

Menu Listing with Traffic Lights and Allergens

Emily.Griffiths@educatering.uk

HIGHCLIFFE APRIL 26 MENU WEEK 1 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									
Primary Chicken Taco	621.6	NONE 148.6	NONE 2.5	NONE 0.9	NONE 14.3	Contains: Wheat.	✓						?	
Secondary Cauliflower, Leek & Cheese Bake	907.6	NONE 216.9	NONE 14.0	NONE 6.4	NONE 14.0	Contains: Wheat.	✓				✓	✓		?
Primary Garlic & Herb Diced Potatoes (Hand Cut)	504.8	NONE 120.6	NONE 5.2	NONE 0.7	NONE 17.3									
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6									
Primary Jacket Potato with Beans & Salad	10293.0	NONE 2460.1	NONE 7.8	NONE 0.4	NONE 374.9									
Primary Jacket Potato with Cheese & Salad	1255.5	NONE 300.1	NONE 9.5	NONE 4.5	NONE 45.3					✓				
Primary Jacket Potato with Tuna Mayonnaise & Salad	1277.3	NONE 305.3	NONE 8.1	NONE 0.7	NONE 44.1			✓	✓				?	
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6	Contains: Wheat.	✓		?					?

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HIGHCLIFFE APRIL 26 MENU WEEK 1 DAY 2

Legend	
✓	Contains
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!	No Data

Description	Energy	Fat	Saturates	Sugars	Salt	Allergens																	
						Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Sulphur Dioxide and Sulphites	Soya				
Primary West Country Brunch	1706.5	NONE 407.9	NONE 23.2	NONE 7.1	NONE 29.4																	✓	
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7		✓																
Primary Apple & Raspberry Cake	980.4	NONE 234.3	NONE 14.2	NONE 2.3	NONE 24.2		✓		✓														?

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HIGHCLIFFE APRIL 26 MENU WEEK 1 DAY 4

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 Pepperoni Pizza	1122.9	 268.4	 12.0	 5.0	 29.9	Contains: Wheat.	✓												
Primary Vegetable & Chickpea Curry	317.0	 75.8	 3.0	 0.4	 8.7	Contains: Wheat.	?												
Primary Potato Balls	732.2	 175.0	 5.5	 0.7	 27.5														
Primary White & Wholegrain Rice	696.6	 166.5	 1.4	 0.4	 35.4														
Primary Fresh Chopped Salad	19.2	 4.6	 0.1	 0.0	 0.7														
Primary Fresh Fruit Salad	125.6	 30.0	 0.1	 0.0	 7.3														

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HIGHCLIFFE APRIL 26 MENU WEEK 1 DAY 5

Legend

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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 Fishcake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4	Contains: Wheat.	✓			✓			✓	✓						
Primary Homemade Quorn Sausage Roll	808.1	NONE 193.2	NONE 10.2	NONE 4.9	NONE 13.9	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 Marble Cake	948.0	NONE 226.6	NONE 14.4	NONE 2.4	NONE 21.7	Contains: Wheat.	✓		✓											?

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HIGHCLIFFE APRIL 26 MENU WEEK 2 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

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 Burger	936.4	NONE 223.8	NONE 3.4	NONE 1.2	NONE 33.7	Contains: Wheat.	✓											?		✓
Primary Quorn Sausage Hot Dog	316.4	NONE 75.6	NONE 2.6	NONE 0.9	NONE 3.3	Contains: Wheat.	✓											?		
Primary Potato Balls	732.2	NONE 175.0	NONE 5.5	NONE 0.7	NONE 27.5							?								
Primary Baked Beans	158.2	NONE 37.8	NONE 0.1	NONE 0.0	NONE 5.5															
Primary Iced Sponge	1016.4	NONE 242.9	NONE 14.2	NONE 2.3	NONE 26.6	Contains: Wheat.	✓		✓											?

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HIGHCLIFFE APRIL 26 MENU WEEK 2 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																		
Primary Roast Chicken & Gravy	347.4	NONE 83.0	NONE 1.5	NONE 0.4	NONE 1.4																		
Primary Vegetable & Lentil Pie	205485.9	NONE 49112.3	NONE 3140.2	NONE 1662.9	NONE 4516.3	Contains: Wheat.					✓			?		?							?
Primary Roast Potatoes (Prepped)	501.9	NONE 120.0	NONE 5.2	NONE 0.7	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 Chocolate Shortbread	950.5	NONE 227.2	NONE 12.5	NONE 5.2	NONE 26.8	Contains: Wheat.					✓											?	

