Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

Bow Primary Nov 26 Week 2 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 Crunchy Topped Macaroni Cheese	1548.0	NONE 370.0	NONE 13.5	NONE 6.2	NONE 48.4	**Contains:** Wheat.		✔					✔		✔					?
Primary Beany Jollof Rice	1053.2	NONE 251.7	NONE 4.2	NONE 0.6	NONE 42.2															
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.3	**Contains:** Wheat.		✔												?
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4															
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2															
Primary Banana Cake	969.7	NONE 231.8	NONE 14.3	NONE 1.4	NONE 23.8	**Contains:** Wheat.		✔		✔										?
Primary Jacket Potato with Beans & Salad																				

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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
	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9															
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9								✔							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5					✔	✔									
Primary Sandwich Tuna Mayonnaise	1213.4	NONE 290.0	NONE 9.5	NONE 0.9	NONE 32.8	**Contains:** Wheat.		✔		✔	✔									✔
Primary Sandwich Cheddar Cheese	1359.0	NONE 324.8	NONE 14.2	NONE 5.7	NONE 34.2	**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 Primary Nov 26 Week 2 Day 2

Legend

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Description	Energy	Fat	Saturates	Sugars	Salt	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Devon Beef Bolognese	779.9	NONE 186.4	NONE 12.8	NONE 4.4	NONE 4.8													✔	
Primary Cauliflower, Leek & Cheese Bake	894.8	NONE 213.9	NONE 13.9	NONE 6.4	NONE 13.5		✔					✔		✔					?
Contains: Wheat.																			
Primary Plain Penne Pasta	668.4	NONE 159.8	NONE 0.7	NONE 0.1	NONE 32.0		✔												
Contains: Wheat.																			
Primary Sliced Carrots (Hand cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														
Primary Homemade White Bread	292.2	NONE 69.9	NONE 0.3	NONE 0.0	NONE 14.2		✔												?
Contains: Wheat.																			
Primary Flapjack	905.8	NONE 216.5	NONE 10.9	NONE 4.0	NONE 25.5		✔												
Contains: Barley, Oats, Wheat.																			
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9														

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Bow Primary Nov 26 Week 2 Day 2

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Description	Energy	Fat	Saturates	Sugars	Salt	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✔							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✔	✔									

Menu Listing with Traffic Lights and Allergens

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Bow Primary Nov 26 Week 2 Day 3

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 Roast Chicken & Gravy	342.6	NONE 81.9	NONE 0.8	NONE 0.2	NONE 1.7															
Primary Roast Quorn Fillet & Gravy	339.6	NONE 81.2	NONE 3.5	NONE 0.5	NONE 1.9	**Contains:** Wheat.		✔												
Primary Roast Potatoes (Handcut)	583.7	NONE 139.5	NONE 7.7	NONE 0.6	NONE 16.6															
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1															
Primary Strawberry Mousse & Fruit Pot	87.9	NONE 21.0	NONE 0.1	NONE 0.1	NONE 4.5								✔							
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9															

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Bow Primary Nov 26 Week 2 Day 3

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 Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9							✔							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✔	✔									
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														

Menu Listing with Traffic Lights and Allergens

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Bow Primary Nov 26 Week 2 Day 4

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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 Crispy Chicken Katsu Curry (Bites)	587.7	NONE 140.5	NONE 5.5	NONE 1.5	NONE 9.9	**Contains:** Wheat.		✔												
Primary Cheese & Onion Pasty	1499.6	NONE 358.4	NONE 19.9	NONE 8.9	NONE 37.5	**Contains:** Wheat.		✔					✔							
Primary Toffee Apple Crumble & Custard	988.8	NONE 236.3	NONE 8.3	NONE 3.4	NONE 37.1	**Contains:** Barley, Oats, Wheat.		✔					✔							?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9															
Primary Jacket Potato with Cheese & Salad	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9								✔							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5					✔	✔									
Primary Sweetcorn																				

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Bow Primary Nov 26 Week 2 Day 4

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Description	Energy	Fat	Saturates	Sugars	Salt	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Vegetable Rice	647.9	NONE 154.9	NONE 1.4	NONE 0.4	NONE 32.2														
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														

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Bow Primary Nov 26 Week 2 Day 5

Legend

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- ! No Data

Description	Energy	Fat	Saturates	Sugars	Salt	Contains	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
Primary Breaded Fish	504.6	NONE 120.6	NONE 5.1	NONE 0.5	NONE 12.7						✔									
Primary Cheesy Potato Wheels	1120.6	NONE 267.8	NONE 16.9	NONE 7.6	NONE 23.4	**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 Chocolate Cookie	1007.9	NONE 240.9	NONE 9.8	NONE 4.0	NONE 34.7	**Contains:** Barley, Oats, Wheat.		✔												?
Primary Jacket Potato with Beans & Salad	977.5	NONE 233.6	NONE 0.8	NONE 0.0	NONE 49.9															
Primary Jacket Potato with Cheese & Salad													✔							

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Bow Primary Nov 26 Week 2 Day 5

Legend

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Description	Energy	Fat	Saturates	Sugars	Salt	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya
	1271.2	NONE 303.8	NONE 9.5	NONE 4.5	NONE 45.9														
Primary Jacket Potato with Tuna Mayonnaise & Salad	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✔	✔									
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														