

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow Menu 1 Week 1 Monday

Legend

✓ Contains

? May Contain

! No Data

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

Description	Energy	Fat	Saturates	Sugars	Salt															
Primary Margherita Pizza	1050.6	NONE 251.1	NONE 9.9	NONE 4.3	NONE 29.9	Contains: Wheat.	✓					✓							✓	?
Primary Red Pepper & Sweetcorn Pizza	1025.1	NONE 245.0	NONE 8.9	NONE 3.6	NONE 31.3	Contains: Wheat.	✓					✓							✓	?
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0															
Primary Fresh Chopped Salad	22.9	NONE 5.5	NONE 0.1	NONE 0.0	NONE 0.9															
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2															
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4															
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4							✓								
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2				✓	✓					?					
Primary Apple & Raspberry Crumble & Custard	906.2	NONE 216.6	NONE 8.3	NONE 3.4	NONE 33.5	Contains: Barley, Oats, Wheat.	✓					✓								?

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Bow APRIL 26 MENU WEEK 1 DAY 1

Legend	
✓	Contains
?	May Contain
!	No Data

Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
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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 Margherita Pizza	1050.6	NONE 251.1	NONE 9.9	NONE 4.3	NONE 29.9	Contains: Wheat.	✓						✓						✓	?
Primary Pepperoni Pizza	1122.9	NONE 268.4	NONE 12.0	NONE 5.0	NONE 29.9	Contains: Wheat.	✓						✓						✓	?
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4															
Primary Potato Balls	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5								?							
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6															
Primary Fresh Chopped Salad	22.9	NONE 5.5	NONE 0.1	NONE 0.0	NONE 0.9															
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4															
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4								✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2				✓	✓					?					

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Description	Energy	Fat	Saturates	Sugars	Salt		Allergens																
							Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya			
Primary Marble Cake	948.0	NONE 226.6	NONE 14.4	NONE 2.4	NONE 21.7	Contains: Wheat.	✓		✓													?	
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓																✓
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓					✓											✓
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓		✓	✓						?							✓

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Bow APRIL 26 MENU WEEK 1 DAY 2

Legend

✓ Contains

⚠ May Contain

! No Data

Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
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Description	Energy	Fat	Saturates	Sugars	Salt												
Primary Devon Beef Cottage Pie	1138.0	NONE 272.0	NONE 15.2	NONE 5.4	NONE 19.8												✓
Primary Cheese & Bean Pasty	1448.5	NONE 346.2	NONE 18.4	NONE 8.1	NONE 37.8	Contains: Wheat.	✓				✓						
Primary Plain Penne Pasta	668.4	NONE 159.8	NONE 0.7	NONE 0.1	NONE 32.0	Contains: Wheat.	✓										
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2												
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4												
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4						✓						
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2				✓	✓			⚠				
Primary Fresh Fruit Salad	125.6	NONE 30.0	NONE 0.1	NONE 0.0	NONE 7.3												
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓										✓

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Bow APRIL 26 MENU WEEK 1 DAY 2

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 Sandwich Cheddar Cheese	1359.0	 324.8	 14.2	 5.7	 34.2	Contains: Wheat.	✓						✓							✓
Primary Sandwich Tuna Mayonnaise	1180.3	 282.1	 8.7	 0.9	 33.0	Contains: Wheat.	✓		✓	✓					?					✓

Menu Listing with Traffic Lights and Allergens

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Bow APRIL 26 MENU WEEK 1 DAY 3

Legend

✓ Contains

? May Contain

! No Data

Celery
 Cereals containing Gluten
 Crustaceans
 Eggs
 Fish
 Lupin
 Milk
 Molluscs
 Mustard
 Nuts
 Peanuts
 Sesame
 Sulphur Dioxide and Sulphites
 Soya

Description	Energy	Fat	Saturates	Sugars	Salt																	
Primary Devon Pork Sausages, Mash & Gravy	1276.2	NONE 305.0	NONE 18.4	NONE 6.1	NONE 24.3																	✓
Primary Leek & Potato Bake	822.0	NONE 196.5	NONE 10.3	NONE 4.2	NONE 20.8	Contains: Wheat.												?				
Primary Mashed Potatoes (Prepped)	533.5	NONE 127.5	NONE 5.2	NONE 1.2	NONE 18.9																	✓
Primary Carrots (Hand cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																	
Primary Savoy Cabbage (Hand Cut)	52.2	NONE 12.5	NONE 0.2	NONE 0.1	NONE 1.8																	
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4																	
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4							✓										
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2							✓	✓								?	
Primary Jammie Dodger	994.2	NONE 237.6	NONE 12.2	NONE 5.0	NONE 30.8	Contains: Wheat.												?				

