



Allergen Matrix

DMAT ST James, Exbourne, South Tawton, Boasley Cross and North Low Summer 24



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
-A- Jacket Potato with Beans 310g														
-A- Jacket Potato with Cheese and Beans 325g							✓							
-A- Leek and Potato Bake, Roast Potatoes, Vegetables & Gravy 314g							✓						✓	
-A- Apple Flapjack					✓ Oats (Barley*, Wheat*)									
-A- Banana Marble Cake 56g			✓		✓ Wheat									
-A- Banana Sticky Toffee			✓		✓ Wheat									
-A- BBQ Chicken, Hand Cut Wedges and Root Slaw			✓						✓				✓	



-A- Beef Bolognese, Pasta, Garlic Bread and Peas 323g					✓ Wheat					✓					?
-A- Beef Tacos, Vegetable Rice and Veggie Sticks					✓ Wheat									✓	
-A- Breaded Fish with Chips and Peas 220g				✓						✓					
-A- Broccoli and Cauliflower Gratin with Roast Potatoes and Seasonal Vegetables					✓ Wheat		✓							✓	
-A- Brunch Bar - Vegetarian					✓ Wheat										
-A- Carrot Cake			✓		✓ Wheat										
-A- Chicken Bites, Chips and Beans - 220g					✓ Wheat										
-A- Chilli Con Carne, Tortilla Chips and Salad Sticks														✓	
-A- Chipolata Sausage, Mash, Carrots and Sweetcorn, Gravy 262g														✓	
-A- Chocolate Courgette Cake 50g			✓		✓ Wheat										
-A- Chocolate Orange Drizzle Cake 52g			✓		✓ Wheat										



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
-A- Fish Fingers, Chips & Peas 235g				✓	✓ Wheat									
-A- Fruit Platter 75g														
-A- Fruit Yoghurt 125g							✓							
-A- Hand Stretched Margherita Pizza, Wedges and Salad sticks 238.17g					✓ Wheat		✓							
-A- Hand Stretched Pepperoni Pizza with Wedges and Salad Sticks 231g					✓ Wheat		✓							
-A- Hot Dog, Pomme Noisettes and Baked Beans			?		✓ Wheat		✓					?	✓	
-A- Ice Cream Pot - 80ml							✓							
-A- Jacket Potato with Cheese 280g							✓							
-A- Jacket Potato with Tuna Mayo 310g			✓	✓					✓					
-A- Jelly & Fruit 105g														
-A- Lemon Drizzle Cake 52g			✓		✓ Wheat								✓	



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
-A- Macaroni Cheese with Cauliflower, Focaccia Bread and Salad 309g					✓ Wheat		✓		✓				✓	✓
-A- Macaroni Cheese with Crispy Bacon, Focaccia Bread and Peas - 320.76g					✓ Wheat		✓		✓					✓
-A- Pink Raspberry Flapjack 60g					✓ Oats (Barley*, Wheat*)									
-A- Quorn Sausage, Mash Potato, Carrots, Peas and Onion Gravy					✓ Wheat								✓	
-A- Roast Chicken, Potatoes, Carrots and Cabbage, Gravy 263.5g													✓	
-A- Roast Pork , Roast Potatoes, Seasonal Vegetables, Gravy 254g													✓	
-A- Roast Turkey with Roast Potatoes, Carrots, Cabbage and Gravy 253.5g													✓	
-A- Salmon Fingers, Chips and Baked Beans 235g				✓	✓ Wheat									
-A- Sandwich - 50/50 - Cheese 125g					✓ Wheat		✓							✓



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
-A- Sandwich - 50/50 - Ham 125g					✓ Wheat									✓
-A- Sandwich - 50/50 - Tuna Mayo 135g			✓	✓	✓ Wheat				✓					✓
-A- Smoked Cheese and Potato Pasty, Pomme Noisettes and Baked Beans					✓ Wheat		✓						✓	
-A- Sweet and Sour Pork with Noodles and Sweetcorn					✓ Wheat								✓	
-A- Sweet Potato Bake with Roast Potatoes, Seasonal Veg and Gravy 321.85g							✓						✓	
-A- Vanilla Iced Sponge 48.75g			✓		✓ Wheat									
-A- Vegetable Fajita, Chips, Peas					✓ Wheat		✓							
-A- Vegetable Longboats with Rootslaw and salad 419g			✓						✓					
-A- Vegetable Nuggets, Chips, Beans 217.5g					✓ Wheat									
-A- Vegetable Nuggets, Chips, Peas 217g					✓ Wheat									



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Butternut Squash and Cauliflower Curry with Vegetable Rice and Naan					✓ <i>Wheat</i>				✓				✓	
CYP - Sweet Potato and chick pea Cake, Chips and Beans														
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Falafel Wrap with Root Slaw and Veggie Sticks			✓		✓ <i>Wheat</i>		✓		✓				✓	
Tomato And Basil Pasta Bake with Sweetcorn					✓ <i>Wheat</i>		✓		✓				✓	?