✓											✓	
Secondary Plain Penne Pasta	965.5	NONE 230.8	NONE 1.0	NONE 0.2	NONE 46.2		✓												
Secondary Fine Green Beans	80.3	NONE 19.2	NONE 0.4	NONE 0.1	NONE 2.6														

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Matfordbrook APRIL 26 MENU 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
Secondary Homemade Tomato & Herb Bread	669.8	NONE 160.1	NONE 2.2	NONE 0.3	NONE 29.5	Contains: Wheat.	✓												?
Primary Ice Cream with Raspberry Sauce	398.1	NONE 95.2	NONE 3.4	NONE 1.7	NONE 15.1							✓							
Primary Devon Beef & Pork Bolognese	708.3	NONE 169.3	NONE 10.8	NONE 3.6	NONE 5.2													✓	
Primary Plain Penne Pasta	668.4	NONE 159.8	NONE 0.7	NONE 0.1	NONE 32.0	Contains: Wheat.	✓												
Primary Homemade Tomato & Herb Bread	381.9	NONE 91.3	NONE 2.4	NONE 0.4	NONE 14.8	Contains: Wheat.	✓												?
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														

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Matfordbrook APRIL 26 MENU 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
Secondary Breaded Fish	772.9	NONE 184.7	NONE 7.6	NONE 0.5	NONE 18.5		✓			✓									
Secondary Vegetable Nuggets	824.3	NONE 197.0	NONE 9.2	NONE 0.9	NONE 24.0		✓												
Secondary Chips	602.5	NONE 144.0	NONE 3.0	NONE 1.6	NONE 24.0														
Secondary Peas	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓					?				
Secondary Chocolate Cookie	1305.7	NONE 312.1	NONE 13.0	NONE 5.3	NONE 46.0		✓												?

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Matfordbrook APRIL 26 MENU 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
Secondary Baked Beans	237.2	NONE 56.7	NONE 0.2	NONE 0.0	NONE 8.3														
Secondary Salmon Fish Fingers	1192.4	NONE 285.0	NONE 19.0	NONE 2.3	NONE 17.0		✓			✓									
Primary Breaded Fish	577.4	NONE 138.0	NONE 6.0	NONE 0.7	NONE 14.6					✓									
Primary Salmon Fingers	35.8	NONE 8.6	NONE 0.6	NONE 0.1	NONE 0.5		✓			✓									
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 Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Chocolate Cookie	979.3	NONE 234.1	NONE 9.8	NONE 3.9	NONE 34.5		✓												?
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4		✓												

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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
Secondary BBQ Chicken Pizza (Gastronorm)	2034.8	 486.3	 14.4	 4.4	 64.9	Contains: Wheat.	✓					✓						✓	?
Secondary Roasted Vegetable Pizza (Gastronorm)	1819.1	 434.8	 14.5	 4.4	 60.9	Contains: Wheat.	✓					✓						✓	?
Secondary Potato Wedges (bought in)	652.7	 156.0	 3.6	 0.5	 26.4														
Secondary Coleslaw (Hand cut)	491.8	 117.5	 10.8	 0.9	 4.3				✓					?					
Secondary Jacket Potato with Cheese	1468.6	 351.0	 10.9	 5.2	 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	 281.7	 0.8	 0.0	 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	 407.7	 11.1	 5.3	 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	 406.7	 12.0	 1.1	 52.2				✓	✓				?					
Secondary Flapjack (Gastronorm)	2020.9	 483.0	 21.8	 7.9	 63.4	Contains: Barley, Oats, Wheat.	✓												

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Primary BBQ Chicken Pizza	1257.9	 300.6	 10.7	 3.9	 33.5		✓					✓						✓	?
Primary Potato Wedges (Bought In)	543.9	 130.0	 3.0	 0.4	 22.0														
Primary Coleslaw (Hand Cut)	337.9	 80.8	 7.2	 0.6	 3.3				✓					?					
Primary Flapjack	1010.4	 241.5	 10.9	 4.0	 31.7		✓												

Contains: Wheat.

