


















Allergen Matrix

Dartmoor Mat - 2023 St James, South Tawton, Exbourne, Bridestowe and The Promise



School

-  Celery
-  Crustaceans
-  Eggs
-  Fish
-  Gluten
-  Lupin
-  Milk
-  Molluscs
-  Mustard
-  Nuts
-  Peanuts
-  Sesame
-  SO2
-  Soya

Chocolate Cookie					 <i>Oats, Wheat (Barley*)</i>									
Jacket Potato with Beans														
Jacket Potato with Cheese														
Secondary Leek and Potato Bake, Roast Potatoes, Vegetables & Gravy														
Apple Muffin					 <i>Wheat</i>									
Banana and Blueberry Sponge					 <i>Wheat</i>									
Beef Hot Pot and Sauteed Cabbage & Gravy														
Beef Lasagne, Focaccia Bread and Salad Sticks					 <i>Wheat</i>									



Bolognaise, Pasta, Nachos, Dips and Salad					✓ Wheat (Barley*)		✓		✓						?
Broccoli and Cauliflower Bake, Roast Potatoes, Vegetables and Gravy							✓							✓	
Butchers Sausage, Mash , Seasonal Vegetables and Onion Gravy														✓	
Carrot Cake			✓		✓ Wheat										
Cheesy Bean Balls, Mash Potato and Gravy					✓ Wheat		✓							✓	✓
Chicken Bites, Chips, Beans or Peas					✓ Wheat										
Chicken Enchilada with Vegetable Rice					✓ Wheat		✓								
Chocolate Squash Brownie			✓		✓ Wheat										
Coconut Cookie					✓ Oats, Wheat (Barley*)									✓	
Flapjack					✓ Oats (Barley*, Wheat*)										
Fruit Platter															



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Halloumi Burger, Chips and Peas					✓ Wheat		✓					?		
Hand Stretched Margharita Pizza, Wedges and Sweetcorn					✓ Wheat		✓						✓	
Jacket Potato with Tuna Mayo	?		✓	✓	?		?		?				?	?
Jacqui's ABC Cake			✓		✓ Wheat									
Jam and Coconut Sponge			✓		✓ Wheat								✓	
Lemon Drizzle Cake			✓		✓ Wheat								✓	
Oaty Cookie					✓ Oats, Wheat (Barley*)									
P.L - Cheese Sandwich					✓ Oats, Wheat (Barley*)		✓							✓
P.L - Ham Sandwich					✓ Oats, Wheat (Barley*)									✓
P.L - Tuna Mayo Sandwich	?		✓	✓	✓ Oats, Wheat (Barley*)		?		?				?	✓
Primary - Cauliflower, Chick Pea and Sweet Potato Korma With Sunshine Rice and Naan					✓ Wheat		✓		✓				✓	



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Primary - Fish Fingers, Chips & Peas				✓	✓ <i>Wheat</i>									
Primary - Salmon Fingers, Chips, and Peas				✓	✓ <i>Wheat</i>									
Primary Beef Burger, Chips and Peas					✓ <i>Wheat</i>							?		
Primary Brunch Bar					?(<i>Wheat*</i>)		?						✓	
Primary Brunch Bar - Vegetarian					✓ <i>Wheat</i>		?						?	
Primary Dartmoor Beef Meatballs in Tomato Sauce, Penne Pasta, Homemade Bread and Green Salad					✓ <i>Wheat</i>				✓				✓	?
Primary Macaroni Cheese, Focaccia Bread & Salad					✓ <i>Wheat</i>		✓		✓					?
Primary Quorn Toad in the Hole with Mashed Potato and Seasonal Vegetables			✓		✓ <i>Wheat</i>		✓						✓	
Primary Roast Chicken Dinner													✓	
Primary Roast Gammon, Roast Potatoes, Vegetables , Gravy													✓	
Primary Roast Turkey, Roast Potatoes, Vegetables, Gravy													✓	

