

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

## Dunsford Primary September 26 Week 1 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 |
|----------------------------------------------------|--------|---------------|--------------|-------------|--------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Devon Beef Bolognese                       | 779.9  | NONE<br>186.4 | NONE<br>12.8 | NONE<br>4.4 | NONE<br>4.8  |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary Vegetable & Lentil Bolognese               | 551.9  | NONE<br>131.9 | NONE<br>3.5  | NONE<br>0.3 | NONE<br>17.6 |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary White & Wholemeal Penne Pasta              | 667.5  | NONE<br>159.5 | NONE<br>0.7  | NONE<br>0.1 | NONE<br>32.2 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               |      |
|                                                    |        |               |              |             |              |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Broccoli                                   | 82.8   | NONE<br>19.8  | NONE<br>0.5  | NONE<br>0.1 | NONE<br>1.1  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Oaty Cookie                                | 982.5  | NONE<br>234.8 | NONE<br>9.5  | NONE<br>3.8 | NONE<br>35.6 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               | ?    |
|                                                    |        |               |              |             |              |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7  | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5  | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2  | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |
| Primary Cold Wrap Tuna Mayonnaise & Cucumber       | 783.8  | NONE<br>187.3 | NONE<br>9.1  | NONE<br>1.4 | NONE<br>12.0 |        | ✓                         |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |
|                                                    |        |               |              |             |              |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |

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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 Sandwich Egg Mayonnaise | 1523.3 | <div>NONE</div> 364.1 | <div>NONE</div> 19.0 | <div>NONE</div> 2.7 | <div>NONE</div> 33.1 |        | ✓                         |             | ✓    |      |       |      |          | ?       |      |         |        |                               | ✓    |
| Contains: Wheat.                |        |                       |                      |                     |                      |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |

## Menu Listing with Traffic Lights and Allergens

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## Dunsford Primary September 26 Week 1 Day 3

## Legend

- ✓ Contains
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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 |
|----------------------------------------------------|--------|---------------|-------------|-------------|--------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Roast Devon Gammon & Gravy                 | 377.5  | NONE<br>90.2  | NONE<br>4.6 | NONE<br>1.5 | NONE<br>1.4  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Individual Sweet Potato & Chickpea Cake    | 368.1  | NONE<br>88.0  | NONE<br>2.7 | NONE<br>0.3 | NONE<br>13.8 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Roast Potatoes (Prepped)                   | 502.1  | NONE<br>120.0 | NONE<br>5.2 | NONE<br>0.4 | NONE<br>17.2 |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary Baton Carrots (Prepped)                    | 87.9   | NONE<br>21.0  | NONE<br>0.2 | NONE<br>0.1 | NONE<br>4.7  |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary Savoy Cabbage (Hand Cut)                   | 52.2   | NONE<br>12.5  | NONE<br>0.2 | NONE<br>0.1 | NONE<br>1.8  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Sweetener Free Strawberry Jelly & Fruit    | 282.3  | NONE<br>67.5  | NONE<br>0.1 | NONE<br>0.0 | NONE<br>17.6 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7 | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5 | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2 | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |

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Dunsford Primary September 26 Week 1 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 |
|------------------------------------------|--------|-----------------------|----------------------|---------------------|----------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Cold Wrap Cheddar Cheese & Salad | 749.5  | <div>NONE</div> 179.1 | <div>NONE</div> 10.4 | <div>NONE</div> 5.2 | <div>NONE</div> 13.5 |        | ✔                         |             |      |      |       | ✔    |          | ⚠       |      |         |        |                               |      |
| Primary Sandwich Ham & Salad             | 1184.4 | <div>NONE</div> 283.1 | <div>NONE</div> 8.7  | <div>NONE</div> 2.3 | <div>NONE</div> 33.3 |        | ✔                         |             |      |      |       |      |          |         |      |         |        |                               | ✔    |

