

Menu Listing with Traffic Lights and Allergens

simon.owens@educatering.uk

Jacket Potato Menu

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 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	1329.8	NONE 317.8	NONE 9.0	NONE 0.8	NONE 44.5				✓	✓										

Menu Listing with Traffic Lights and Allergens

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Two Moors Autumn Menu 26 Week 1 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 Baked Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6		✓			✓									
						Contains: Wheat.													
Primary Salmon Fingers	894.3	NONE 213.8	NONE 14.3	NONE 1.7	NONE 12.8		✓			✓									
						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 Apple & Pineapple Crumble & Custard	912.7	NONE 218.2	NONE 8.3	NONE 3.4	NONE 34.1		✓					✓							?
						Contains: Barley, Oats, Wheat.													

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Two Moors Autumn Menu 26 Week 1 Monday

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 Margherita Pizza	1049.7	NONE 250.9	NONE 9.9	NONE 4.0	NONE 29.7		✓					✓						✓	?
Primary Vegetable & Butter Bean Chilli	342.7	NONE 81.9	NONE 3.3	NONE 0.3	NONE 9.6													✓	
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0														
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 Crunchy Carrot Sticks (Hand Cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														

Contains: Wheat.

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Two Moors Autumn Menu 26 Week 1 Monday

Legend

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⚠ 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 Banana Mousse	35.2	NONE 8.4	NONE 0.2	NONE 0.2	NONE 1.2							✔							

Menu Listing with Traffic Lights and Allergens

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Two Moors Autumn Menu 26 Week 1 Thursday

Legend

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- ! 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 Homemade Chicken & Mayonnaise Burger	1491.7	NONE 356.5	NONE 11.1	NONE 1.3	NONE 39.1		✓		✓								?		?
Primary Quorn Sausage & Ketchup Hot Dog	875.3	NONE 209.2	NONE 4.4	NONE 1.4	NONE 27.4		✓										?		
Primary Potato Balls (bought in)	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 Sweetcorn & Red Pepper Salad	152.8	NONE 36.5	NONE 0.8	NONE 0.2	NONE 5.5														
Primary Chocolate Rice Crispy Cake (Traybake)	519.9	NONE 124.3	NONE 4.7	NONE 2.4	NONE 18.8		✓					✓							

Contains: Wheat.

Contains: Wheat.

Contains: Barley.

Menu Listing with Traffic Lights and Allergens

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Two Moors Autumn Menu 26 Week 1 Tuesday

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	1359.5	NONE 324.9	NONE 19.6	NONE 7.6	NONE 19.6		✓					✓	✓					✓	?
						Contains: Wheat.													
Primary Broccoli & Cauliflower Cheese Bake	986.2	NONE 235.7	NONE 15.5	NONE 7.2	NONE 13.9		✓					✓	✓						?
						Contains: Wheat.													
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.3		✓												?
						Contains: Wheat.													
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Peas	148.1	NONE 35.4	NONE 0.5	NONE 0.1	NONE 3.2														
Primary Chocolate & Vanilla Swirl Cookie	983.3	NONE 235.0	NONE 9.6	NONE 3.9	NONE 35.2		✓												?
						Contains: Barley, Oats, Wheat.													

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Two Moors Autumn Menu 26 Week 1 Wednesday

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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 Savoy Cabbage (Hand Cut)	52.2	NONE 12.5	NONE 0.2	NONE 0.1	NONE 1.8														
Primary Sliced Carrots (Hand cut)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7														
Primary Fresh Fruit Platter	162.6	NONE 38.9	NONE 0.2	NONE 0.0	NONE 9.4														

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

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Two Moors Autumn Menu 26 Week 2 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 Breaded Fish	577.4	NONE 138.0	NONE 6.0	NONE 0.7	NONE 14.6					✓									
Primary Pizza Pinwheel (Pizza Base)	1060.6	NONE 253.5	NONE 10.0	NONE 4.0	NONE 30.0		✓					✓						✓	?
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 Sweetener Free Strawberry Jelly & Fruit	282.3	NONE 67.5	NONE 0.1	NONE 0.0	NONE 17.6														

Contains: Wheat.

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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 Crunchy Topped Macaroni Cheese	1538.5	NONE 367.7	NONE 13.6	NONE 6.2	NONE 48.0		✓					✓		✓					?
						Contains: Wheat.													
Primary Caribbean Vegetable & Bean Jambalaya	941.5	NONE 225.0	NONE 4.0	NONE 0.6	NONE 38.4														
Primary Homemade Tomato & Herb Bread	302.7	NONE 72.3	NONE 0.3	NONE 0.0	NONE 14.6		✓												?
						Contains: Wheat.													
Primary Fresh Chopped Salad	34.9	NONE 8.3	NONE 0.1	NONE 0.0	NONE 1.4														
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Primary Iced Sponge	1018.7	NONE 243.5	NONE 14.2	NONE 1.4	NONE 26.8		✓		✓										?
						Contains: Wheat.													

