

Menu Listing with Traffic Lights and Allergens

Emily.Griffiths@educatering.uk

Kingsleigh Jacket & Pasta Menu

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	1308.1	NONE 312.6	NONE 8.2	NONE 0.8	NONE 44.6				✓	✓				?					
Primary Pasta with Tomato Sauce	779.6	NONE 186.3	NONE 1.7	NONE 0.2	NONE 35.7		✓												✓
Primary Pasta with Cheese Sauce	1197.1	NONE 286.1	NONE 9.0	NONE 4.0	NONE 41.4		✓					✓		✓					?

Menu Listing with Traffic Lights and Allergens

Emily.Griffiths@educatering.uk

Kingsleigh September 26 Week 1 Day 1

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 Breaded Chicken Goujon Portion	0.0	NONE 139.2	NONE 5.1	NONE 1.0	NONE 14.2		✓												
Primary Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4		✓												
Primary Potato Balls (bought in)	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?							
Primary Rainbow Slaw (Hand Cut)	335.4	NONE 80.2	NONE 7.2	NONE 0.6	NONE 3.2				✓					?					
Primary Chocolate Shortbread	950.5	NONE 227.2	NONE 12.5	NONE 5.2	NONE 26.8		✓												?
Primary Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4														
Primary Devon Ham Roll	821.3	NONE 196.3	NONE 6.1	NONE 1.6	NONE 23.5		✓										?		
Primary Cheddar Cheese Roll	1060.6	NONE 253.5	NONE 12.2	NONE 5.2	NONE 25.0		✓					✓					?		

Menu Listing with Traffic Lights and Allergens

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Kingsleigh 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 Devon Beef Lasagne	1367.0	NONE 326.7	NONE 19.6	NONE 7.6	NONE 19.6		✓		?			✓		✓				✓	?
Primary Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.9		✓					✓						✓	?
Primary Garlic & Herb Diced Potatoes (Hand Cut)	505.0	NONE 120.7	NONE 5.2	NONE 0.4	NONE 17.3														
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.3		✓												?
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Lemon Drizzle Cake	1058.5	NONE 253.0	NONE 14.2	NONE 1.4	NONE 29.1		✓		✓									✓	?
Primary Cold Wrap Chicken & Bacon	807.9	NONE 193.1	NONE 10.5	NONE 2.0	NONE 12.0		✓		✓					?					
Primary Cheddar Cheese Roll	1060.6	NONE 253.5	NONE 12.2	NONE 5.2	NONE 25.0		✓					✓						?	

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Kingsleigh September 26 Week 1 Day 3

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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	341.5	NONE 81.6	NONE 0.8	NONE 0.2	NONE 1.4														
Primary Cauliflower, Leek & Cheese Bake	883.8	NONE 211.2	NONE 13.9	NONE 6.4	NONE 13.5		✓					✓		✓					?
Primary Roast Potatoes (Handcut)	533.5	NONE 127.5	NONE 7.7	NONE 0.6	NONE 13.8														
Primary Carrots Sliced (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 Strawberry Jelly Vegan	5.6	NONE 1.3	NONE 0.1	NONE 0.0	NONE 0.8														
Primary Sausage Bap (2 chipolata)	1226.3	NONE 293.1	NONE 13.9	NONE 4.9	NONE 27.4		✓											?	✓
Primary Cheddar Cheese Roll	1060.6	NONE 253.5	NONE 12.2	NONE 5.2	NONE 25.0		✓					✓						?	

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Kingsleigh September 26 Week 1 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
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		✓												
Primary Apple Crumble & Custard	908.8	NONE 217.2	NONE 8.2	NONE 3.4	NONE 33.8		✓					✓							?
Primary Breaded Chicken Goujon Wrap	285.4	NONE 207.4	NONE 6.6	NONE 1.6	NONE 25.6		✓							?					
Primary Cheddar Cheese Roll	1060.6	NONE 253.5	NONE 12.2	NONE 5.2	NONE 25.0		✓					✓					?		

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Kingsleigh September 26 Week 1 Day 5

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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 Fishcake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4		✓			✓		✓		✓					
Primary Cajun Butternut Squash & Bean Burger	1001.8	NONE 239.5	NONE 4.0	NONE 0.4	NONE 38.4		✓											?	
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 Rocket Lolly	193.3	NONE 46.2	NONE 0.0	NONE 0.0	NONE 11.5														
Primary Ice Cream Pot	343.1	NONE 82.0	NONE 3.9	NONE 2.0	NONE 10.5							✓							
Primary Devon Bacon & Cheese Turnover	1417.0	NONE 338.7	NONE 23.9	NONE 11.1	NONE 17.1		✓				?	✓		?					?
Primary Cheesy Potato Wheels	1345.1	NONE 321.5	NONE 20.3	NONE 9.1	NONE 28.1		✓				?	✓		?					?

Menu Listing with Traffic Lights and Allergens

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Kingsleigh September 26 Week 2 Day 1

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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 Chipolata Portion (2)	905.0	NONE 216.3	NONE 17.5	NONE 6.4	NONE 6.7													✓	
Primary Vegan Quorn Sausage (1)	305.4	NONE 73.0	NONE 2.6	NONE 0.9	NONE 2.9		✓												
Primary Gravy	31kJ 7kcal	LOW <0.5g	LOW <0.1g	LOW <0.5g	MED 0.23g														
Primary Mashed Potatoes (Prepped)	533.5	NONE 127.5	NONE 5.2	NONE 1.2	NONE 18.9													✓	
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Primary Shortbread Biscuit	947.7	NONE 226.5	NONE 12.0	NONE 4.9	NONE 28.6		✓												?