Contains: Barley, Oats, Wheat.

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Matfordbrook APRIL 26 MENU 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
Secondary Devon Beef & Pork Lasagne	1617.1	NONE 386.5	NONE 22.1	NONE 8.7	NONE 23.9		✓		?			✓		✓				✓	?
Secondary Tomato & Mozzarella Pasta Bake	1564.9	NONE 374.0	NONE 10.7	NONE 5.7	NONE 52.0		✓					✓						✓	
Secondary Homemade Focaccia Bread	647.2	NONE 154.7	NONE 2.2	NONE 0.3	NONE 28.7		✓												?
Secondary Sweetcorn	261.1	NONE 62.4	NONE 1.5	NONE 0.3	NONE 8.8														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					
Secondary Chocolate Mousse 7oz	41.4	NONE 9.9	NONE 0.3	NONE 0.2	NONE 1.4							✓							

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Secondary Cheese Sauce & Pasta Pot 12oz	1688.3	 403.5	 14.6	 6.7	 52.2	Contains: Wheat.	✓					✓	✓						?
Primary Devon Beef & Pork Lasagne	1293.0	 309.0	 17.7	 6.7	 19.9	Contains: Wheat.	✓		?			✓	✓					✓	?
Primary Homemade Focaccia Bread	323.6	 77.3	 1.1	 0.2	 14.3	Contains: Wheat.	✓												?
Primary Sweetcorn	195.8	 46.8	 1.1	 0.2	 6.6														

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Secondary Roast Chicken & Gravy	767.8	NONE 183.5	NONE 11.9	NONE 3.3	NONE 2.4														
Secondary Beetroot & Lentil Wellington	1473.0	NONE 352.1	NONE 16.1	NONE 6.7	NONE 44.8		✓												
Secondary Roast Potatoes (Prepped)	566.9	NONE 135.5	NONE 5.2	NONE 0.7	NONE 20.7														✓
Secondary Carrots (Hand cut)	117.2	NONE 28.0	NONE 0.2	NONE 0.1	NONE 6.3														
Secondary Savoy Cabbage (Hand-Cut)	90.4	NONE 21.6	NONE 0.4	NONE 0.1	NONE 3.1														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓					?				

Contains: Wheat.

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Secondary Jam Sponge (Gastronorm)	1110.7	 265.5	 16.0	 2.6	 27.8	Contains: Wheat.	✓		✓										?
Secondary Sage & Onion Stuffing	296.8	 71.0	 0.8	 0.1	 16.4	Contains: Wheat.	✓												
Primary Roast Chicken & Gravy	341.5	 81.6	 0.8	 0.2	 1.4														
Primary Lentil & Vegetable Wellington	1438.8	 343.9	 16.0	 6.7	 42.5	Contains: Wheat.	✓												
Primary Jam Sponge	986.6	 235.8	 14.2	 2.3	 24.7	Contains: Wheat.	✓		✓										?

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Matfordbrook APRIL 26 MENU WEEK 2 DAY 4

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
Secondary West Country Brunch (Bites)	1979.5	 473.1	 25.7	 7.3	 37.9													✓	
Secondary Vegetarian Brunch (Bites)	1757.3	 420.0	 15.0	 3.1	 43.1		✓												
Secondary Jacket Potato with Cheese	1468.6	 351.0	 10.9	 5.2	 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	 281.7	 0.8	 0.0	 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	 407.7	 11.1	 5.3	 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	 406.7	 12.0	 1.1	 52.2				✓	✓				?					
Secondary Chocolate Rice Crispy Cake (Gastronorm)	600.3	 143.5	 5.5	 2.9	 21.5		✓					✓							
Secondary Tomato & Basil Pasta Pot 12oz	1001.0	 239.3	 1.8	 0.3	 46.3		✓												✓
Primary West Country Brunch	1754.8	 419.4	 24.1	 7.1	 30.5														✓

