

Menu Listing with Traffic Lights and Allergens

simon.owens@educatering.uk

Tiverton Autumn 2026 Menu 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
Secondary Breaded Fish	814.8	NONE 194.8	NONE 6.4	NONE 1.1	NONE 23.3	Contains: Wheat.	✓				✓									
Secondary Salmon Fish Fingers	1192.4	NONE 285.0	NONE 19.0	NONE 2.3	NONE 17.0	Contains: Wheat.	✓				✓									
Secondary Devon Pork Sausage (x1)	721.9	NONE 172.5	NONE 13.3	NONE 4.9	NONE 4.1															✓
Secondary Quorn Sausage (2)	610.9	NONE 146.0	NONE 5.1	NONE 1.7	NONE 5.7	Contains: Wheat.	✓													
Secondary Chips	642.7	NONE 153.6	NONE 4.3	NONE 0.1	NONE 25.2															
Secondary Baked Beans	237.2	NONE 56.7	NONE 0.2	NONE 0.0	NONE 8.3															
Secondary Peas																				

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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														
	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Cheese & Bean Pasty	2516.3	NONE 601.4	NONE 36.6	NONE 14.4	NONE 55.5	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
Secondary Chicken & Ham Jambalaya	1634.7	NONE 390.7	NONE 7.9	NONE 1.8	NONE 53.2														
Secondary Crunchy Topped Macaroni Cheese	2429.8	NONE 580.7	NONE 19.7	NONE 8.9	NONE 79.8		✓					✓		✓					?
Secondary Homemade Tomato & Herb Bread	605.3	NONE 144.7	NONE 0.6	NONE 0.1	NONE 29.2		✓												?
Secondary Smokey Sweetcorn	333.0	NONE 79.6	NONE 3.3	NONE 1.1	NONE 8.9														
Secondary Sweet Chilli Slaw (Hand Cut)	165.4	NONE 39.5	NONE 0.2	NONE 0.0	NONE 8.7													✓	

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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
Secondary Devon Beef & Chickpea Keema	912.0	NONE 218.0	NONE 13.2	NONE 4.5	NONE 8.3		?							?					
						Contains: Wheat.													
Secondary Cauliflower & Chick Pea Sabzi	369.9	NONE 88.4	NONE 4.5	NONE 0.4	NONE 7.7		?							?					
						Contains: Wheat.													
Secondary White & Wholegrain Rice	928.9	NONE 222.0	NONE 1.9	NONE 0.5	NONE 47.1														
Secondary Naan Bread	320.0	NONE 76.5	NONE 1.7	NONE 0.2	NONE 13.1		✓												
						Contains: Wheat.													
Secondary Red Onion & Coriander Salad	98.6	NONE 23.6	NONE 0.2	NONE 0.0	NONE 5.1														
Secondary Mango Chutney	188.3	NONE 45.0	NONE 0.1	NONE 0.0	NONE 11.0														

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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
Secondary Devon Pork Sausages with Onion Gravy	1223.2	NONE 292.4	NONE 21.8	NONE 7.4	NONE 9.8													✓	
Secondary Vegetarian Sausage & Onion Toad & Gravy	496.2	NONE 118.6	NONE 4.9	NONE 1.1	NONE 8.2		✓		✓			✓							
Secondary Mashed Potatoes (Prepped)	922.6	NONE 220.5	NONE 9.9	NONE 2.3	NONE 31.0													✓	
Secondary Peas	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Savoy Cabbage (Hand-Cut)	69.7	NONE 16.7	NONE 0.3	NONE 0.1	NONE 2.4														

Contains: Wheat.

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Tiverton Autumn 2026 Menu 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
Secondary Roast Chicken & Gravy	767.8	NONE 183.5	NONE 11.9	NONE 3.3	NONE 2.4														
Secondary Cheese, Leek & Onion Pie	1535.3	NONE 366.9	NONE 20.8	NONE 8.4	NONE 36.8		✓					✓		✓				✓	?
Secondary Roast Potatoes (Prepped)	567.2	NONE 135.6	NONE 5.3	NONE 0.4	NONE 20.7													✓	
Secondary Sliced Carrots (Prepped)	117.2	NONE 28.0	NONE 0.2	NONE 0.1	NONE 6.3													✓	
Secondary Roasted Root Vegetables (Prepped)	266.9	NONE 63.8	NONE 4.3	NONE 0.4	NONE 5.9													✓	

Contains: Wheat.