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Bow APRIL 26 MENU WEEK 1 DAY 3

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Celery
Cereals containing Gluten
Crustaceans
Eggs
Fish
Lupin
Milk
Molluscs
Mustard
Nuts
Peanuts
Sesame
Sulphur Dioxide and Sulphites
Soya

Description	Energy	Fat	Saturates	Sugars	Salt		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	278.9	8.7	2.3	32.6	Contains: Wheat.	✓													✓	
Primary Sandwich Cheddar Cheese	1359.0	324.8	14.2	5.7	34.2	Contains: Wheat.	✓						✓								✓
Primary Sandwich Tuna Mayonnaise	1180.3	282.1	8.7	0.9	33.0	Contains: Wheat.	✓		✓	✓					⚠						✓

Menu Listing with Traffic Lights and Allergens

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Bow APRIL 26 MENU WEEK 1 DAY 4

Legend

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Celery
 Cereals containing Gluten
 Crustaceans
 Eggs
 Fish
 Lupin
 Milk
 Molluscs
 Mustard
 Nuts
 Peanuts
 Sesame
 Sulphur Dioxide and Sulphites
 Soya

Description	Energy	Fat	Saturates	Sugars	Salt																
Primary Mild Chicken Curry	502.5	NONE 120.1	NONE 3.0	NONE 0.5	NONE 7.1																
Primary Quorn Sausage & Tomato Pasta Bake	1232.7	NONE 294.6	NONE 6.8	NONE 2.0	NONE 40.8	Contains: Wheat.	✓				✓										✓
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4																
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4					✓											
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2				✓	✓				?							
Primary Apple Cake	1001.6	NONE 239.4	NONE 14.2	NONE 2.3	NONE 25.5	Contains: Wheat.	✓	✓													?
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓														✓
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓				✓										✓
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓	✓	✓					?							✓

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Bow APRIL 26 MENU WEEK 1 DAY 4

Legend

- ✓ Contains
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- ! No Data

Celery
 Cereals containing Gluten
 Crustaceans
 Eggs
 Fish
 Lupin
 Milk
 Molluscs
 Mustard
 Nuts
 Peanuts
 Sesame
 Sulphur Dioxide and Sulphites
 Soya

Description	Energy	Fat	Saturates	Sugars	Salt																	
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4																	
Primary Homemade White Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.	✓														?	
Primary Sweetcorn Salad	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6																	

Menu Listing with Traffic Lights and Allergens

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Bow APRIL 26 MENU WEEK 1 DAY 5

Legend

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Celery
 Cereals containing Gluten
 Crustaceans
 Eggs
 Fish
 Lupin
 Milk
 Molluscs
 Mustard
 Nuts
 Peanuts
 Sesame
 Sulphur Dioxide and Sulphites
 Soya

Description	Energy	Fat	Saturates	Sugars	Salt														
Primary Salmon Fingers	35.8	NONE 8.6	NONE 0.6	NONE 0.1	NONE 0.5	Contains: Wheat.	✓		✓										
Primary Vegan Mince & Vegetable Parcel	1308.8	NONE 312.8	NONE 16.2	NONE 6.8	NONE 30.5	Contains: Wheat.	✓												✓
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4														
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4						✓								
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2				✓	✓								?	
Primary Toffee Banana Cake	996.3	NONE 238.1	NONE 14.3	NONE 2.3	NONE 25.4	Contains: Wheat.	✓		✓										?
Primary Sandwich Devon Ham	1166.9	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓												✓

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Bow APRIL 26 MENU WEEK 1 DAY 5