## Menu Listing with Traffic Lights and Allergens

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## Dunsford Primary September 26 Week 1 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 Salt & Pepper Chicken                      | 505.3  | NONE<br>120.8 | NONE<br>2.8 | NONE<br>0.4 | NONE<br>9.2  |        |                           |             |      |      |       |      |          |         |      |         |        |                               | ✓    |
| Primary Hoisin Vegetable & Chickpea Stir-Fry       | 471.6  | NONE<br>112.7 | NONE<br>1.0 | NONE<br>0.3 | NONE<br>22.5 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               | ✓    |
| Primary Plain Noodles                              | 594.1  | NONE<br>142.0 | NONE<br>0.4 | NONE<br>0.1 | NONE<br>28.6 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Simple Stir-Fried Vegetables               | 242.6  | NONE<br>58.0  | NONE<br>5.1 | NONE<br>0.4 | NONE<br>2.4  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Strawberry Yoghurt (5L Pot)                | 298.1  | NONE<br>71.3  | NONE<br>0.4 | NONE<br>0.1 | NONE<br>12.1 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7 | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5 | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2 | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          |         | ?    |         |        |                               |      |
| Primary Sandwich Chicken Mayonnaise                | 1236.8 | NONE<br>295.6 | NONE<br>8.6 | NONE<br>0.9 | NONE<br>33.4 |        | ✓                         |             | ✓    |      |       |      |          |         | ?    |         |        |                               | ✓    |

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Dunsford Primary September 26 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 |
|------------------------------------------|--------|-----------------------|----------------------|---------------------|----------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Cold Wrap Cheddar Cheese & Salad | 749.5  | <div>NONE</div> 179.1 | <div>NONE</div> 10.4 | <div>NONE</div> 5.2 | <div>NONE</div> 13.5 |        | ✓                         |             |      |      |       | ✓    |          | ?       |      |         |        |                               |      |
| Contains: Wheat.                         |        |                       |                      |                     |                      |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |

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## 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 Fish Fingers                               | 637.0  | NONE<br>152.3 | NONE<br>5.8 | NONE<br>0.6 | NONE<br>14.6 |        | ✓                         |             |      | ✓    |       |      |          |         |      |         |        |                               |      |
| Primary Black Bean & Mozzarella Quesadilla         | 783.4  | NONE<br>187.2 | NONE<br>6.8 | NONE<br>2.6 | NONE<br>22.9 |        | ✓                         |             |      |      |       | ✓    |          | ?       |      |         |        |                               | ✓    |
| Primary Chips                                      | 502.1  | NONE<br>120.0 | NONE<br>2.5 | NONE<br>1.3 | NONE<br>20.0 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Peas                                       | 148.1  | NONE<br>35.4  | NONE<br>0.5 | NONE<br>0.1 | NONE<br>3.2  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Cheese, Apple & Cracker                    | 485.8  | NONE<br>116.1 | NONE<br>7.3 | NONE<br>3.6 | NONE<br>8.5  |        | ✓                         |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7 | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5 | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2 | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |
| Primary Baked Beans                                | 158.2  | NONE<br>37.8  | NONE<br>0.1 | NONE<br>0.0 | NONE<br>5.5  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |

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## 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 Cold Wrap Tuna Mayonnaise & Salad | 791.5  | NONE<br>189.2 | NONE<br>9.2 | NONE<br>1.4 | NONE<br>12.3 |        | ✓                         |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |
| Primary Sandwich Cream Cheese & Cucumber  | 1010.0 | NONE<br>241.4 | NONE<br>6.2 | NONE<br>3.3 | NONE<br>34.0 |        | ✓                         |             |      |      |       | ✓    |          |         |      |         |        |                               | ✓    |

Contains: Wheat.

Contains: Wheat.

## Menu Listing with Traffic Lights and Allergens

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## Dunsford Primary September 26 Week 2 Day 1

