

Menu Listing with Traffic Lights and Allergens

mel.short@educatering.uk

MASTER Secondary Menu Sept 26 Week 1 Friday

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 Baked Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6		✓			✓									
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4		✓												
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0														
Primary Banana Mousse	35.2	NONE 8.4	NONE 0.2	NONE 0.2	NONE 1.2							✓							
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					
Primary Salmon Fingers	894.3	NONE 213.8	NONE 14.3	NONE 1.7	NONE 12.8		✓			✓									

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Secondary Fish Fingers	849.4	NONE 203.0	NONE 7.7	NONE 0.8	NONE 19.5		✓			✓									
Secondary Vegetable Nuggets	824.3	NONE 197.0	NONE 9.2	NONE 0.9	NONE 24.0		✓												

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Primary Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.9		✓					✓						✓	?
Primary Vegetable & Butter Bean Chilli	342.7	NONE 81.9	NONE 3.3	NONE 0.3	NONE 9.6													✓	
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0														
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														
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6		✓		?										?
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 & Beans & Salad	1124.4	NONE 268.7	NONE 5.1	NONE 2.3	NONE 47.9							✓							
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				✓	✓				?					
Secondary Margherita Pizza (Gastronorm size)	1897.6	NONE 453.5	NONE 16.2	NONE 5.9	NONE 59.1		✓					✓						✓	?
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														

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Primary Homemade Chicken Fillet Burger	1195.5	NONE 285.7	NONE 3.2	NONE 0.7	NONE 39.0		✓		✓								?		?
Primary Quorn Sausage & Ketchup Hot Dog	875.3	NONE 209.2	NONE 4.4	NONE 1.4	NONE 27.4		✓										?		
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 Chocolate Rice Crispy Cake (Traybake)	519.7	NONE 124.2	NONE 4.7	NONE 2.4	NONE 18.8		✓					✓							
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 & Beans & Salad	1124.4	NONE 268.7	NONE 5.1	NONE 2.3	NONE 47.9							✓							
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 Pasta with Tomato Sauce	779.6	NONE 186.3	NONE 1.7	NONE 0.2	NONE 35.7		✓												✓
Secondary SF Chicken with Lettuce & Mayo Burger	1397.7	NONE 334.1	NONE 14.6	NONE 3.4	NONE 34.1	✓	✓		✓			✓	✓				?		

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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 Devon Beef Lasagne	1367.0	NONE 326.7	NONE 19.6	NONE 7.6	NONE 19.6		✓					✓		✓				✓	?
Primary Broccoli & Cauliflower Cheese Bake	986.2	NONE 235.7	NONE 15.5	NONE 7.2	NONE 13.9		✓					✓		✓					?
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.3		✓												?
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Apple & Pineapple Crumble & Custard	912.7	NONE 218.2	NONE 8.3	NONE 3.4	NONE 34.1		✓					✓							?
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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Primary Pasta with Cheese Sauce	1197.1	NONE 286.1	NONE 9.0	NONE 4.0	NONE 41.4		✓					✓	✓						?
Secondary Devon Beef Lasagne	1728.8	NONE 413.2	NONE 24.7	NONE 9.8	NONE 24.3		✓					✓	✓					✓	?

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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
Primary Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4														
Primary Vegan Mince & Vegetable Parcel	1306.7	NONE 312.3	NONE 16.2	NONE 6.8	NONE 30.4		✓												✓
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 Savoy Cabbage (Prepped)	67.8	NONE 16.2	NONE 0.3	NONE 0.1	NONE 2.3													✓	
Primary Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4														
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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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 Roast Devon Gammon & Gravy	513.7	NONE 122.8	NONE 6.1	NONE 2.0	NONE 2.4														
Secondary Vegan Mince & Vegetable Parcel	1633.4	NONE 390.4	NONE 20.3	NONE 8.5	NONE 37.9		✓												✓

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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 Pizza Pinwheel (Pizza Base)	1060.6	NONE 253.5	NONE 10.0	NONE 4.0	NONE 30.2		✓					✓						✓	?
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0														
Secondary Breaded Fish	772.9	NONE 184.7	NONE 7.6	NONE 0.5	NONE 18.5		✓			✓									
Secondary Peas	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Primary Apple & Raspberry Cake	982.8	NONE 234.9	NONE 14.3	NONE 1.4	NONE 24.4		✓		✓										?
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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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 Pizza Pinwheel (Pizza Base)	1485.7	NONE 355.1	NONE 13.2	NONE 5.0	NONE 44.9		✓					✓						✓	?