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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	1690.4	NONE 404.0	NONE 22.4	NONE 6.7	NONE 30.5													✓	
Primary Vegetarian Brunch	1194.8	NONE 285.6	NONE 10.6	NONE 2.0	NONE 31.7		✓												
Primary Apple & Blueberry Cake	1004.7	NONE 240.1	NONE 14.3	NONE 1.4	NONE 25.6		✓		✓										?

Contains: Wheat.

Contains: Wheat.

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Two Moors Autumn Menu 26 Week 2 Tuesday

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 Cottage Pie	1137.2	NONE 271.8	NONE 15.2	NONE 5.4	NONE 19.7													✓	
Primary Vegetable Mince Cottage Pie	899.3	NONE 214.9	NONE 8.6	NONE 1.7	NONE 22.8													✓	✓
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7													✓	
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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Two Moors Autumn Menu 26 Week 2 Wednesday

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 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 Homemade Jammie Dodger	1018.2	NONE 243.4	NONE 12.2	NONE 5.0	NONE 32.2		✓		?										?

Contains: Wheat.

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

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Two Moors Autumn Menu 26 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 Fish Cake	796.6	NONE 190.4	NONE 9.4	NONE 0.9	NONE 19.4		✓			✓		✓		✓					
						Contains: Wheat.													
Primary Cheese & Onion Pasty	1499.6	NONE 358.4	NONE 19.9	NONE 8.9	NONE 37.5		✓					✓							
						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 Sweetener Free Strawberry Jelly	229.6	NONE 54.9	NONE 0.1	NONE 0.0	NONE 14.7														

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Two Moors Autumn Menu 26 Week 3 Monday

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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 6.2	NONE 2.9	NONE 36.0		✓					✓						✓	
						Contains: Wheat.													
Primary Breaded Halloumi with Nut Free Pesto	1305.2	NONE 311.9	NONE 22.7	NONE 9.3	NONE 9.5		✓		✓			✓							?
						Contains: Wheat.													
Primary Homemade Garlic Focaccia Bread	340.5	NONE 81.4	NONE 1.5	NONE 0.1	NONE 14.3		✓												?
						Contains: Wheat.													
Primary Sweetcorn	195.8	NONE 46.8	NONE 1.1	NONE 0.2	NONE 6.6														
Primary Salad Sticks (Hand Cut)	58.1	NONE 13.9	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Pear Cake	1022.8	NONE 244.5	NONE 14.4	NONE 1.4	NONE 27.0		✓		✓										?
						Contains: Wheat.													

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Two Moors Autumn Menu 26 Week 3 Thursday

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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 Curry	494.2	NONE 118.1	NONE 2.9	NONE 0.4	NONE 6.5														
Primary Vegetable & Chickpea Curry	314.8	NONE 75.2	NONE 3.0	NONE 0.3	NONE 8.7		?							?					
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		✓												
Primary Kachumber Indian Salad	44.7	NONE 10.7	NONE 0.1	NONE 0.0	NONE 2.0														
Primary Chocolate Brownie (Standard)	857.0	NONE 204.8	NONE 11.2	NONE 4.5	NONE 22.7		✓		✓										?

Contains: Wheat.

Contains: Wheat.

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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 Fajita Wrap	771.9	NONE 184.5	NONE 6.5	NONE 2.1	NONE 13.4		✓					✓		?					
						Contains: Wheat.													
Primary Vegetable & Bean Chimichanga	898.3	NONE 214.7	NONE 9.6	NONE 3.7	NONE 21.3		✓					✓		?					
						Contains: Wheat.													
Primary Potato Wedges (Bought In)	543.9	NONE 130.0	NONE 3.0	NONE 0.4	NONE 22.0														
Primary Rainbow Slaw (Prepped Veg)	350.5	NONE 83.8	NONE 8.0	NONE 0.6	NONE 2.7				✓										✓
Primary BBQ Beans	201.9	NONE 48.3	NONE 0.1	NONE 0.0	NONE 8.0														
Primary Raspberry Ripple Shortbread	953.3	NONE 227.8	NONE 12.0	NONE 4.9	NONE 28.8		✓												?
						Contains: Wheat.													

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Two Moors Autumn Menu 26 Week 3 Wednesday

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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 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 Roasted Root Vegetables (PREPPED)	183.0	NONE 43.7	NONE 2.8	NONE 0.2	NONE 4.4													✓	
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9														
Primary Toffee Apple Crumble & Custard	963.5	NONE 230.3	NONE 8.3	NONE 3.4	NONE 37.1		✓					✓							?

Contains: Wheat.

Contains: Barley, Oats, Wheat.