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 2 DAY 4

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 Vegetarian Brunch	1194.8	 285.6	 10.6	 2.0	 31.7	Contains: Wheat.	✓												
Primary Chocolate Rice Crispy Cake (Traybake)	506.3	 121.0	 4.7	 2.4	 18.1	Contains: Barley.	✓					✓							

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 2 DAY 5

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
Secondary Breaded Fish	772.9	NONE 184.7	NONE 7.6	NONE 0.5	NONE 18.5		✓			✓									
Secondary Cheese & Onion Pasty	2477.2	NONE 592.1	NONE 36.2	NONE 15.0	NONE 54.5		✓		✓			✓							
Secondary Chips	602.5	NONE 144.0	NONE 3.0	NONE 1.6	NONE 24.0														
Secondary Peas	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓					?				
Secondary Custard Cookie	1091.9	NONE 261.0	NONE 13.6	NONE 5.6	NONE 34.1		✓		?										?

Contains: Wheat.

Contains: Wheat.

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 2 DAY 5

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 Cheese & Onion Pasty	1499.6	NONE 358.4	NONE 19.9	NONE 8.9	NONE 37.5	Contains: Wheat.	✓						✓							
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6	Contains: Wheat.	✓			?										?

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU 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
Secondary Margherita Pizza (Gastronorm size)	1898.9	NONE 453.8	NONE 16.2	NONE 6.3	NONE 59.2		✓					✓						✓	?
Secondary Vegetable Fajita (Main)	769.5	NONE 183.9	NONE 5.4	NONE 1.7	NONE 28.4		✓							?					
Secondary Potato Wedges (bought in)	652.7	NONE 156.0	NONE 3.6	NONE 0.5	NONE 26.4														
Secondary Fresh Chopped Salad	38.3	NONE 9.2	NONE 0.2	NONE 0.0	NONE 1.5														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					
Secondary Chocolate Sponge (Gastronorm)	1068.8	NONE 255.5	NONE 16.5	NONE 2.9	NONE 23.7		✓		✓										?

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU 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 Vegetable Fajita Wrap	593.2	NONE 141.8	NONE 6.8	NONE 2.5	NONE 15.5		✔					✔		⚠					
						Contains: Wheat.													
Primary Chocolate Cake	949.6	NONE 227.0	NONE 14.6	NONE 2.5	NONE 21.0		✔		✔										⚠
						Contains: Wheat.													

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 3 DAY 2

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
Secondary Chicken & Bacon Pasta Bake	2451.1	NONE 585.8	NONE 19.6	NONE 7.9	NONE 68.5		✓					✓		✓					?
Secondary Vegetable Chow Mein	1435.8	NONE 343.2	NONE 3.1	NONE 0.5	NONE 63.4		✓											✓	✓
Secondary Homemade Garlic Focaccia Bread	648.4	NONE 155.0	NONE 2.2	NONE 0.3	NONE 28.7		✓												?
Secondary Noodles (Plain)	965.5	NONE 230.8	NONE 0.7	NONE 0.1	NONE 46.5		✓												
Secondary Fine Green Beans	80.3	NONE 19.2	NONE 0.4	NONE 0.1	NONE 2.6														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 3 DAY 2

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
Secondary Fresh Fruit Platter	185.9	NONE 44.4	NONE 0.2	NONE 0.0	NONE 10.7														
Secondary Cheese Sauce & Pasta Pot 12oz	1688.3	NONE 403.5	NONE 14.6	NONE 6.7	NONE 52.2		✓					✓		✓					?
Primary Fresh Fruit Platter	149.0	NONE 35.6	NONE 0.2	NONE 0.0	NONE 8.6														
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.2	NONE 14.4		✓												?

Contains: Wheat.

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 3 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
Secondary Roast Devon Gammon & Gravy	513.7	NONE 122.8	NONE 6.1	NONE 2.0	NONE 2.4														
Secondary Leek & Potato Gratin	1027.3	NONE 245.5	NONE 13.5	NONE 5.6	NONE 24.6		✓					✓		✓					?
Secondary Roast Potatoes (Prepped)	566.9	NONE 135.5	NONE 5.2	NONE 0.7	NONE 20.7														✓
Secondary Carrots (Hand cut)	117.2	NONE 28.0	NONE 0.2	NONE 0.1	NONE 6.3														
Secondary Savoy Cabbage (Hand-Cut)	90.4	NONE 21.6	NONE 0.4	NONE 0.1	NONE 3.1														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓					?				

