

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	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	965.5	NONE 230.8	NONE 0.7	NONE 0.0	NONE 49.4														
Primary Jacket Potato with Cheese & Salad	1259.2	NONE 301.0	NONE 9.5	NONE 4.5	NONE 45.4							✓							
Primary Jacket Potato with Tuna Mayonnaise & Salad	1281.0	NONE 306.2	NONE 8.1	NONE 0.7	NONE 44.2			✓	✓					⚠					





















Menu Listing with Traffic Lights and Allergens

simon.owens@educatering.uk

King Ina Summer Menu 26 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 Fishcake	796.6	 190.4	 9.4	 0.9	 19.4	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 Peas	148.1	 35.4	 0.5	 0.1	 3.2																
Primary Strawberry Jelly Vegan	5.6	 1.3	 0.1	 0.0	 0.8																

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 1 Thursday

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 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 Chocolate Rice Crispy Cake (Traybake)	506.3	NONE 121.0	NONE 4.7	NONE 2.4	NONE 18.1		✓					✓											

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 1 Tuesday

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 Devon Beef & Pork Lasagne	1295.4	NONE 309.6	NONE 17.7	NONE 6.8	NONE 20.0	Contains: Wheat.						✓	⚠		✓	✓		✓	⚠
Primary Spanish Vegetable & Butter Bean Casserole	374.6	NONE 89.5	NONE 3.4	NONE 0.5	NONE 10.5												✓		
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.						✓							⚠
Primary Salad Sticks (Hand Cut)	58.6	NONE 14.0	NONE 0.1	NONE 0.0	NONE 2.9														
Primary Apple & Blueberry Cake	1002.3	NONE 239.6	NONE 14.2	NONE 2.3	NONE 25.5	Contains: Wheat.						✓	✓						⚠

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 1 Wednesday

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 Roast Devon Gammon & Gravy	377.5	NONE 90.2	NONE 4.6	NONE 1.5	NONE 1.4																			
Primary Yorkshire Pudding Vegetable Cottage Pie	545.5	NONE 130.4	NONE 7.4	NONE 1.6	NONE 14.1	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 Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9																			
Primary Fresh Fruit Platter	149.0	NONE 35.6	NONE 0.2	NONE 0.0	NONE 8.6																			

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 2 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 Fish Fingers	637.0	NONE 152.3	NONE 5.8	NONE 0.6	NONE 14.6	Contains: Wheat.		✓			✓									
Primary Salmon Fingers	35.8	NONE 8.6	NONE 0.6	NONE 0.1	NONE 0.5	Contains: Wheat.		✓			✓									
Primary Roasted Vegetable Quiche	1247.1	NONE 298.1	NONE 19.4	NONE 8.0	NONE 20.7	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 Mousse	34.5	NONE 8.3	NONE 0.2	NONE 0.2	NONE 1.2								✓							

Menu Listing with Traffic Lights and Allergens





















simon.owens@educatering.uk

King Ina Summer Menu 26 Week 2 Monday

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 Macaroni Cheese	1479kJ 354kcal	 14g	 6.4g	 5.8g	 0.92g	Contains: Wheat.	✓						✓	✓						?
Primary Tomato & Mozzarella Gnocchi	650.2	 155.4	 4.1	 2.0	 23.3	Contains: Wheat.	✓						✓		?				✓	?
Primary Homemade Garlic Focaccia Bread	324.8	 77.6	 1.1	 0.2	 14.4	Contains: Wheat.	✓													?
Primary Fine Green Beans	60.3	 14.4	 0.3	 0.1	 1.9															
Primary Iced Sponge	1016.4	 242.9	 14.2	 2.3	 26.6	Contains: Wheat.	✓		✓											?

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 2 Thursday

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 Creamy Bacon & Penne Pasta	1922.9	459.6	22.1	8.8	44.5	Contains: Wheat.	✓						✓	✓						?
Primary Sweet Potato & Vegetable Bake	801.4	191.6	10.4	4.2	19.9	Contains: Wheat.	✓						✓	✓						?
Primary Salad Sticks (Prepped Batons)	58.6	14.0	0.1	0.0	2.9														✓	
Primary Pineapple Cake	989.3	236.5	14.3	2.3	24.9	Contains: Wheat.	✓		✓											?

