

Menu Listing with Traffic Lights and Allergens

Meradith.Hart@educatering.uk

Honiton Summer 26 Base Menu 1 Week 1 Friday

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	517.9	123.8	5.0	0.3	12.9	Contains: Wheat.	✓				✓									
Primary Vegetable Nuggets	494.6	118.2	5.5	0.5	14.4	Contains: Wheat.	✓													
Primary Chips	502.1	120.0	2.5	1.3	20.0															
Primary Baked Beans	158.2	37.8	0.1	0.0	5.5															
Primary Chocolate Cake	949.6	227.0	14.6	2.5	21.0	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
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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 Mild Chicken Tikka Masala	620.2	NONE 148.2	NONE 8.1	NONE 4.1	NONE 5.0	Contains: Wheat.		⚠							⚠					
Primary Macaroni Cheese	1474.4	NONE 352.4	NONE 14.0	NONE 6.4	NONE 44.4	Contains: Wheat.		✓					✓	✓						⚠
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4															
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2															
Primary Iced Lemon Shortbread	1004.9	NONE 240.2	NONE 12.0	NONE 4.9	NONE 32.0	Contains: Wheat.		✓		⚠										⚠

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Honiton Summer 26 Base Menu 1 Week 1 Tuesday

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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 Pepperoni Pizza	1122.9	NONE 268.4	NONE 12.0	NONE 5.0	NONE 29.9	Contains: Wheat.						✓								✓	?	
Primary Roasted Vegetable & Lentil Tartlet	842.8	NONE 201.4	NONE 10.8	NONE 5.5	NONE 21.4	Contains: Wheat.						✓			?		?				✓	?
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0																	
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6																	
Primary Jam Sponge	986.6	NONE 235.8	NONE 14.2	NONE 2.3	NONE 24.7	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														
Primary Devon Pork Sausages & Mash	1277.4	NONE 305.3	NONE 19.9	NONE 6.9	NONE 20.7														✓
Primary Yorkshire Pudding, Bean & Veg Cottage Pie	624.5	NONE 149.3	NONE 7.6	NONE 1.6	NONE 16.3	Contains: Wheat.	✓		✓		✓								
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														✓
Primary Marble Cake	948.0	NONE 226.6	NONE 14.4	NONE 2.4	NONE 21.7	Contains: Wheat.	✓		✓										⊕

Menu Listing with Traffic Lights and Allergens

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Honiton Summer 26 Base Menu 1 Week 2 Friday

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

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 Vegetarian Sausage Roll (Homemade)	879.2	NONE 210.1	NONE 9.7	NONE 3.9	NONE 22.8	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 Oaty Cookie	977.9	NONE 233.7	NONE 9.5	NONE 3.8	NONE 35.4	Contains: Barley, Oats, Wheat.	✓													?

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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																
Primary Mild Chicken Korma	732.2	NONE 175.0	NONE 11.7	NONE 7.4	NONE 4.1																
Primary Roasted Vegetable & Tomato Pasta Bake	1106.0	NONE 264.3	NONE 7.0	NONE 2.1	NONE 40.8	Contains: Wheat.	✓			✓										✓	
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4																
Primary Melon & Orange Wedges	91.3	NONE 21.8	NONE 0.2	NONE 0.0	NONE 5.0																
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6																

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 Fish
 Lupin
 Milk
 Molluscs
 Mustard
 Nuts
 Peanuts
 Sesame
 Sulphur Dioxide and Sulphites
 Soya

Description	Energy	Fat	Saturates	Sugars	Salt																	
Primary West Country Brunch	1706.5	NONE 407.9	NONE 23.2	NONE 7.1	NONE 29.4																✓	
Primary Five Bean & Vegetable Enchilada	817.2	NONE 195.3	NONE 7.4	NONE 2.6	NONE 23.1	Contains: Wheat.	✓				✓	?									✓	
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9																	
Primary Chocolate Rice Crispy Cake (Traybake)	506.3	NONE 121.0	NONE 4.7	NONE 2.4	NONE 18.1	Contains: Barley.	✓				✓											
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4																	

