

Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

ASM Primary September 26 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

Description	Energy	Fat	Saturates	Sugars	Salt																		
Primary Devon Beef Bolognese	779.9	NONE 186.4	NONE 12.8	NONE 4.4	NONE 4.8																		✓
Primary Vegetable & Lentil Bolognese	551.9	NONE 131.9	NONE 3.5	NONE 0.3	NONE 17.6																		✓
Primary White & Wholemeal Penne Pasta	667.5	NONE 159.5	NONE 0.7	NONE 0.1	NONE 32.2							✓											Contains: Wheat.
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1																		
Primary Oaty Cookie	982.5	NONE 234.8	NONE 9.5	NONE 3.8	NONE 35.6							✓											Contains: Barley, Oats, 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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1								✓	✓									?
Primary Cold Wrap Tuna Mayonnaise & Cucumber	783.8	NONE 187.3	NONE 9.1	NONE 1.4	NONE 12.0							✓	✓	✓									Contains: Wheat.

ASM Primary September 26 Week 1 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 Sandwich Egg Mayonnaise	1523.3	NONE 364.1	NONE 19.0	NONE 2.7	NONE 33.1	Contains: Wheat.	✓		✓						⚠					✓

Menu Listing with Traffic Lights and Allergens

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ASM Primary September 26 Week 1 Day 4

Legend

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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													
Primary Salt & Pepper Chicken	505.3	NONE 120.8	NONE 2.8	NONE 0.4	NONE 9.2													✓
Primary Hoisin Vegetable & Chickpea Stir-Fry	471.6	NONE 112.7	NONE 1.0	NONE 0.3	NONE 22.5	Contains: Wheat.	✓											✓
Primary Plain Noodles	594.1	NONE 142.0	NONE 0.4	NONE 0.1	NONE 28.6	Contains: Wheat.	✓											
Primary Simple Stir-Fried Vegetables	242.6	NONE 58.0	NONE 5.1	NONE 0.4	NONE 2.4													
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1						✓							
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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1				✓	✓			?					
Primary Sandwich Chicken Mayonnaise	1236.8	NONE 295.6	NONE 8.6	NONE 0.9	NONE 33.4	Contains: Wheat.	✓	✓					?					✓

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ASM Primary September 26 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 Cold Wrap Cheddar Cheese & Salad	749.5	 179.1	 10.4	 5.2	 13.5	Contains: Wheat.	✓						✓	?					

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ASM Primary September 26 Week 1 Day 1

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 Tomato & Nut Free Pesto Pasta	864.5	NONE 206.6	NONE 3.9	NONE 0.4	NONE 35.8	Contains: Wheat.	✓							✓
Primary Sweet Potato Falafel with Tomato Sauce	585.4	NONE 139.9	NONE 3.5	NONE 0.4	NONE 19.8									✓
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.1	NONE 14.4	Contains: Wheat.	✓							?
Primary White & Wholemeal Penne Pasta	667.5	NONE 159.5	NONE 0.7	NONE 0.1	NONE 32.2	Contains: Wheat.	✓							
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6									
Primary Fresh Fruit Salad	205.0	NONE 49.0	NONE 0.2	NONE 0.0	NONE 11.9									
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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1			✓	✓			?		

Menu Listing with Traffic Lights and Allergens

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ASM Primary September 26 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 Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4														
Primary Individual Sweet Potato & Chickpea Cake	368.1	NONE 88.0	NONE 2.7	NONE 0.3	NONE 13.8														
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Baton Carrots (Prepped)	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 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	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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1			✓	✓					?					

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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 Cold Wrap Cheddar Cheese & Salad	749.5	 179.1	 10.4	 5.2	 13.5	Contains: Wheat.	✓						✓	⚠						
Primary Sandwich Ham & Salad	1184.4	 283.1	 8.7	 2.3	 33.3	Contains: Wheat.	✓													✓

Menu Listing with Traffic Lights and Allergens

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ASM Primary September 26 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

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 Black Bean & Mozzarella Quesadilla	783.4	NONE 187.2	NONE 6.8	NONE 2.6	NONE 22.9	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 Cheese, Apple & Cracker	485.8	NONE 116.1	NONE 7.3	NONE 3.6	NONE 8.5	Contains: Barley, Oats, Rye, 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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1								✓	✓			?						
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5																		

Menu Listing with Traffic Lights and Allergens

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ASM Primary September 26 Week 1 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 Cold Wrap Tuna Mayonnaise & Salad	791.5	 189.2	 9.2	 1.4	 12.3	Contains: Wheat.	✓		✓	✓					⚠					
Primary Sandwich Cream Cheese & Cucumber	1010.0	 241.4	 6.2	 3.3	 34.0	Contains: Wheat.	✓						✓							✓