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Tiverton Autumn 2026 Menu Week 2 Friday

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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
Secondary Breaded Fish	814.8	NONE 194.8	NONE 6.4	NONE 1.1	NONE 23.3	Contains: Wheat.	✓			✓										
Secondary Salmon Fish Fingers	1192.4	NONE 285.0	NONE 19.0	NONE 2.3	NONE 17.0	Contains: Wheat.	✓			✓										
Secondary Devon Pork Sausage (x1)	721.9	NONE 172.5	NONE 13.3	NONE 4.9	NONE 4.1															✓
Secondary Quorn Sausage (2)	610.9	NONE 146.0	NONE 5.1	NONE 1.7	NONE 5.7	Contains: Wheat.	✓													
Secondary Chips	642.7	NONE 153.6	NONE 4.3	NONE 0.1	NONE 25.2															
Secondary Baked Beans	237.2	NONE 56.7	NONE 0.2	NONE 0.0	NONE 8.3															
Secondary Peas																				

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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														
	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Cheese & Bean Pasty	2516.3	NONE 601.4	NONE 36.6	NONE 14.4	NONE 55.5	Contains: Wheat.	✓	✓		✓									

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Tiverton Autumn 2026 Menu Week 2 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
Secondary Devon Beef & Pork Lasagne	1602.7	NONE 383.1	NONE 22.0	NONE 8.5	NONE 23.6		✓					✓	✓					✓	?
						Contains: Wheat.													
Secondary Vegetable & Mixed Bean Lasagne	1155.6	NONE 276.2	NONE 11.4	NONE 4.2	NONE 31.8		✓					✓	✓					✓	?
						Contains: Wheat.													
Secondary Homemade Garlic Focaccia Bread	648.5	NONE 155.0	NONE 2.2	NONE 0.2	NONE 28.5		✓												?
						Contains: Wheat.													
Secondary Fresh Chopped Salad	44.8	NONE 10.7	NONE 0.2	NONE 0.0	NONE 1.8														

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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
Secondary Caribbean Jerk Chicken Drumsticks	1565.8	NONE 374.2	NONE 8.5	NONE 1.3	NONE 1.7														
Secondary Five Bean Enchilada	1111.4	NONE 265.6	NONE 8.3	NONE 3.0	NONE 36.1		✓					✓		?					✓
Secondary Rice & Peas	1094.1	NONE 261.5	NONE 2.6	NONE 0.6	NONE 50.3		?							?					
Secondary Stir-Fried Greens (Hand Cut Cabbage)	251.9	NONE 60.2	NONE 5.3	NONE 0.4	NONE 2.1														
Secondary Sweetcorn	261.1	NONE 62.4	NONE 1.5	NONE 0.3	NONE 8.8														

Contains: Wheat.

Contains: Wheat.

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Tiverton Autumn 2026 Menu 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
Secondary West Country Brunch (Bites)	1915.1	NONE 457.7	NONE 24.0	NONE 6.9	NONE 37.9													✓	
Secondary Vegetarian Brunch (Bites)	1757.3	NONE 420.0	NONE 15.0	NONE 3.1	NONE 43.1		✓												
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
Secondary Roast Devon Gammon & Gravy	513.7	NONE 122.8	NONE 6.1	NONE 2.0	NONE 2.4														
Secondary Mediterranean Veg & Bean Crumble (Main)	1045.7	NONE 249.9	NONE 12.5	NONE 4.7	NONE 25.8		✓					✓						✓	?
Secondary Roast Potatoes (Prepped)	567.2	NONE 135.6	NONE 5.3	NONE 0.4	NONE 20.7													✓	
Secondary Sliced Carrots (Prepped)	117.2	NONE 28.0	NONE 0.2	NONE 0.1	NONE 6.3													✓	
Secondary Savoy Cabbage (Hand-Cut)	69.7	NONE 16.7	NONE 0.3	NONE 0.1	NONE 2.4														

Contains: Barley, Oats, Wheat.