## 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 |
|----------------------------------------------------|-------------------|---------------|--------------|--------------|--------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Crispy Devon Bacon Macaroni Cheese         | 2094.2            | NONE<br>500.5 | NONE<br>25.5 | NONE<br>10.9 | NONE<br>44.7 |        | ✓                         |             |      |      |       | ✓    |          | ✓       |      |         |        |                               | ?    |
| Primary Macaroni Cheese                            | 1479kJ<br>354kcal | MED<br>14g    | HIGH<br>6.4g | LOW<br>5.8g  | MED<br>0.92g |        | ✓                         |             |      |      |       | ✓    |          | ✓       |      |         |        |                               | ?    |
| Primary Homemade Garlic Focaccia Bread             | 324.8             | NONE<br>77.6  | NONE<br>1.1  | NONE<br>0.1  | NONE<br>14.4 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               | ?    |
| Primary Fine Green Beans                           | 60.3              | NONE<br>14.4  | NONE<br>0.3  | NONE<br>0.1  | NONE<br>1.9  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Fresh Fruit Salad                          | 205.0             | NONE<br>49.0  | NONE<br>0.2  | NONE<br>0.0  | NONE<br>11.9 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5             | NONE<br>230.8 | NONE<br>0.7  | NONE<br>0.0  | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2            | NONE<br>301.0 | NONE<br>9.5  | NONE<br>4.5  | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1            | NONE<br>309.8 | NONE<br>8.2  | NONE<br>0.7  | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |
| Primary Cold Wrap Cheddar Cheese & Salad           | 749.5             | NONE<br>179.1 | NONE<br>10.4 | NONE<br>5.2  | NONE<br>13.5 |        | ✓                         |             |      |      |       | ✓    |          | ?       |      |         |        |                               |      |

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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 Sandwich Devon Ham | 1166.9 | <div>NONE</div> 278.9 | <div>NONE</div> 8.7 | <div>NONE</div> 2.3 | <div>NONE</div> 32.6 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               | ✓    |
| 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 Devon Beef Chilli                          | 660.8  | NONE<br>157.9 | NONE<br>8.7 | NONE<br>3.5 | NONE<br>7.5  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Five Bean & Vegetable Chilli               | 398.6  | NONE<br>95.3  | NONE<br>3.5 | NONE<br>0.3 | NONE<br>10.7 |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary White & Wholegrain Rice                    | 696.6  | NONE<br>166.5 | NONE<br>1.4 | NONE<br>0.4 | NONE<br>35.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Sweetcorn                                  | 195.8  | NONE<br>46.8  | NONE<br>1.1 | NONE<br>0.2 | NONE<br>6.6  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Chocolate Mousse & Fruit Pot               | 87.6   | NONE<br>20.9  | NONE<br>0.1 | NONE<br>0.1 | NONE<br>4.5  |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7 | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5 | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2 | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          |         | ?    |         |        |                               |      |
| Primary Tortilla Chips                             | 300.0  | NONE<br>71.7  | NONE<br>3.2 | NONE<br>0.4 | NONE<br>9.5  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |

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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 Sandwich Tuna Mayonnaise & Salad | 1209.0 | <br>289.0 | <br>8.8 | <br>1.0 | <br>33.5 | Contains: Wheat. | ✓                         |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               | ✓    |
| Primary Sandwich Ham & Salad             | 1184.4 | <br>283.1 | <br>8.7 | <br>2.3 | <br>33.3 | Contains: Wheat. | ✓                         |             |      |      |       |      |          |         |      |         |        |                               | ✓    |

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

## Dunsford Primary September 26 Week 2 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 |
|----------------------------------------------------|--------|---------------|-------------|-------------|--------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Roast Chicken & Gravy                      | 341.5  | NONE<br>81.6  | NONE<br>0.8 | NONE<br>0.2 | NONE<br>1.4  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Spanish Vegetable & Butter Bean Casserole  | 369.7  | NONE<br>88.4  | NONE<br>3.4 | NONE<br>0.3 | NONE<br>10.1 |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary Roast Potatoes (Prepped)                   | 502.1  | NONE<br>120.0 | NONE<br>5.2 | NONE<br>0.4 | NONE<br>17.2 |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary Broccoli                                   | 82.8   | NONE<br>19.8  | NONE<br>0.5 | NONE<br>0.1 | NONE<br>1.1  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Strawberry Yoghurt (5L Pot)                | 298.1  | NONE<br>71.3  | NONE<br>0.4 | NONE<br>0.1 | NONE<br>12.1 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7 | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5 | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2 | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |
| Primary Baton Carrots (Prepped)                    | 87.9   | NONE<br>21.0  | NONE<br>0.2 | NONE<br>0.1 | NONE<br>4.7  |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