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Primary Crunchy Topped Macaroni Cheese	1538.5	NONE 367.7	NONE 13.6	NONE 6.2	NONE 48.0		✓					✓		✓					?
Primary Caribbean Vegetable & Bean Jambalaya	941.5	NONE 225.0	NONE 4.0	NONE 0.6	NONE 38.4														
Primary Homemade Tomato & Herb Bread	381.1	NONE 91.1	NONE 2.4	NONE 0.2	NONE 14.7		✓												?
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Secondary Fresh Chopped Salad	46.3	NONE 11.1	NONE 0.2	NONE 0.0	NONE 1.8														
Primary Iced Sponge	1018.7	NONE 243.5	NONE 14.2	NONE 1.4	NONE 26.8		✓		✓										?
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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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 Crunchy Macaroni Cheese	2429.8	NONE 580.7	NONE 19.7	NONE 8.9	NONE 79.8		✓					✓		✓					?
Secondary Caribbean Vegetable & Bean Jambalaya	1309.7	NONE 313.0	NONE 3.9	NONE 0.7	NONE 56.9														

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Primary West Country Brunch	1754.8	NONE 419.4	NONE 24.1	NONE 7.1	NONE 30.5													✓	
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7		✓												
Secondary West Country Brunch (Bites)	1979.5	NONE 473.1	NONE 25.7	NONE 7.3	NONE 37.9													✓	
Secondary Vegetarian Brunch (Bites)	1757.3	NONE 420.0	NONE 15.0	NONE 3.1	NONE 43.1		✓												
Primary Apple & Blueberry Cake	1004.7	NONE 240.1	NONE 14.3	NONE 1.4	NONE 25.6		✓		✓										?

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Primary Devon Beef & Vegetable Hot Pot	985.8	NONE 235.6	NONE 10.2	NONE 4.3	NONE 22.0													✓	
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 Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7													✓	
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Chocolate Mousse	34.5	NONE 8.3	NONE 0.2	NONE 0.2	NONE 1.2							✓							
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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Secondary Cauliflower, Chickpea & Butternut Curry	726.2	NONE 173.6	NONE 10.5	NONE 5.4	NONE 13.6														

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Primary Roast Chicken & Gravy	341.5	NONE 81.6	NONE 0.8	NONE 0.2	NONE 1.4														
Primary Roast Quorn Fillet & Gravy	338.6	NONE 80.9	NONE 3.5	NONE 0.5	NONE 1.6		✓												
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Medley of Green Vegetables	81.7	NONE 19.5	NONE 0.3	NONE 0.1	NONE 2.1														
Secondary Roast Chicken & Gravy	767.8	NONE 183.5	NONE 11.9	NONE 3.3	NONE 2.4														
Primary Homemade Jammie Dodger	1018.2	NONE 243.4	NONE 12.2	NONE 5.0	NONE 32.2		✓		?										?
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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Secondary Roast Quorn Fillet & Gravy	359.3	NONE 85.9	NONE 3.6	NONE 0.5	NONE 2.5		✔												

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Primary Fishcake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4		✓			✓		✓		✓					
Primary Cheese & Onion Pasty	1499.6	NONE 358.4	NONE 19.9	NONE 8.9	NONE 37.5		✓					✓							
Secondary Fish Cake & Lemon	800.2	NONE 191.2	NONE 9.5	NONE 0.9	NONE 19.5		✓			✓		✓		✓					
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														
Secondary Cheese & Onion Pasty	2477.2	NONE 592.1	NONE 36.2	NONE 15.0	NONE 54.5		✓		✓			✓							
Primary Banana Marble Cake	966.9	NONE 231.1	NONE 14.5	NONE 1.5	NONE 22.9		✓		✓										?
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														

