## Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

### Bow Primary Nov 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 | NONE 247.3 | NONE 6.2 | NONE 2.9 | NONE 36.0 | | ✔ | | | | | ✔ | | | | | | ✔ | |
| **Contains:** Wheat. | | | | | | | | | | | | | | | | | | | |
| **Primary Margherita Hot Wrap** | 1053.1 | NONE 251.7 | NONE 11.7 | NONE 6.7 | NONE 24.4 | | ✔ | | | | | ✔ | | ? | | | | ✔ | |
| **Contains:** Wheat. | | | | | | | | | | | | | | | | | | | |
| **Primary Homemade Focaccia Bread** | 323.6 | NONE 77.4 | NONE 1.1 | NONE 0.1 | NONE 14.2 | | ✔ | | | | | | | | | | | | ? |
| **Contains:** Wheat. | | | | | | | | | | | | | | | | | | | |
| **Primary Sweetcorn** | 195.8 | NONE 46.8 | NONE 1.1 | NONE 0.2 | NONE 6.6 | | | | | | | | | | | | | | |
| **Primary Salad Sticks (Hand Cut)** | 58.1 | NONE 13.9 | NONE 0.1 | NONE 0.0 | NONE 2.9 | | | | | | | | | | | | | | |
| **Primary Hob Nob Biscuit** | 960.3 | NONE 229.5 | NONE 10.0 | NONE 3.8 | NONE 32.2 | | ✔ | | | | | | | | | | | | ? |
| **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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**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 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. | | ✔ | | | | | | | | | | | | ✔ |

## Bow Primary Nov 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 Devon Beef & Ketchup Burger** | 1071.1 | NONE 256.0 | NONE 10.1 | NONE 4.0 | NONE 24.5 | **Contains:** Wheat. | | ✔ | | | | | | | | | | ? | | |
| **Primary Cajun Butternut Squash & Bean Burger** | 1001.8 | NONE 239.5 | NONE 4.0 | NONE 0.4 | NONE 38.4 | **Contains:** Wheat. | | ✔ | | | | | | | | | | ? | | |
| **Primary Potato Wedges (Hand cut)** | 502.1 | NONE 120.0 | NONE 5.2 | NONE 0.4 | NONE 17.2 | | | | | | | | | | | | | | | |
| **Primary Coleslaw (Hand Cut)** | 359.6 | NONE 86.0 | NONE 8.0 | NONE 0.6 | NONE 3.2 | | | | | ✔ | | | | | | | | | | |
| **Primary Sweetener Free Strawberry Jelly & Fruit** | 282.3 | NONE 67.5 | NONE 0.1 | NONE 0.0 | NONE 17.6 | | | | | | | | | | | | | | | |
| **Primary Jacket Potato with Beans & Salad** | 977.5 | NONE 233.6 | NONE 0.8 | NONE 0.0 | NONE 49.9 | | | | | | | | | | | | | | | |
| **Primary Jacket Potato with Cheese & Salad** | | | | | | | | | | | | | ✔ | | | | | | | |

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### Bow Primary Nov 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 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 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 Gammon & Gravy | 378.5 | NONE 90.5 | NONE 4.6 | NONE 1.5 | NONE 1.7 | | | | | | | | | | | | | | | |
| Primary Yorkshire Pudding Vegetable Cottage Pie | 546.6 | NONE 130.6 | NONE 7.4 | NONE 1.4 | NONE 14.4 | **Contains:** Wheat. | | ✔ | | ✔ | | | ✔ | | | | | | | |
| Primary Roast Potatoes (Handcut) | 583.7 | NONE 139.5 | NONE 7.7 | NONE 0.6 | NONE 16.6 | | | | | | | | | | | | | | | |
| Primary Peas | 148.1 | NONE 35.4 | NONE 0.5 | NONE 0.1 | NONE 3.2 | | | | | | | | | | | | | | | |
| Primary Fine Green Beans | 85.4 | NONE 20.4 | NONE 0.1 | NONE 0.0 | NONE 2.6 | | | | | | | | | | | | | | | |
| Primary Melon & Orange Wedges | 91.3 | NONE 21.8 | NONE 0.2 | NONE 0.0 | NONE 5.0 | | | | | | | | | | | | | | | |

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### Bow Primary Nov 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 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 | | | | ✔ | ✔ | | | | | | | | | |

## Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

### Bow Primary Nov 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 Devon Pork Meatballs in Tomato Sauce | 1159.4 | NONE 277.1 | NONE 21.2 | NONE 7.5 | NONE 11.3 | | | | | | | | | | | | | | ✔ | |
| Primary Mild Thai Quorn & Coconut Curry | 604.8 | NONE 144.6 | NONE 11.0 | NONE 7.0 | NONE 3.8 | **Contains:** Wheat. | | ✔ | | | | | | | | | | | | |
| Primary Spaghetti | 677.8 | NONE 162.0 | NONE 0.6 | NONE 0.1 | NONE 32.9 | **Contains:** Wheat. | | ✔ | | | | | | | ? | | | | | ? |
| Primary Naan Bread | 240.1 | NONE 57.4 | NONE 1.3 | NONE 0.1 | NONE 9.8 | **Contains:** Wheat. | | ✔ | | | | | | | | | | | | |
| Primary Sliced Carrots (Hand cut) | 87.9 | NONE 21.0 | NONE 0.2 | NONE 0.1 | NONE 4.7 | | | | | | | | | | | | | | | |
| Primary White & Wholegrain Rice | 696.6 | NONE 166.5 | NONE 1.4 | NONE 0.4 | NONE 35.4 | | | | | | | | | | | | | | | |
| Primary Homemade Jammie Dodger | 1047.3 | NONE 250.3 | NONE 12.2 | NONE 5.0 | NONE 32.2 | **Contains:** Wheat. | | ✔ | | ? | | | | | | | | | | ? |

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### Bow Primary Nov 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 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 | | | | ✔ | ✔ | | | | | | | | | |

## Menu Listing with Traffic Lights and Allergens

Tracie.Locke-Knowles@educatering.uk

### Bow Primary Nov 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 Chicken Bites x 3 (Bought in)** | 451.9 | NONE 108.0 | NONE 3.2 | NONE 1.3 | NONE 7.9 | **Contains:** Wheat. | | ✔ | | | | | | | | | | | | |
| **Primary Homemade Vegetarian Sausage Roll** | 878.1 | NONE 209.9 | NONE 9.7 | NONE 3.7 | NONE 22.7 | **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 Marble Cake** | 950.6 | NONE 227.2 | NONE 14.5 | NONE 1.5 | NONE 21.9 | **Contains:** 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 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 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 | | | | | | | | | | | | | | |