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 Fish
 Lupin
 Milk
 Molluscs
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 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 Salmon & Broccoli Penne Pasta	1774.6	NONE 424.1	NONE 18.7	NONE 6.7	NONE 40.7	Contains: Wheat.	✓			✓			✓	✓						?
Primary Margherita Pizza	1050.6	NONE 251.1	NONE 9.9	NONE 4.3	NONE 29.9	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	19.2	NONE 4.6	NONE 0.1	NONE 0.0	NONE 0.7															
Primary Iced Sponge	1016.4	NONE 242.9	NONE 14.2	NONE 2.3	NONE 26.6	Contains: Wheat.	✓		✓											?

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 Crustaceans
 Eggs
 Fish
 Lupin
 Milk
 Molluscs
 Mustard
 Nuts
 Peanuts
 Sesame
 Sulphur Dioxide and Sulphites
 Soya

Description	Energy	Fat	Saturates	Sugars	Salt																			
Primary Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4																			
Primary Vegan Mince & Vegetable Parcel	1306.7	NONE 312.3	NONE 16.3	NONE 6.8	NONE 30.3	Contains: Wheat.						✓												✓
Primary Roast Potatoes (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2																		✓	
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9																			
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																		✓	
Primary Carrot Cake	978.0	NONE 233.7	NONE 14.3	NONE 2.3	NONE 24.2	Contains: Wheat.						✓	✓										?	

Menu Listing with Traffic Lights and Allergens

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Honiton Summer 26 Base Menu 1 Week 3 Friday

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 Sausage Roll (Bought in)	1038.7	NONE 248.3	NONE 14.0	NONE 6.6	NONE 26.6	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 Chocolate & Vanilla Swirl Cookie	978.6	NONE 233.9	NONE 9.6	NONE 3.9	NONE 34.9	Contains: Barley, Oats, Wheat.						✓											?
Primary Cheese & Red Onion Quiche	1327.0	NONE 317.2	NONE 20.9	NONE 8.8	NONE 21.4	Contains: Wheat.						✓	✓		✓								

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 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 Burrito	1176.1	NONE 281.1	NONE 11.1	NONE 3.9	NONE 31.5	Contains: Wheat.		✓							?					
Primary Tomato & Mozzarella Pasta Bake	1041.1	NONE 248.8	NONE 6.1	NONE 2.9	NONE 37.4	Contains: Wheat.		✓					✓							✓
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9															
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4															
Primary Flapjack	1010.4	NONE 241.5	NONE 10.9	NONE 4.0	NONE 31.7	Contains: Barley, Oats, Wheat.		✓												

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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 Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6	Contains: Wheat.	✓				✓									
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7	Contains: Wheat.	✓													
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0															
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2															
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6	Contains: Wheat.	✓			?										?

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 Eggs
 Fish
 Lupin
 Milk
 Molluscs
 Mustard
 Nuts
 Peanuts
 Sesame
 Sulphur Dioxide and Sulphites
 Soya

Description	Energy	Fat	Saturates	Sugars	Salt																		
Primary Roast Chicken & Gravy	347.4	NONE 83.0	NONE 1.5	NONE 0.4	NONE 1.4																		
Primary Broccoli, Mixed Bean & Cauliflower Bake	952.9	NONE 227.8	NONE 14.0	NONE 6.4	NONE 15.2	Contains: Wheat.						✓					✓	✓					?
Primary Roast Potatoes (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	NONE 17.2																	✓	
Primary Savoy Cabbage (Hand Cut)	67.8	NONE 16.2	NONE 0.3	NONE 0.1	NONE 2.3																		
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																	✓	
Primary ABC Cake	973.3	NONE 232.6	NONE 14.7	NONE 2.3	NONE 23.0	Contains: Wheat.						✓	✓										?