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 3 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
Secondary Shortbread Traybake (Gastronorm)	1421.5	 339.8	 18.0	 7.4	 42.8	Contains: Wheat.	✓												?
Primary Roast Devon Gammon & Gravy	377.5	 90.2	 4.6	 1.5	 1.4														
Primary Leek & Potato Bake	822.0	 196.5	 10.3	 4.2	 20.8	Contains: Wheat.	✓					✓		✓					?
Primary Shortbread Biscuit	947.7	 226.5	 12.0	 4.9	 28.6	Contains: Wheat.	✓												?

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 3 DAY 4

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
Secondary Breaded Chicken & Katsu Sauce	1508.9	NONE 360.6	NONE 17.7	NONE 6.4	NONE 29.0		✓		✓									✓	✓
Secondary Caribbean Vegetable & Bean Jambalaya	1316.0	NONE 314.5	NONE 4.0	NONE 0.8	NONE 57.3														
Secondary Plain White Rice	961.5	NONE 229.8	NONE 2.2	NONE 0.5	NONE 45.5														
Secondary Roasted Broccoli	298.5	NONE 71.4	NONE 5.7	NONE 0.9	NONE 1.4														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓					?				
Secondary Toffee Banana Cake (Gastronorm)	1259.7	NONE 301.1	NONE 16.1	NONE 2.6	NONE 36.7		✓		✓										?

Contains: Wheat.

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 3 DAY 4

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
Secondary Tomato & Basil Pasta Pot 12oz	1001.0	NONE 239.3	NONE 1.8	NONE 0.3	NONE 46.3	Contains: Wheat.	✓											✓	
Primary Caribbean Vegetable & Bean Jamblaya	943.5	NONE 225.5	NONE 4.0	NONE 0.7	NONE 38.6														
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1														
Primary Plain White Rice	721.1	NONE 172.4	NONE 1.6	NONE 0.4	NONE 34.1														
Primary Toffee Banana Cake	996.3	NONE 238.1	NONE 14.3	NONE 2.3	NONE 25.4	Contains: Wheat.	✓		✓										?

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 3 DAY 5

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
Secondary Breaded Fish	772.9	NONE 184.7	NONE 7.6	NONE 0.5	NONE 18.5		✓			✓									
Secondary Vegetarian Sausage Roll	1183.9	NONE 283.0	NONE 14.9	NONE 6.6	NONE 34.4		✓				?			?					?
Secondary Chips	602.5	NONE 144.0	NONE 3.0	NONE 1.6	NONE 24.0														
Secondary Peas	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Baked Beans	237.2	NONE 56.7	NONE 0.2	NONE 0.0	NONE 8.3														
Secondary Jacket Potato with Cheese	1468.6	NONE 351.0	NONE 10.9	NONE 5.2	NONE 53.4							✓							
Secondary Jacket Potato with Baked Beans	1178.6	NONE 281.7	NONE 0.8	NONE 0.0	NONE 59.9														
Secondary Jacket Potato with Cheese & Beans	1705.8	NONE 407.7	NONE 11.1	NONE 5.3	NONE 61.7							✓							
Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

Menu Listing with Traffic Lights and Allergens

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Matfordbrook APRIL 26 MENU WEEK 3 DAY 5

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
Secondary Lemon Cookie	1305.8	 312.1	 12.7	 5.0	 47.2		✓												?
Primary Vegetarian Sausage Roll (Homemade)	879.2	 210.1	 9.7	 3.9	 22.8		✓				?			?					✓
Primary Lemon Cookie	979.3	 234.1	 9.5	 3.8	 35.4		✓												?

Contains: Barley, Oats, Wheat.

Contains: Wheat.

Contains: Barley, Oats, Wheat.