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HIGHCLIFFE APRIL 26 MENU WEEK 2 DAY 4

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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 Creamy Bacon & Penne Pasta	1850.4	NONE 442.3	NONE 20.2	NONE 8.3	NONE 44.4	Contains: Wheat.	✓						✓	✓						?
Primary Margherita Pizza	1050.6	NONE 251.1	NONE 9.9	NONE 4.3	NONE 29.9	Contains: Wheat.	✓						✓						✓	?
Primary Homemade Garlic Focaccia Bread	324.8	NONE 77.6	NONE 1.1	NONE 0.2	NONE 14.4	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 Raspberry Jelly Vegan	5.6	NONE 1.3	NONE 0.1	NONE 0.0	NONE 0.8															

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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 Fish Fingers	637.0	152.3	5.8	0.6	14.6	Contains: Wheat.	✓			✓										
Primary Salmon Fingers	35.8	8.6	0.6	0.1	0.5	Contains: Wheat.	✓				✓									
Primary Cheese & Red Onion Quiche	1327.0	317.2	20.9	8.8	21.4	Contains: Wheat.	✓		✓				✓							
Primary Chips	502.1	120.0	2.5	1.3	20.0															
Primary Peas	148.1	35.4	0.5	0.1	3.2															
Primary Apple Cake	1001.6	239.4	14.2	2.3	25.5	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																		
Primary Mild Thai Chicken & Coconut Curry	715.2	NONE 170.9	NONE 11.6	NONE 7.4	NONE 3.7																		
Primary Macaroni Cheese	1474.4	NONE 352.4	NONE 14.0	NONE 6.4	NONE 44.4	Contains: Wheat.					✓					✓	✓						?
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	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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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 Pork Sausage Plait	1244.1	NONE 297.4	NONE 19.4	NONE 8.3	NONE 21.4	Contains: Wheat.	✓					?		?					✓	?	
Primary Spinach & Potato Spanish Omelette	611.7	NONE 146.2	NONE 6.5	NONE 1.7	NONE 14.2				✓				✓								
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0																
Primary Salad Sticks (Hand Cut)	41.1	NONE 9.8	NONE 0.2	NONE 0.0	NONE 1.9																
Primary Fruity Flapjack	1169.7	NONE 279.6	NONE 10.9	NONE 4.0	NONE 41.2	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

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 Vegetarian Toad in the Hole	347.2	NONE 83.0	NONE 2.7	NONE 0.9	NONE 4.7	Contains: Wheat.						✓	✓		✓									
Primary Roasted New Potatoes	407.8	NONE 97.5	NONE 2.7	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 Melon & Orange Wedges	91.3	NONE 21.8	NONE 0.2	NONE 0.0	NONE 5.0																			

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HIGHCLIFFE APRIL 26 MENU WEEK 3 DAY 4

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 Devon Beef & Pork Bolognese	707.2	169.0	10.8	3.6	5.1														✓
Primary Margherita Pizza	1050.6	251.1	9.9	4.3	29.9	Contains: Wheat.	✓				✓								✓ ?
Primary Plain Penne Pasta	668.4	159.8	0.7	0.1	32.0	Contains: Wheat.	✓												
Primary Potato Balls	732.2	175.0	5.5	0.7	27.5						?								
Primary Homemade Garlic Focaccia Bread	324.8	77.6	1.1	0.2	14.4	Contains: Wheat.	✓												?
Primary Sweetcorn	195.8	46.8	1.1	0.2	6.6														
Primary Strawberry Mousse & Fruit Pot	87.9	21.0	0.1	0.1	4.5							✓							

HIGHCLIFFE APRIL 26 MENU WEEK 3 DAY 5

Legend	
✓	Contains
?	May Contain
!	No Data

Description	Energy	Fat	Saturates	Sugars	Salt	Allergens																	
						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 Roasted Vegetable & Lentil Tartlet	842.8	NONE 201.4	NONE 10.8	NONE 5.5	NONE 21.4		✓				?			?					✓		?		
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 Crispy Chocolate Nests (Individual)	516.5	NONE 123.5	NONE 5.0	NONE 2.4	NONE 17.9		✓							✓									