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Kingsleigh September 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 Chicken & Vegetable Casserole	497.6	NONE 118.9	NONE 3.0	NONE 0.4	NONE 7.5														
Primary Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.9		✓					✓						✓	?
Primary Garlic & Herb Diced Potatoes (Hand Cut)	505.0	NONE 120.7	NONE 5.2	NONE 0.4	NONE 17.3														
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Chocolate Mousse	34.5	NONE 8.3	NONE 0.2	NONE 0.2	NONE 1.2							✓							

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Kingsleigh September 26 Week 2 Day 3

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Primary Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4														
Primary Vegetable Mince Cottage Pie	899.3	NONE 214.9	NONE 8.6	NONE 1.7	NONE 22.8													✓	✓
Primary Roast Potatoes (Handcut)	533.5	NONE 127.5	NONE 7.7	NONE 0.6	NONE 13.8														
Primary Medley of Green Vegetables	81.7	NONE 19.5	NONE 0.3	NONE 0.1	NONE 2.1														
Primary Pear & Chocolate Crumble & Choc Custard	973.4	NONE 232.6	NONE 9.0	NONE 3.8	NONE 35.5		✓					✓							?

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Primary Chicken Fajita Wrap	771.9	NONE 184.5	NONE 6.5	NONE 2.1	NONE 13.4		✓					✓		?					
Primary Vegan Mince & Vegetable Mild Chilli	456.0	NONE 109.0	NONE 3.4	NONE 0.4	NONE 10.1														✓
Primary Tortilla Chips	300.0	NONE 71.7	NONE 3.2	NONE 0.4	NONE 9.5														
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Fruit Jelly Trifle	259.6	NONE 62.0	NONE 3.7	NONE 2.8	NONE 7.1							✓							

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Primary Baked Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6		✓			✓									
Primary Salmon Fingers	894.3	NONE 213.8	NONE 14.3	NONE 1.7	NONE 12.8		✓			✓									
Primary Tomato & Mozzarella Quesadilla	644.4	NONE 154.0	NONE 7.6	NONE 4.2	NONE 13.6		✓					✓		?					✓
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 Rocket Lolly	193.3	NONE 46.2	NONE 0.0	NONE 0.0	NONE 11.5														
Primary Ice Cream Pot	343.1	NONE 82.0	NONE 3.9	NONE 2.0	NONE 10.5							✓							

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Kingsleigh September 26 Week 3 Day 1

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Primary Hot Dog (Soft Roll)	722.7	NONE 172.7	NONE 13.1	NONE 4.8	NONE 4.5		✓										?	✓	
Primary Quorn Sausage Hot Dog	853.5	NONE 204.0	NONE 4.4	NONE 1.4	NONE 26.4		✓										?		
Primary Hash Brown Bites	728.0	NONE 174.0	NONE 8.0	NONE 1.1	NONE 23.0														
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5														
Primary Orange Sticky Toffee Cake	1027.4	NONE 245.6	NONE 14.3	NONE 1.4	NONE 26.9		✓		✓										?

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Kingsleigh September 26 Week 3 Day 2

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Primary Mild Chicken Tikka Masala	590.1	NONE 141.0	NONE 7.1	NONE 3.7	NONE 5.0		?							?					
Primary Macaroni Cheese	1479kJ 354kcal	MED 14g	HIGH 6.4g	LOW 5.8g	MED 0.92g		✓					✓		✓					?
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.4		✓												?
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✓							

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Kingsleigh September 26 Week 3 Day 3

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Primary Roast Chicken & Gravy	341.5	NONE 81.6	NONE 0.8	NONE 0.2	NONE 1.4														
Primary Vegetable & Lentil Pie	884.2	NONE 211.3	NONE 8.9	NONE 3.6	NONE 25.6		✓				?			?					?
Primary Roast Potatoes (Handcut)	533.5	NONE 127.5	NONE 7.7	NONE 0.6	NONE 13.8														
Primary Roasted Root Vegetables (hand cut)	173.8	NONE 41.5	NONE 2.8	NONE 0.2	NONE 3.9														
Primary Iced Lemon Shortbread	1004.9	NONE 240.2	NONE 12.0	NONE 4.9	NONE 32.0		✓		?										?

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Primary Pepperoni Pizza	1122.0	NONE 268.2	NONE 12.0	NONE 4.7	NONE 29.8		✓					✓						✓	?
Primary Homemade Quorn Sausage Roll	808.1	NONE 193.2	NONE 10.2	NONE 4.9	NONE 13.9		✓				?			?					?
Primary Potato Balls (bought in)	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?							
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Apple & Blueberry Cake	1004.7	NONE 240.1	NONE 14.3	NONE 1.4	NONE 25.6		✓		✓										?

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Primary Breaded Fish	522.2	NONE 124.8	NONE 4.7	NONE 0.3	NONE 13.8					✓									
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 Rocket Lolly	193.3	NONE 46.2	NONE 0.0	NONE 0.0	NONE 11.5														
Primary Ice Cream Pot	343.1	NONE 82.0	NONE 3.9	NONE 2.0	NONE 10.5							✓							