## Dunsford Primary September 26 Week 2 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 |
|------------------------------------------|--------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Sandwich Cream Cheese & Cucumber | 1010.0 | <br>241.4 | <br>6.2 | <br>3.3 | <br>34.0 | Contains: Wheat. | ✓                         |             |      |      |       | ✓    |          |         |      |         |        |                               | ✓    |
| Primary Cold Wrap Devon Ham & Salad      | 562.6  | <br>134.5 | <br>5.0 | <br>1.8 | <br>12.1 | Contains: Wheat. | ✓                         |             |      |      |       |      |          | ?       |      |         |        |                               |      |

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

## Dunsford Primary September 26 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 |
|----------------------------------------------------|--------|---------------|-------------|-------------|--------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Tomato & Nut Free Pesto Pasta              | 864.5  | NONE<br>206.6 | NONE<br>3.9 | NONE<br>0.4 | NONE<br>35.8 |        | ✓                         |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary Sweet Potato Falafel with Tomato Sauce     | 585.4  | NONE<br>139.9 | NONE<br>3.5 | NONE<br>0.4 | NONE<br>19.8 |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary Homemade Garlic Focaccia Bread             | 324.8  | NONE<br>77.6  | NONE<br>1.1 | NONE<br>0.1 | NONE<br>14.4 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               | ?    |
| Primary White & Wholemeal Penne Pasta              | 667.5  | NONE<br>159.5 | NONE<br>0.7 | NONE<br>0.1 | NONE<br>32.2 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Sweetcorn                                  | 195.8  | NONE<br>46.8  | NONE<br>1.1 | NONE<br>0.2 | NONE<br>6.6  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Fresh Fruit Salad                          | 205.0  | NONE<br>49.0  | NONE<br>0.2 | NONE<br>0.0 | NONE<br>11.9 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7 | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5 | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2 | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

## Dunsford Primary September 26 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 |
|-------------------------------------|--------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Cold Wrap Devon Ham & Salad | 562.6  | <br>134.5 | <br>5.0  | <br>1.8 | <br>12.1 | Contains: Wheat. | ✓                         |             |      |      |       |      |          | ?       |      |         |        |                               |      |
| Primary Sandwich Cheddar Cheese     | 1359.0 | <br>324.8 | <br>14.2 | <br>5.7 | <br>34.2 | Contains: Wheat. | ✓                         |             |      |      |       | ✓    |          |         |      |         |        |                               | ✓    |

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

## Dunsford Primary September 26 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 West Country Brunch                        | 1754.8 | NONE<br>419.4 | NONE<br>24.1 | NONE<br>7.1 | NONE<br>30.5 |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary Vegetarian Brunch                          | 1194.8 | NONE<br>285.6 | NONE<br>10.6 | NONE<br>2.0 | NONE<br>31.7 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Peach Crumble & Custard                    | 920.6  | NONE<br>220.0 | NONE<br>8.4  | NONE<br>3.5 | NONE<br>34.5 |        | ✓                         |             |      |      |       | ✓    |          |         |      |         |        |                               | ?    |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7  | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5  | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2  | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |
| Primary Sweetcorn                                  | 195.8  | NONE<br>46.8  | NONE<br>1.1  | NONE<br>0.2 | NONE<br>6.6  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Sandwich Egg Mayonnaise                    | 1523.3 | NONE<br>364.1 | NONE<br>19.0 | NONE<br>2.7 | NONE<br>33.1 |        | ✓                         |             | ✓    |      |       |      |          | ?       |      |         |        |                               | ✓    |
| Primary Cold Wrap Tuna Mayonnaise & Salad          | 791.5  | NONE<br>189.2 | NONE<br>9.2  | NONE<br>1.4 | NONE<br>12.3 |        | ✓                         |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |

