

Menu Listing with Traffic Lights and Allergens

Emily.Griffiths@educatering.uk

Highcliffe Jacket Potato 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				✓	✓				?					

Menu Listing with Traffic Lights and Allergens

Emily.Griffiths@educatering.uk

Highcliffe 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 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 Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6		✓		?										?

Menu Listing with Traffic Lights and Allergens

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Highcliffe 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 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 Vegetable Rice	647.9	NONE 154.9	NONE 1.4	NONE 0.4	NONE 32.2														
Primary Naan Bread	240.1	NONE 57.4	NONE 1.3	NONE 0.1	NONE 9.8		✓												
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.3		✓												?
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Strawberry Mousse & Fruit Pot	87.9	NONE 21.0	NONE 0.1	NONE 0.1	NONE 4.5							✓							

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Highcliffe 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 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 16.2	NONE 6.8	NONE 30.4		✓												✓
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
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 Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4														

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Highcliffe 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 Pepperoni Pizza	1122.0	NONE 268.2	NONE 12.0	NONE 4.7	NONE 29.8		✓					✓						✓	?
Primary Quorn Sausage Hot Dog	853.5	NONE 204.0	NONE 4.4	NONE 1.4	NONE 26.4		✓										?		
Primary Potato Balls (bought in)	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?							
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Chocolate Rice Crispy Cake (Traybake)	519.7	NONE 124.2	NONE 4.7	NONE 2.4	NONE 18.8		✓					✓							

Menu Listing with Traffic Lights and Allergens

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Highcliffe 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 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 Vegetable Nuggets	494.6	NONE 118.2	NONE 5.5	NONE 0.5	NONE 14.4		✓												
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 Marble Cake	950.4	NONE 227.1	NONE 14.4	NONE 1.5	NONE 21.9		✓		✓										?

Menu Listing with Traffic Lights and Allergens

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Highcliffe September 26 Week 2 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 Creamy Chicken & Tomato Pasta Bake	1465.4	NONE 350.2	NONE 11.4	NONE 4.1	NONE 37.9		✓					✓		✓				✓	?
Primary Homemade Focaccia Bread	323.6	NONE 77.4	NONE 1.1	NONE 0.1	NONE 14.3		✓												?
Primary Mozzarella & Tomato Pinwheel	948.6	NONE 226.7	NONE 15.2	NONE 8.5	NONE 15.0		✓				?	✓		?				✓	?
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Garlic & Herb Diced Potatoes (Hand Cut)	505.0	NONE 120.7	NONE 5.2	NONE 0.4	NONE 17.3														
Primary Homemade Jammie Dodger	1018.2	NONE 243.4	NONE 12.2	NONE 5.0	NONE 32.2		✓		?										?

Menu Listing with Traffic Lights and Allergens

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Highcliffe 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 Devon Pork Sausage (1)	772.7	NONE 184.7	NONE 14.2	NONE 5.2	NONE 4.3													✓	
Primary Mashed Potatoes (Hand Cut)	514.6	NONE 123.0	NONE 5.2	NONE 1.2	NONE 17.9														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
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 Strawberry Jelly & Fruit	58.3	NONE 13.9	NONE 0.1	NONE 0.0	NONE 3.8														

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Highcliffe September 26 Week 2 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 Roast Quorn Fillet & Gravy	338.6	NONE 80.9	NONE 3.5	NONE 0.5	NONE 1.6		✓												
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Medley of Green Vegetables	81.7	NONE 19.5	NONE 0.3	NONE 0.1	NONE 2.1														
Primary Iced Sponge	1018.7	NONE 243.5	NONE 14.2	NONE 1.4	NONE 26.8		✓		✓										?

