



Allergen Matrix

South Molton Community Spring 25



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
J - Vegetable & Tomato Pasta Pot					✓ Wheat				✓					?
Courgette and Sweetcorn Fritters, Chips Peas & Beans			✓		✓ Wheat		✓							?
Creamy Chicken & Ham Pie, Mash Potato & Carrots			✓		✓ Wheat		✓						✓	?
J - 5 Bean Chilli, Rice & Slaw			✓						✓				✓	
J - Apple Flapjack					✓ Oats (Barley*, Rye*, Wheat*)									
J - Beef Bolognese, Pasta, Garlic Focaccia & Salad					✓ Wheat				✓				✓	?
J - Breaded Halloumi Straws, Chips & Beans			✓		✓ Wheat		✓							?
J - Brunch													✓	



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
J - Butternut Squash & Cauliflower Curry, Vegetable Rice & Naan					✓ Wheat				✓				✓	
J - Carrot Cake			✓		✓ Wheat									?
J - Cheese Ploughmans			?		✓ Wheat		✓					?		
J - Chicken Fajita Wrap, Rice & Sweetcorn					✓ Wheat		✓		?					
J - Chocolate Courgette Cake with Custard 82g			✓		✓ Wheat		✓							?
J - Chocolate Drizzle Shortbread					✓ Wheat (Barley*)		✓							✓
J - Chocolate Krispie Cake					✓ Barley		✓							?
J - Custard Cookie			?		✓ Wheat		✓							?
J - Fish Finger Bap				✓	✓ Wheat							?		
J - Fruit Platter														



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

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J - Fruity Flapjack					✓ <i>Oats (Barley*, Rye*, Wheat*)</i>									
J - Halloumi Traybake, Roast Potatoes, Carrots & Cabbage							✓						✓	
J - Ice Cream Pot							✓							
J - Iced Sponge			✓		✓ <i>Wheat</i>									?
J - Jacket Potato, Beans & Salad														
J - Jacket Potato, Cheese & Salad							✓							
J - Jacket Potato, Cheese, Beans & Salad							✓							
J - Jacket Potato, Tuna Mayo & Salad			✓	✓					✓					
J - Jelly & Fruit														
J - Leek & Potato Bake, Roast Potatoes, Gravy, Carrots & Cabbage							✓						✓	



J - Lemon Muffins					 <i>Wheat</i>									
J - Macaroni Cheese, Focaccia And Carrots					 <i>Wheat</i>									
J - Margherita Pizza, Wedges & Salad Sticks					 <i>Wheat</i>									
J - Margherita Pizza, Wedges And Baked Beans					 <i>Wheat</i>									
J - Meatballs & Tomato Sauce, Pasta & Peas					 <i>Wheat</i>									
J - Pepperoni Pizza, Wedges & Beans					 <i>Wheat</i>									
J - Quorn Toad In The Hole, Roast Potatoes, Gravy, Carrots & Cabbage					 <i>Wheat</i>									
J - Roast Chicken, Potatoes, Carrots, Cabbage And Gravy														
J - Roast Gammon, Roast Potatoes, Gravy, Carrots & Cabbage														
J - Roast Pork, Roast Potatoes, Gravy, Carrots & Cabbage														
J - Sandwich - 50/50 - Cheese					 <i>Wheat</i>									



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SO2



Soya

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J - Sandwich - 50/50 - Ham					✓ Wheat									✓
J - Sandwich - 50/50 - Tuna Mayo			✓	✓	✓ Wheat				✓					✓
J - Sticky Toffee Cake			✓		✓ Wheat									?
J - Tomato & Basil Pasta Bake, Focaccia & Salad Sticks					✓ Wheat		✓		✓				✓	?
J - Vegetable & Bean Pie Topped With Mash & Peas													✓	
J - Vegetable Fajita, Chips & Peas					✓ Wheat		✓		?					
J - Vegetable Lasagne, Focaccia & Salad			?		✓ Wheat		✓		✓				✓	?
J - Vegetable Nuggets, Chips & Beans					✓ Wheat									
J - Vegetable Sausage Roll, Chips And Peas					✓ Wheat									
J - Vegetarian Bolognaise, Penne Pasta & Sweetcorn					✓ Wheat				✓				✓	✓
J - Vegetarian Brunch					✓ Wheat									



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J - Vegetarian Hot Dog, Chips & Slaw			✓		✓ <i>Wheat</i>		?		✓			?	✓	?
Mushroom Stroganoff, Rice & Naan Bread					✓ <i>Wheat</i>		✓						✓	
Rainbow Noodles, Naan Bread & Sweetcorn					✓ <i>Wheat</i>								✓	
Rice Pudding & Strawberry Jam							✓							
Salmon Goujon Bap				✓	✓ <i>Wheat</i>							?		