## Menu Listing with Traffic Lights and Allergens

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## Dunsford Primary September 26 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 |
|----------------------------------------------------|--------|---------------|--------------|-------------|--------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Breaded Fish                               | 577.4  | NONE<br>138.0 | NONE<br>6.0  | NONE<br>0.7 | NONE<br>14.6 |        |                           |             |      | ✓    |       |      |          |         |      |         |        |                               |      |
| Primary Spinach & Potato Spanish Omelette          | 611.7  | NONE<br>146.2 | NONE<br>6.5  | NONE<br>1.7 | NONE<br>14.2 |        |                           |             | ✓    |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Chips                                      | 502.1  | NONE<br>120.0 | NONE<br>2.5  | NONE<br>1.3 | NONE<br>20.0 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Peas                                       | 148.1  | NONE<br>35.4  | NONE<br>0.5  | NONE<br>0.1 | NONE<br>3.2  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Ice Cream & Fruit                          | 260.9  | NONE<br>62.4  | NONE<br>2.2  | NONE<br>1.1 | NONE<br>10.0 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7  | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5  | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2  | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          |         | ?    |         |        |                               |      |
| Primary Salmon Fingers                             | 894.3  | NONE<br>213.8 | NONE<br>14.3 | NONE<br>1.7 | NONE<br>12.8 |        | ✓                         |             |      | ✓    |       |      |          |         |      |         |        |                               |      |

Contains: Wheat.

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

## Dunsford Primary September 26 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 |
|------------------------------------------|--------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Sandwich Chicken Mayonnaise      | 1236.8 | <br>295.6 | <br>8.6  | <br>0.9 | <br>33.4 |        | ✓                         |             | ✓    |      |       |      |          | ?       |      |         |        |                               | ✓    |
| Primary Cold Wrap Cheddar Cheese & Salad | 749.5  | <br>179.1 | <br>10.4 | <br>5.2 | <br>13.5 |        | ✓                         |             |      |      |       | ✓    |          | ?       |      |         |        |                               |      |
| Primary Fresh Chopped Salad              | 22.9   | <br>5.5   | <br>0.1  | <br>0.0 | <br>0.9  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |

Contains: Wheat.

Contains: Wheat.

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

## Dunsford 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 | Soya |
|----------------------------------------------------|--------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Tomato & Mozzarella Pasta Bake             | 1034.9 | <br>247.3   | <br>6.1   | <br>2.9   | <br>36.9   |        | ✓                         |             |      |      |       | ✓    |          |         |      |         |        | ✓                             |      |
| Primary Roasted Vegetable & Tomato Pasta Bake      | 1096.4 | <br>262.1   | <br>7.0   | <br>1.9   | <br>40.1   |        | ✓                         |             |      |      |       | ✓    |          |         |      |         |        | ✓                             |      |
| Primary Homemade Garlic Focaccia Bread             | 324.8  | <br>77.6    | <br>1.1   | <br>0.1   | <br>14.4   |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               | ?    |
| Primary Sweetcorn                                  | 195.8  | <br>46.8    | <br>1.1   | <br>0.2   | <br>6.6    |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Salad Sticks (Hand Cut)                    | 58.6   | <br>14.0  | <br>0.1 | <br>0.0 | <br>2.9  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Fresh Fruit Platter                        | 162.6  | <br>38.9  | <br>0.2 | <br>0.0 | <br>9.4  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | <br>230.8 | <br>0.7 | <br>0.0 | <br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | <br>301.0 | <br>9.5 | <br>4.5 | <br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | <br>309.8 | <br>8.2 | <br>0.7 | <br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |

Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

Dunsford 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 | Soya |
|-------------------------------------|--------|-----------------------|----------------------|---------------------|----------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Sandwich Cheddar Cheese     | 1359.0 | <div>NONE</div> 324.8 | <div>NONE</div> 14.2 | <div>NONE</div> 5.7 | <div>NONE</div> 34.2 |        | ✔                         |             |      |      |       | ✔    |          |         |      |         |        |                               | ✔    |
| Primary Cold Wrap Devon Ham & Salad | 562.6  | <div>NONE</div> 134.5 | <div>NONE</div> 5.0  | <div>NONE</div> 1.8 | <div>NONE</div> 12.1 |        | ✔                         |             |      |      |       |      |          | ⚠       |      |         |        |                               |      |