Legend

✓ Contains

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! No Data

Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
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Description	Energy	Fat	Saturates	Sugars	Salt		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Sandwich Cheddar Cheese	1359.0	324.8	14.2	5.7	34.2	Contains: Wheat.	✓						✓							✓
Primary Sandwich Tuna Mayonnaise	1180.3	282.1	8.7	0.9	33.0	Contains: Wheat.	✓		✓	✓					⚠					✓
Primary Baked Beans	158.2	37.8	0.1	0.0	5.5															

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Bow APRIL 26 MENU WEEK 2 DAY 1

Legend	
✓	Contains
?	May Contain
!	No Data

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

Description	Energy	Fat	Saturates	Sugars	Salt														
Primary Chicken Bites x 3 (Bought in)	451.9	NONE 108.0	NONE 3.2	NONE 1.3	NONE 7.9	Contains: Wheat.	✓												
Primary Hot Dog (Soft Roll)	722.7	NONE 172.7	NONE 13.1	NONE 4.8	NONE 4.5	Contains: Wheat.	✓										?	✓	
Primary Saute Potatoes (Bought in)	564.8	NONE 135.0	NONE 4.0	NONE 0.5	NONE 21.0														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4														
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4						✓								
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2				✓	✓								?	
Primary Iced Sponge	1016.4	NONE 242.9	NONE 14.2	NONE 2.3	NONE 26.6	Contains: Wheat.	✓		✓										?

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Bow APRIL 26 MENU WEEK 2 DAY 1

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?	May Contain
!	No Data

Description	Energy	Fat	Saturates	Sugars	Salt		Allergens																
							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	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓															✓	
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓					✓											✓
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓		✓	✓					?								✓

Menu Listing with Traffic Lights and Allergens

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Bow APRIL 26 MENU WEEK 2 DAY 2

Legend	
✓	Contains
?	May Contain
!	No Data

Description	Energy	Fat	Saturates	Sugars	Salt		Allergens																
							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	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓															✓	
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓						✓										✓
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓		✓	✓					?								✓

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Bow APRIL 26 MENU WEEK 2 DAY 3

Legend

✓ Contains

? May Contain

! No Data

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

Description	Energy	Fat	Saturates	Sugars	Salt																			
Primary Roast Chicken & Gravy	341.5	NONE 81.6	NONE 0.8	NONE 0.2	NONE 1.4																			
Primary Roast Quorn Fillet & Gravy	338.5	NONE 80.9	NONE 3.5	NONE 0.7	NONE 1.6	Contains: Wheat.						✓												
Primary Roast Potatoes (Handcut)	533.2	NONE 127.4	NONE 7.7	NONE 1.1	NONE 13.8																			
Primary Carrots (Hand cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																			
Primary Savoy Cabbage (Hand Cut)	52.2	NONE 12.5	NONE 0.2	NONE 0.1	NONE 1.8																			
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4																			
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4								✓											
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2							✓	✓					?						
Primary Chocolate Shortbread	950.5	NONE 227.2	NONE 12.5	NONE 5.2	NONE 26.8	Contains: Wheat.						✓											?	

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Bow APRIL 26 MENU WEEK 2 DAY 3

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Description	Energy	Fat	Saturates	Sugars	Salt		Allergens																
							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	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓															✓	
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓					✓											✓
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓		✓	✓					?								✓

Menu Listing with Traffic Lights and Allergens

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Bow APRIL 26 MENU WEEK 2 DAY 4

Legend

✓ Contains

? May Contain

! No Data

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

Description	Energy	Fat	Saturates	Sugars	Salt												
Primary Pork & Ketchup Burger 3oz	1119.6	NONE 267.6	NONE 9.1	NONE 3.2	NONE 24.5	Contains: Wheat.	✓										?
Primary Cheese & Tomato Quiche	1307.6	NONE 312.5	NONE 20.9	NONE 8.8	NONE 20.3	Contains: Wheat.	✓	✓		✓							
Primary Potato Wedges (Hand cut)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2												
Primary Salad Sticks (Prepped Batons)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9												✓
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6												
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4												
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4						✓						
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2			✓	✓				?				
Primary Peach & Apple Cobbler & Custard	555.0	NONE 132.7	NONE 4.1	NONE 1.7	NONE 22.7	Contains: Wheat.	✓				✓						?