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 2 Tuesday

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 Devon Beef Burrito	1176.1	NONE 281.1	NONE 11.1	NONE 3.9	NONE 31.5	Contains: Wheat.	✓								?					
Primary Broccoli, Mixed Bean & Cauliflower Bake	957.7	NONE 228.9	NONE 14.1	NONE 6.4	NONE 15.2	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	22.9	NONE 5.5	NONE 0.1	NONE 0.0	NONE 0.9															
Primary Strawberry Jelly & Fruit	58.3	NONE 13.9	NONE 0.1	NONE 0.0	NONE 3.8															

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 2 Wednesday

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 Roast Chicken & Gravy	341.5	NONE 81.6	NONE 0.8	NONE 0.2	NONE 1.4														
Primary Roast Quorn Fillet & Gravy	338.5	NONE 80.9	NONE 3.5	NONE 0.7	NONE 1.6	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 Broccoli	82.8	NONE 19.8	NONE 0.5	NONE 0.1	NONE 1.1														
Primary Custard Cookie	819.0	NONE 195.7	NONE 10.2	NONE 4.2	NONE 25.6	Contains: Wheat.	✓	?											?

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 3 Friday

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 Margherita Hot Wrap	1054.4	NONE 252.0	NONE 11.7	NONE 6.7	NONE 24.5		✓					✓		?							✓		
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 Strawberry Yoghurt (5L Pot)	298.1	NONE 71.3	NONE 0.4	NONE 0.1	NONE 12.1							✓											

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 3 Monday

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 Tomato & Mozzarella Pasta Bake	1041.1	NONE 248.8	NONE 6.1	NONE 2.9	NONE 37.4	Contains: Wheat.		✓					✓							✓
Primary Vegetable & Cheese Potato Boat	1362.7	NONE 325.7	NONE 11.5	NONE 4.8	NONE 47.0								✓							
Primary Homemade Focaccia Bread	323.6	NONE 77.3	NONE 1.1	NONE 0.2	NONE 14.3	Contains: Wheat.		✓												?
Primary Fresh Chopped Salad	22.9	NONE 5.5	NONE 0.1	NONE 0.0	NONE 0.9															
Primary Oaty Cookie	977.9	NONE 233.7	NONE 9.5	NONE 3.8	NONE 35.4	Contains: Barley, Oats, Wheat.		✓												?

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 3 Thursday

























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 Chicken Katsu Curry	209785.3	 50139.9	 1608.0	 204.9	 3203.0																		
Primary Vegetable & Lentil Chilli	549.1	 131.2	 3.5	 0.5	 17.6																	✓	
Primary White & Wholegrain Rice	696.6	 166.5	 1.4	 0.4	 35.4																		
Primary Naan Bread	240.1	 57.4	 1.3	 0.1	 9.8	Contains: Wheat.																	
Primary Peas	148.1	 35.4	 0.5	 0.1	 3.2																		
Primary Pear Cake	1019.9	 243.8	 14.4	 2.3	 26.8	Contains: Wheat.						✓		✓									?

Menu Listing with Traffic Lights and Allergens

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King Ina Summer Menu 26 Week 3 Tuesday

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 Bacon & Ketchup Bap	1049.1	NONE 250.8	NONE 10.3	NONE 3.6	NONE 24.5	Contains: Wheat.	✓											?		
Primary Cajun Butternut Squash & Bean Burger	1001.8	NONE 239.4	NONE 4.0	NONE 0.5	NONE 38.4	Contains: Wheat.	✓											?		
Primary Potato Balls	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 Chocolate Drizzle Shortbread (Icing)	1024.0	NONE 244.8	NONE 12.1	NONE 5.0	NONE 32.8	Contains: Wheat.	✓		?											?

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King Ina Summer Menu 26 Week 3 Wednesday

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 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	Contains: Wheat.						✓	✓	✓										
Primary Roast Potatoes (Handcut)	533.2	NONE 127.4	NONE 7.7	NONE 1.1	NONE 13.8																			
Primary Carrots Sliced (Prepped)	87.9	NONE 21.0	NONE 0.2	NONE 0.1	NONE 4.7																	✓		
Primary Fine Green Beans	60.3	NONE 14.4	NONE 0.3	NONE 0.1	NONE 1.9																			
Primary Chocolate Mousse & Fruit Pot	87.6	NONE 20.9	NONE 0.1	NONE 0.1	NONE 4.5							✓												
Primary Banana Mousse	35.2	NONE 8.4	NONE 0.2	NONE 0.2	NONE 1.2							✓												