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

## Dunsford Primary September 26 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 |
|----------------------------------------------------|--------|---------------|--------------|-------------|--------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Cajun Chicken Breast                       | 396.0  | NONE<br>94.6  | NONE<br>2.8  | NONE<br>0.4 | NONE<br>0.3  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Moroccan Chickpea & Squash Tagine          | 458.7  | NONE<br>109.6 | NONE<br>4.0  | NONE<br>0.4 | NONE<br>12.8 |        | ?                         |             |      |      |       |      |          | ?       |      |         |        | ✓                             |      |
| Primary Fruity Couscous                            | 700.1  | NONE<br>167.3 | NONE<br>0.7  | NONE<br>0.1 | NONE<br>35.0 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Rainbow Slaw (Prepped Veg)                 | 335.4  | NONE<br>80.2  | NONE<br>7.2  | NONE<br>0.6 | NONE<br>3.2  |        |                           |             | ✓    |      |       |      |          | ?       |      |         |        | ✓                             |      |
| Primary Crunchy Carrot Sticks (Hand Cut)           | 87.9   | NONE<br>21.0  | NONE<br>0.2  | NONE<br>0.1 | NONE<br>4.7  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Shortbread Biscuit                         | 947.7  | NONE<br>226.5 | NONE<br>12.0 | NONE<br>4.9 | NONE<br>28.6 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               | ?    |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7  | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5  | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2  | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

## Dunsford Primary September 26 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 |
|-------------------------------------------|--------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Sandwich Egg Mayonnaise           | 1523.3 | <br>364.1 | <br>19.0 | <br>2.7 | <br>33.1 |        | ✓                         |             | ✓    |      |       |      |          | ?       |      |         |        |                               | ✓    |
| Primary Cold Wrap Tuna Mayonnaise & Salad | 791.5  | <br>189.2 | <br>9.2  | <br>1.4 | <br>12.3 |        | ✓                         |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |

Contains: Wheat.

Contains: Wheat.

## Menu Listing with Traffic Lights and Allergens

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## Dunsford Primary September 26 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 |
|----------------------------------------------------|--------|---------------|-------------|-------------|--------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Roast Devon Pork Leg & Gravy               | 299.7  | NONE<br>71.6  | NONE<br>1.4 | NONE<br>0.4 | NONE<br>1.4  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Vegetable & Lentil Pie                     | 884.2  | NONE<br>211.3 | NONE<br>8.9 | NONE<br>3.6 | NONE<br>25.6 |        | ✓                         |             |      |      | ?     |      |          | ?       |      |         |        |                               | ?    |
| Primary Roast Potatoes (Prepped)                   | 502.1  | NONE<br>120.0 | NONE<br>5.2 | NONE<br>0.4 | NONE<br>17.2 |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary Broccoli                                   | 82.8   | NONE<br>19.8  | NONE<br>0.5 | NONE<br>0.1 | NONE<br>1.1  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Baton Carrots (Prepped)                    | 87.9   | NONE<br>21.0  | NONE<br>0.2 | NONE<br>0.1 | NONE<br>4.7  |        |                           |             |      |      |       |      |          |         |      |         |        | ✓                             |      |
| Primary Sweetener Free Raspberry Jelly             | 229.6  | NONE<br>54.9  | NONE<br>0.1 | NONE<br>0.0 | NONE<br>14.7 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7 | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5 | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2 | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |

Contains: Wheat.

## Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

Dunsford Primary September 26 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 |
|----------------------------------|--------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Sandwich Tuna Mayonnaise | 1191.6 | <br>284.8 | <br>8.7 | <br>0.9 | <br>32.9 |        | ✓                         |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               | ✓    |
| Primary Cold Wrap Devon Ham      | 545.2  | <br>130.3 | <br>4.9 | <br>1.8 | <br>11.4 |        | ✓                         |             |      |      |       |      |          | ?       |      |         |        |                               |      |

Contains: Wheat.

Contains: Wheat.