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Bow APRIL 26 MENU WEEK 2 DAY 4

Legend	
✓	Contains
?	May Contain
!	No Data

Description	Energy	Fat	Saturates	Sugars	Salt		Allergens																
							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	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓															✓	
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓					✓											✓
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓		✓	✓				?									✓
Primary Vegetable Rice	647.9	NONE 154.9	NONE 1.4	NONE 0.4	NONE 32.2																		

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 2 DAY 5

Legend

✓ Contains

? May Contain

! No Data

Celery
 Cereals containing Gluten
 Crustaceans
 Eggs
 Fish
 Lupin
 Milk
 Molluscs
 Mustard
 Nuts
 Peanuts
 Sesame
 Sulphur Dioxide and Sulphites
 Soya

Description	Energy	Fat	Saturates	Sugars	Salt														
Primary Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6	Contains: Wheat.	✓		✓										
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Cheesy Potato Wheels	1345.1	NONE 321.5	NONE 20.3	NONE 9.1	NONE 28.1	Contains: Wheat.	✓			?	✓	?							?
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0														
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4														
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4						✓								
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2			✓	✓				?						
Primary Strawberry Jelly Vegan	5.6	NONE 1.3	NONE 0.1	NONE 0.0	NONE 0.8														

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 2 DAY 5

Legend

✓ Contains

⚠ May Contain

! No Data

Celery
Cereals containing Gluten
Crustaceans
Eggs
Fish
Lupin
Milk
Molluscs
Mustard
Nuts
Peanuts
Sesame
Sulphur Dioxide and Sulphites
Soya

Description	Energy	Fat	Saturates	Sugars	Salt		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya	
Primary Sandwich Devon Ham	1166.9	278.9	8.7	2.3	32.6	Contains: Wheat.	✓													✓	
Primary Sandwich Cheddar Cheese	1359.0	324.8	14.2	5.7	34.2	Contains: Wheat.	✓						✓								✓
Primary Sandwich Tuna Mayonnaise	1180.3	282.1	8.7	0.9	33.0	Contains: Wheat.	✓		✓	✓					⚠						✓

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 3 DAY 1

Legend

✓ Contains

? May Contain

! No Data

Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
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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 Chicken Goujon Burger	936.4	NONE 223.8	NONE 3.4	NONE 1.2	NONE 33.7	Contains: Wheat.	✓											?		✓		
Primary Macaroni Cheese	1474kJ 352kcal	MED 14g	HIGH 6.4g	LOW 5.8g	MED 0.91g	Contains: Wheat.	✓						✓		✓						?	
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.2	NONE 14.4	Contains: Wheat.	✓														?	
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2																	
Primary Coleslaw (Hand Cut)	337.9	NONE 80.8	NONE 7.2	NONE 0.6	NONE 3.3				✓						?							
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4																	
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4								✓									
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2				✓	✓					?							
Primary Chocolate Cookie	979.3	NONE 234.1	NONE 9.8	NONE 3.9	NONE 34.5	Contains: Barley, Oats, Wheat.	✓														?	

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 3 DAY 1

Legend	
✓	Contains
?	May Contain
!	No Data

Description	Energy	Fat	Saturates	Sugars	Salt		Allergens																
							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	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓															✓	
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓					✓											✓
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓		✓	✓				?									✓
Primary Plain Penne Pasta	668.4	NONE 159.8	NONE 0.7	NONE 0.1	NONE 32.0	Contains: Wheat.	✓																

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 3 DAY 2

Legend

✓ Contains

⚠ May Contain

! No Data

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

Description	Energy	Fat	Saturates	Sugars	Salt	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary GF Pepperoni Pizza	1194.3	NONE 285.5	NONE 12.7	NONE 5.1	NONE 34.9							✓							✓
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4		✓												
Primary Potato Balls	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5								⚠						
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4														
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2				✓	✓								⚠	
Primary Flapjack	1010.4	NONE 241.5	NONE 10.9	NONE 4.0	NONE 31.7		✓												

Contains: Wheat.

Contains: Barley, Oats, Wheat.