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Secondary Jacket Potato with Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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Primary Tomato & Mozzarella Pasta Bake	1034.9	NONE 247.3	NONE 6.1	NONE 2.9	NONE 36.9		✓					✓						✓	
Primary Breaded Halloumi with Nut Free Pesto	1305.2	NONE 311.9	NONE 22.7	NONE 9.3	NONE 9.5		✓		✓			✓							?
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.4		✓												?
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 Pear Cake	1022.8	NONE 244.5	NONE 14.4	NONE 1.4	NONE 27.0		✓		✓										?
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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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 Tomato & Mozzarella Pasta Bake	1558.7	NONE 372.5	NONE 10.6	NONE 5.6	NONE 51.5		✓					✓						✓	
Secondary Breaded Halloumi Cheese & Nut Free Pesto	1305.0	NONE 311.9	NONE 22.7	NONE 9.3	NONE 9.5		✓		✓			✓							?

Menu Listing with Traffic Lights and Allergens

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MASTER Secondary Menu SEPT 26 Week 3 Thursday

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 Crispy Chicken Katsu Curry (Bites)	587.7	NONE 140.5	NONE 5.5	NONE 1.5	NONE 9.9		✓												
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 Kachumber Indian Salad	44.7	NONE 10.7	NONE 0.1	NONE 0.0	NONE 2.0														
Naan Bread	23046kJ 5508kcal	HIGH 122g	HIGH 11g	LOW 9.0g	HIGH 15.8g		✓												
Primary Chocolate Brownie (Standard)	856.3	NONE 204.7	NONE 11.2	NONE 4.5	NONE 22.8		✓		✓										?
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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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 Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Secondary Breaded Chicken & Katsu Sauce	1509.0	NONE 360.7	NONE 17.7	NONE 6.3	NONE 29.0		✓		✓									✓	✓

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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		✓					✓		?					
Primary Vegetable & Bean Chimichanga	898.3	NONE 214.7	NONE 9.6	NONE 3.7	NONE 21.3		✓					✓		?					
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0														
Primary Rainbow Slaw (Prepped Veg)	328.8	NONE 78.6	NONE 7.2	NONE 0.6	NONE 2.8				✓					?					✓
Primary BBQ Beans	201.9	NONE 48.3	NONE 0.1	NONE 0.0	NONE 8.0														
Primary Raspberry Ripple Shortbread	953.3	NONE 227.8	NONE 12.0	NONE 4.9	NONE 28.8		✓												?
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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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 Chicken Fajita Wrap (Main)	1081.6	NONE 258.5	NONE 6.2	NONE 1.7	NONE 26.6		✓							?					
Secondary Vegetable & Bean Chimichanga	1479.0	NONE 353.5	NONE 13.2	NONE 5.3	NONE 39.8		✓					✓		?					

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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
Secondary Roast Devon Pork Leg & Gravy	409.9	NONE 98.0	NONE 1.9	NONE 0.6	NONE 2.4														
Primary Roast Devon Pork Leg & Gravy	299.7	NONE 71.6	NONE 1.4	NONE 0.4	NONE 1.4														
Primary Vegetarian Toad in the Hole & Gravy	347.2	NONE 83.0	NONE 2.7	NONE 0.9	NONE 4.7		✓		✓			✓							
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 Baked Toffee Apples & Custard	331.1	NONE 79.1	NONE 0.4	NONE 0.3	NONE 18.5							✓							
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 Tuna Mayonnaise	1701.6	NONE 406.7	NONE 12.0	NONE 1.1	NONE 52.2				✓	✓				?					

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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 Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Secondary Vegetarian Sausage & Onion Toad & Gravy	496.2	NONE 118.6	NONE 4.9	NONE 1.1	NONE 8.2		✓		✓			✓							