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Highcliffe September 26 Week 2 Day 4

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Primary Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.9		✓					✓						✓	?
Primary Devon Beef & Pork Chilli	636.6	NONE 152.1	NONE 8.2	NONE 3.2	NONE 6.0														
Primary Vegetable Rice	647.9	NONE 154.9	NONE 1.4	NONE 0.4	NONE 32.2														
Primary Potato Balls (bought in)	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?							
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Melon & Orange Wedges	91.3	NONE 21.8	NONE 0.2	NONE 0.0	NONE 5.0														

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Highcliffe September 26 Week 2 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 Breaded Fish	522.2	NONE 124.8	NONE 4.7	NONE 0.3	NONE 13.8					✓									
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 Vegetable & Mixed Bean Lasagne	919.7	NONE 219.8	NONE 9.3	NONE 3.0	NONE 25.5		✓					✓		✓				✓	?
Primary Flapjack	905.8	NONE 216.5	NONE 10.9	NONE 4.0	NONE 25.5		✓												

Menu Listing with Traffic Lights and Allergens

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Highcliffe September 26 Week 3 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 Crispy Chicken Katsu Curry (Goujons)	135.8	NONE 171.7	NONE 7.4	NONE 1.2	NONE 16.2		✓												
Primary White & Wholegrain Rice	696.6	NONE 166.5	NONE 1.4	NONE 0.4	NONE 35.4														
Secondary Vegan Mince Bolognese	535.3	NONE 127.9	NONE 4.6	NONE 0.5	NONE 9.9													✓	✓
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Oaty Cookie	982.5	NONE 234.8	NONE 9.5	NONE 3.8	NONE 35.6		✓												?

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Highcliffe September 26 Week 3 Day 2

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Primary Devon Beef & Pork Lasagne	1282.9	NONE 306.6	NONE 17.6	NONE 6.6	NONE 19.6		✓					✓		✓				✓	?
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.4		✓												?
Primary Vegetable & Bean Chimichanga	898.3	NONE 214.7	NONE 9.6	NONE 3.7	NONE 21.3		✓					✓		?					
Primary Potato Wedges (Hand cut)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2														
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Primary Apple & Blueberry Cake	1004.7	NONE 240.1	NONE 14.3	NONE 1.4	NONE 25.6		✓		✓										?

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Highcliffe September 26 Week 3 Day 3

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Primary Roast Devon Pork Leg & Gravy	299.7	NONE 71.6	NONE 1.4	NONE 0.4	NONE 1.4														
Primary Vegetarian Toad in the Hole & Gravy	347.2	NONE 83.0	NONE 2.7	NONE 0.9	NONE 4.7		✓		✓			✓							
Primary Roast Potatoes (Prepped)	502.1	NONE 120.0	NONE 5.2	NONE 0.4	NONE 17.2													✓	
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7													✓	
Primary Savoy Cabbage (Prepped)	67.8	NONE 16.2	NONE 0.3	NONE 0.1	NONE 2.3													✓	
Primary Strawberry Jelly & Fruit	58.3	NONE 13.9	NONE 0.1	NONE 0.0	NONE 3.8														

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Highcliffe September 26 Week 3 Day 4

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Primary SF Chicken Mini Fillets (2)	600.4	NONE 143.5	NONE 6.6	NONE 2.7	NONE 10.1	✓	✓		✓			✓		✓					
Primary Pizza Base	710.0	NONE 169.7	NONE 3.9	NONE 0.3	NONE 28.7		✓												?
Primary Garlic & Herb Diced Potatoes (Hand Cut)	505.0	NONE 120.7	NONE 5.2	NONE 0.4	NONE 17.3														
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Chocolate Orange Drizzle Cake	1059.9	NONE 253.3	NONE 14.7	NONE 1.7	NONE 27.6		✓		✓										?

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Highcliffe September 26 Week 3 Day 5

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Primary Fishcake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4		✓			✓		✓		✓					
Primary Cheese & Onion Pasty	1499.6	NONE 358.4	NONE 19.9	NONE 8.9	NONE 37.5		✓					✓							
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 Raspberry Ripple Shortbread	953.3	NONE 227.8	NONE 12.0	NONE 4.9	NONE 28.8		✓												?