Menu Listing with Traffic Lights and Allergens

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Tiverton Autumn 2026 Menu Week 3 Friday

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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
Secondary Breaded Fish	814.8	NONE 194.8	NONE 6.4	NONE 1.1	NONE 23.3		✓			✓									
						Contains: Wheat.													
Secondary Salmon Fish Fingers	1192.4	NONE 285.0	NONE 19.0	NONE 2.3	NONE 17.0		✓			✓									
						Contains: Wheat.													
Secondary Devon Pork Sausage (x1)	721.9	NONE 172.5	NONE 13.3	NONE 4.9	NONE 4.1													✓	
Secondary Quorn Sausage (2)	610.9	NONE 146.0	NONE 5.1	NONE 1.7	NONE 5.7		✓												
						Contains: Wheat.													
Secondary Chips	642.7	NONE 153.6	NONE 4.3	NONE 0.1	NONE 25.2														
Secondary Baked Beans	237.2	NONE 56.7	NONE 0.2	NONE 0.0	NONE 8.3														
Secondary Peas																			

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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														
	197.5	NONE 47.2	NONE 0.7	NONE 0.2	NONE 4.3														
Secondary Cheese & Bean Pasty	2516.3	NONE 601.4	NONE 36.6	NONE 14.4	NONE 55.5														
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
Secondary Devon Pork Meatballs in Tomato Sauce	1187.4	NONE 283.8	NONE 21.5	NONE 7.5	NONE 12.2													✓	
Secondary Tomato & Mozzarella Gnocchi	951.9	NONE 227.5	NONE 7.2	NONE 3.8	NONE 30.4		✓					✓		?				✓	?
Secondary White & Wholewheat Penne Pasta	964.1	NONE 230.4	NONE 1.2	NONE 0.2	NONE 45.2		✓												
Secondary Sweetcorn	261.1	NONE 62.4	NONE 1.5	NONE 0.3	NONE 8.8														
Secondary Homemade Focaccia Bread	647.2	NONE 154.7	NONE 2.2	NONE 0.2	NONE 28.5		✓												?

Contains: Wheat.

Contains: Wheat.

Contains: Wheat.

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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
Secondary Kung Pao Chicken	712.2	NONE 170.2	NONE 2.1	NONE 0.4	NONE 16.1													✓	✓
Secondary Sweet & Sour Vegetables	618.5	NONE 147.8	NONE 2.4	NONE 0.2	NONE 28.5													✓	
Secondary Egg Fried Rice	1160.4	NONE 277.4	NONE 6.0	NONE 1.1	NONE 46.1				✓										✓
Secondary Fine Green Beans	80.3	NONE 19.2	NONE 0.4	NONE 0.1	NONE 2.6														
Secondary Kachumber Salad	54.7	NONE 13.1	NONE 0.1	NONE 0.0	NONE 2.5														

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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
Secondary Roast Devon Pork Leg & Gravy	409.9	NONE 98.0	NONE 1.9	NONE 0.6	NONE 2.4														
Secondary Apple Sauce Portion	44.4	NONE 10.6	NONE 0.0	NONE 0.0	NONE 2.7													✓	
Secondary Beetroot & Lentil Wellington	1473.0	NONE 352.1	NONE 16.1	NONE 6.7	NONE 44.8		✓												
Secondary Roast Potatoes (Prepped)	567.2	NONE 135.6	NONE 5.3	NONE 0.4	NONE 20.7													✓	
Secondary Seasonal Vegetables (Prepped)	103.8	NONE 24.8	NONE 0.3	NONE 0.1	NONE 4.7													✓	

Contains: Wheat.

Menu Listing with Traffic Lights and Allergens

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Tiverton Autumn Menu 26 Week 3 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
Secondary Chicken Tikka & Salad Pitta	1264.9	NONE 302.3	NONE 3.7	NONE 0.6	NONE 40.5		✓												
						Contains: Wheat.													
Secondary Falafel & Minted Yoghurt Hot Wrap	1307.8	NONE 312.6	NONE 12.4	NONE 2.0	NONE 38.3		✓		✓			✓		?					
						Contains: Wheat.													
Secondary Salt & Pepper Potato Wedges (Hand Cut)	566.0	NONE 135.3	NONE 5.2	NONE 0.4	NONE 20.7														
Secondary Apple Slaw (Hand Cut)	486.6	NONE 116.3	NONE 10.8	NONE 0.9	NONE 4.1				✓					?					
Secondary Mixed Salad	46.4	NONE 11.1	NONE 0.2	NONE 0.0	NONE 1.8														