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ASM Primary September 26 Week 2 Day 1

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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 Crispy Devon Bacon Macaroni Cheese	2094.2	NONE 500.5	NONE 25.5	NONE 10.9	NONE 44.7	Contains: Wheat.	✓						✓	✓						?
Primary Macaroni Cheese	1479kJ 354kcal	MED 14g	HIGH 6.4g	LOW 5.8g	MED 0.92g	Contains: Wheat.	✓						✓	✓						?
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.1	NONE 14.4	Contains: Wheat.	✓													?
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9															
Primary Fresh Fruit Salad	205.0	NONE 49.0	NONE 0.2	NONE 0.0	NONE 11.9															
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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1				✓	✓					?					
Primary Cold Wrap Cheddar Cheese & Salad	749.5	NONE 179.1	NONE 10.4	NONE 5.2	NONE 13.5	Contains: Wheat.	✓						✓		?					

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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.	✓													✓

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ASM Primary September 26 Week 2 Day 2

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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 Devon Beef Chilli	660.8	NONE 157.9	NONE 8.7	NONE 3.5	NONE 7.5														
Primary Five Bean & Vegetable Chilli	398.6	NONE 95.3	NONE 3.5	NONE 0.3	NONE 10.7														✓
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Chocolate Mousse & Fruit Pot	87.6	NONE 20.9	NONE 0.1	NONE 0.1	NONE 4.5							✓							
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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1			✓	✓						?				
Primary Tortilla Chips	300.0	NONE 71.7	NONE 3.2	NONE 0.4	NONE 9.5														

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- 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 Tuna Mayonnaise & Salad	1209.0	289.0	8.8	1.0	33.5	Contains: Wheat.	✓		✓	✓					⚠					✓	
Primary Sandwich Ham & Salad	1184.4	283.1	8.7	2.3	33.3	Contains: Wheat.	✓														✓

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ASM Primary September 26 Week 2 Day 3

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	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 81.6	NONE 0.8	NONE 0.2	NONE 1.4														
Primary Spanish Vegetable & Butter Bean Casserole	369.7	NONE 88.4	NONE 3.4	NONE 0.3	NONE 10.1														✓
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2														✓
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1														
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✓							
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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1			✓	✓					?					
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														✓

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ASM 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	 241.4	 6.2	 3.3	 34.0	Contains: Wheat.	✓						✓							✓
Primary Cold Wrap Devon Ham & Salad	562.6	 134.5	 5.0	 1.8	 12.1	Contains: Wheat.	✓								?					

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ASM Primary September 26 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 West Country Brunch	1754.8	NONE 419.4	NONE 24.1	NONE 7.1	NONE 30.5									✓
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7	Contains: Wheat.	✓							
Primary Peach Crumble & Custard	920.6	NONE 220.0	NONE 8.4	NONE 3.5	NONE 34.5	Contains: Barley, Oats, 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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1			✓	✓			?		
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6									
Primary Sandwich Egg Mayonnaise	1523.3	NONE 364.1	NONE 19.0	NONE 2.7	NONE 33.1	Contains: Wheat.	✓		✓			?		✓
Primary Cold Wrap Tuna Mayonnaise & Salad	791.5	NONE 189.2	NONE 9.2	NONE 1.4	NONE 12.3	Contains: Wheat.	✓		✓	✓		?		

Menu Listing with Traffic Lights and Allergens

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ASM Primary September 26 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 Breaded Fish	577.4	NONE 138.0	NONE 6.0	NONE 0.7	NONE 14.6				✓										
Primary Spinach & Potato Spanish Omelette	611.7	NONE 146.2	NONE 6.5	NONE 1.7	NONE 14.2			✓				✓							
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 Ice Cream & Fruit	260.9	NONE 62.4	NONE 2.2	NONE 1.1	NONE 10.0							✓							
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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1				✓	✓								?	
Primary Salmon Fingers	894.3	NONE 213.8	NONE 14.3	NONE 1.7	NONE 12.8		✓			✓									

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

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ASM Primary September 26 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 Chicken Mayonnaise	1236.8	 295.6	 8.6	 0.9	 33.4	Contains: Wheat.	✓		✓						⚠					✓	
Primary Cold Wrap Cheddar Cheese & Salad	749.5	 179.1	 10.4	 5.2	 13.5	Contains: Wheat.	✓						✓		⚠						
Primary Fresh Chopped Salad	22.9	 5.5	 0.1	 0.0	 0.9																

Menu Listing with Traffic Lights and Allergens

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ASM Primary September 26 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 Tomato & Mozzarella Pasta Bake	1034.9	NONE 247.3	NONE 6.1	NONE 2.9	NONE 36.9	Contains: Wheat.	✓						✓							✓	
Primary Roasted Vegetable & Tomato Pasta Bake	1096.4	NONE 262.1	NONE 7.0	NONE 1.9	NONE 40.1	Contains: Wheat.	✓						✓								✓
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.1	NONE 14.4	Contains: Wheat.	✓														?
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6																
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9																
Primary Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4																
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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1				✓	✓					?						









Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

ASM Primary September 26 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 Sandwich Cheddar Cheese	1359.0	 324.8	 14.2	 5.7	 34.2	Contains: Wheat.	✓						✓							✓
Primary Cold Wrap Devon Ham & Salad	562.6	 134.5	 5.0	 1.8	 12.1	Contains: Wheat.	✓								?					

Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

ASM Primary September 26 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
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Description	Energy	Fat	Saturates	Sugars	Salt													
Primary Cajun Chicken Breast	396.0	NONE 94.6	NONE 2.8	NONE 0.4	NONE 0.3													
Primary Moroccan Chickpea & Squash Tagine	458.7	NONE 109.6	NONE 4.0	NONE 0.4	NONE 12.8	Contains: Wheat.	?											?
Primary Fruity Couscous	700.1	NONE 167.3	NONE 0.7	NONE 0.1	NONE 35.0	Contains: Wheat.	✓											
Primary Rainbow Slaw (Prepped Veg)	335.4	NONE 80.2	NONE 7.2	NONE 0.6	NONE 3.2				✓									?
Primary Crunchy Carrot Sticks (Hand Cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7													
Primary Shortbread Biscuit	947.7	NONE 226.5	NONE 12.0	NONE 4.9	NONE 28.6	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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1				✓	✓								?

Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

ASM Primary September 26 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 Egg Mayonnaise	1523.3	364.1	19.0	2.7	33.1	Contains: Wheat.	✓		✓						⚠					✓
Primary Cold Wrap Tuna Mayonnaise & Salad	791.5	189.2	9.2	1.4	12.3	Contains: Wheat.	✓		✓	✓					⚠					

Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

ASM Primary September 26 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 Roast Devon Pork Leg & Gravy	299.7	NONE 71.6	NONE 1.4	NONE 0.4	NONE 1.4																		
Primary Vegetable & Lentil Pie	884.2	NONE 211.3	NONE 8.9	NONE 3.6	NONE 25.6	Contains: Wheat.						✓		?		?							?
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2																	✓	
Primary Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1																		
Primary Baton Carrots (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																	✓	
Primary Sweetener Free Raspberry Jelly	229.6	NONE 54.9	NONE 0.1	NONE 0.0	NONE 14.7																		
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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1							✓	✓						?				

Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

ASM Primary September 26 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		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	284.8	8.7	0.9	32.9	Contains: Wheat.	✓		✓	✓					⚠					✓
Primary Cold Wrap Devon Ham	545.2	130.3	4.9	1.8	11.4	Contains: Wheat.	✓								⚠					

Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

ASM Primary September 26 Week 3 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
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Description	Energy	Fat	Saturates	Sugars	Salt												
Primary Crispy Chicken Katsu Curry (Goujons)	557.6	NONE 133.3	NONE 4.8	NONE 1.3	NONE 12.3	Contains: Wheat.	✓										✓
Primary Cauliflower Chickpea & Butternut Curry	413.2	NONE 98.8	NONE 6.7	NONE 3.6	NONE 7.0												
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4												
Primary Naan Bread	240.1	NONE 57.4	NONE 1.3	NONE 0.1	NONE 9.8	Contains: Wheat.	✓										
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9												
Primary Apple Crumble & Custard	908.8	NONE 217.2	NONE 8.2	NONE 3.4	NONE 33.8	Contains: Barley, Oats, 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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1				✓	✓							?









Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

ASM Primary September 26 Week 3 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
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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 Cheese	737.2	 176.2	 10.4	 5.2	 13.0	Contains: Wheat.	✓						✓		?					
Primary Sandwich Ham & Salad	1184.4	 283.1	 8.7	 2.3	 33.3	Contains: Wheat.	✓													✓

Menu Listing with Traffic Lights and Allergens

Ollie.Redfern@educatering.uk

ASM Primary September 26 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 Fishcake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4	Contains: Wheat.						✓		✓	✓	✓								
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4	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 Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1									✓										
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	1296.1	NONE 309.8	NONE 8.2	NONE 0.7	NONE 44.1								✓	✓					?					
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5																			

Menu Listing with Traffic Lights and Allergens









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ASM Primary September 26 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 Chicken Mayonnaise	1236.8	 295.6	 8.6	 0.9	 33.4	Contains: Wheat.	✓		✓						⚠					✓	
Primary Cold Wrap Cream Cheese & Cucumber	538.8	 128.8	 6.4	 3.7	 12.8	Contains: Wheat.	✓						✓		⚠						