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 3 DAY 2

Legend

✓ Contains

⚠ May Contain

! No Data

Celery
Cereals containing Gluten
Crustaceans
Eggs
Fish
Lupin
Milk
Molluscs
Mustard
Nuts
Peanuts
Sesame
Sulphur Dioxide and Sulphites
Soya

Description	Energy	Fat	Saturates	Sugars	Salt		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya	
Primary Sandwich Devon Ham	1166.9	278.9	8.7	2.3	32.6	Contains: Wheat.	✓													✓	
Primary Sandwich Cheddar Cheese	1359.0	324.8	14.2	5.7	34.2	Contains: Wheat.	✓						✓								✓
Primary Sandwich Tuna Mayonnaise	1180.3	282.1	8.7	0.9	33.0	Contains: Wheat.	✓		✓	✓					⚠						✓

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 3 DAY 3

Legend

- ✓ Contains
- ? May Contain
- ! No Data

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

Description	Energy	Fat	Saturates	Sugars	Salt																						
Primary Chicken Wrap	702.1	NONE 167.8	NONE 5.1	NONE 2.3	NONE 12.0	Contains: Wheat.						✓															
Primary Vegetable Frittata	747.3	NONE 178.6	NONE 13.2	NONE 4.8	NONE 4.4																					✓	
Primary Roast Potatoes (Handcut)	533.2	NONE 127.4	NONE 7.7	NONE 1.1	NONE 13.8																						
Primary Carrots (Hand cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																						
Primary Savoy Cabbage (Hand Cut)	52.2	NONE 12.5	NONE 0.2	NONE 0.1	NONE 1.8																						
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4																						
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4																						
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2																						
Primary Chocolate Mousse & Fruit Pot	87.6	NONE 20.9	NONE 0.1	NONE 0.1	NONE 4.5																						

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 3 DAY 3

Legend	
✓	Contains
?	May Contain
!	No Data

Description	Energy	Fat	Saturates	Sugars	Salt		Allergens																
							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	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓															✓	
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓						✓										✓
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓		✓	✓					?								✓

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 3 DAY 4

Legend	
✓	Contains
?	May Contain
!	No Data

Description	Energy	Fat	Saturates	Sugars	Salt		Allergens																
							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	NONE 278.9	NONE 8.7	NONE 2.3	NONE 32.6	Contains: Wheat.	✓															✓	
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	Contains: Wheat.	✓					✓											✓
Primary Sandwich Tuna Mayonnaise	1180.3	NONE 282.1	NONE 8.7	NONE 0.9	NONE 33.0	Contains: Wheat.	✓		✓	✓				?									✓
Primary White & Wholemeal Penne Pasta	667.5	NONE 159.5	NONE 0.7	NONE 0.1	NONE 32.2	Contains: Wheat.	✓																

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 3 DAY 5

Legend	
✓	Contains
?	May Contain
!	No Data

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

Description	Energy	Fat	Saturates	Sugars	Salt																				
Primary Breaded Fish	577.4	NONE 138.0	NONE 6.0	NONE 0.7	NONE 14.6																				
Primary Cheese & Onion Pasty	1499.6	NONE 358.4	NONE 19.9	NONE 8.9	NONE 37.5	Contains: Wheat.																			
Primary Chips	502.1	NONE 120.0	NONE 2.5	NONE 1.3	NONE 20.0																				
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2																				
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5																				
Primary Jacket Potato with Beans & Salad	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4																				
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4																				
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2																				
Primary Strawberry Jelly & Fruit	58.3	NONE 13.9	NONE 0.1	NONE 0.0	NONE 3.8																				

Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow APRIL 26 MENU WEEK 3 DAY 5

Legend

✓ Contains

⚠ May Contain

! No Data

Celery
Cereals containing Gluten
Crustaceans
Eggs
Fish
Lupin
Milk
Molluscs
Mustard
Nuts
Peanuts
Sesame
Sulphur Dioxide and Sulphites
Soya

Description	Energy	Fat	Saturates	Sugars	Salt		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya	
Primary Sandwich Devon Ham	1166.9	278.9	8.7	2.3	32.6	Contains: Wheat.	✓													✓	
Primary Sandwich Cheddar Cheese	1359.0	324.8	14.2	5.7	34.2	Contains: Wheat.	✓						✓								✓
Primary Sandwich Tuna Mayonnaise	1180.3	282.1	8.7	0.9	33.0	Contains: Wheat.	✓		✓	✓					⚠						✓