## Menu Listing with Traffic Lights and Allergens

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## Dunsford Primary September 26 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 |
|----------------------------------------------------|--------|---------------|-------------|-------------|--------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Crispy Chicken Katsu Curry (Goujons)       | 557.6  | NONE<br>133.3 | NONE<br>4.8 | NONE<br>1.3 | NONE<br>12.3 |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               | ✓    |
| Primary Cauliflower Chickpea & Butternut Curry     | 413.2  | NONE<br>98.8  | NONE<br>6.7 | NONE<br>3.6 | NONE<br>7.0  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary White & Wholegrain Rice                    | 696.6  | NONE<br>166.5 | NONE<br>1.4 | NONE<br>0.4 | NONE<br>35.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Naan Bread                                 | 240.1  | NONE<br>57.4  | NONE<br>1.3 | NONE<br>0.1 | NONE<br>9.8  |        | ✓                         |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Fine Green Beans                           | 60.3   | NONE<br>14.4  | NONE<br>0.3 | NONE<br>0.1 | NONE<br>1.9  |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Apple Crumble & Custard                    | 908.8  | NONE<br>217.2 | NONE<br>8.2 | NONE<br>3.4 | NONE<br>33.8 |        | ✓                         |             |      |      |       | ✓    |          |         |      |         |        |                               | ?    |
| Primary Jacket Potato with Beans & Salad           | 965.5  | NONE<br>230.8 | NONE<br>0.7 | NONE<br>0.0 | NONE<br>49.4 |        |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | NONE<br>301.0 | NONE<br>9.5 | NONE<br>4.5 | NONE<br>45.4 |        |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | NONE<br>309.8 | NONE<br>8.2 | NONE<br>0.7 | NONE<br>44.1 |        |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |

Menu Listing with Traffic Lights and Allergens

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Dunsford Primary September 26 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 |
|------------------------------|--------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Cold Wrap Cheese     | 737.2  | <br>176.2 | <br>10.4 | <br>5.2 | <br>13.0 | Contains: Wheat. | ✓                         |             |      |      |       | ✓    |          | ?       |      |         |        |                               |      |
| Primary Sandwich Ham & Salad | 1184.4 | <br>283.1 | <br>8.7  | <br>2.3 | <br>33.3 | Contains: Wheat. | ✓                         |             |      |      |       |      |          |         |      |         |        |                               | ✓    |

## Menu Listing with Traffic Lights and Allergens

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## Dunsford Primary September 26 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 |
|----------------------------------------------------|--------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|------|
| Primary Fishcake                                   | 796.6  | <br>190.4   | <br>9.4   | <br>0.9   | <br>19.4   | Contains: Wheat. |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Vegetable Nuggets                          | 494.6  | <br>118.2   | <br>5.5   | <br>0.5   | <br>14.4   | Contains: Wheat. |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Chips                                      | 502.1  | <br>120.0   | <br>2.5   | <br>1.3   | <br>20.0   |                  |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Peas                                       | 148.1  | <br>35.4    | <br>0.5   | <br>0.1   | <br>3.2    |                  |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Strawberry Yoghurt (5L Pot)                | 298.1  | <br>71.3  | <br>0.4 | <br>0.1 | <br>12.1 |                  |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Beans & Salad           | 965.5  | <br>230.8 | <br>0.7 | <br>0.0 | <br>49.4 |                  |                           |             |      |      |       |      |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Cheese & Salad          | 1259.2 | <br>301.0 | <br>9.5 | <br>4.5 | <br>45.4 |                  |                           |             |      |      |       | ✓    |          |         |      |         |        |                               |      |
| Primary Jacket Potato with Tuna Mayonnaise & Salad | 1296.1 | <br>309.8 | <br>8.2 | <br>0.7 | <br>44.1 |                  |                           |             | ✓    | ✓    |       |      |          | ?       |      |         |        |                               |      |
| Primary Baked Beans                                | 158.2  | <br>37.8  | <br>0.1 | <br>0.0 | <br>5.5  |                  |                           |             |      |      |       |      |          |         |      |         |        |                               |      |

Menu Listing with Traffic Lights and Allergens

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Dunsford Primary September 26 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 |
| Primary Sandwich Chicken Mayonnaise       | 1236.8 | <div>NONE</div> 295.6 | <div>NONE</div> 8.6 | <div>NONE</div> 0.9 | <div>NONE</div> 33.4 |        | ✓                         |             | ✓    |      |       |      |          | ?       |      |         |        |                               | ✓    |
| Primary Cold Wrap Cream Cheese & Cucumber | 538.8  | <div>NONE</div> 128.8 | <div>NONE</div> 6.4 | <div>NONE</div> 3.7 | <div>NONE</div> 12.8 |        | ✓                         |             |      |      |       | ✓    |          | ?       |      |         |        |                               |      |