



Allergen Matrix

Chulmleigh Primary, Lapford And East Worlington Autumn 24

| | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | SO2 | Soya |
|---|--------|-------------|------|------|-------------------|-------|------|----------|---------|------|---------|--------|-----|------|
| J - Apple & Raspberry Cake | | | ✓ | | ✓ <i>Wheat</i> | | | | | | | | | |
| J - Banana Cake | | | ✓ | | ✓ <i>Wheat</i> | | | | | | | | | |
| J - Beef Chilli, Nachos & Sweetcorn | | | | | | | | | | ✓ | | | ✓ | |
| J - Beef Lasagne, Garlic Focaccia And Salad | | | ? | | ✓ <i>Wheat</i> | | ✓ | | ✓ | | | | ✓ | ? |
| J - Black Bean and Mozzarella Quesadilla, Rice and Peas | | | | | ✓ <i>Wheat</i> | | ✓ | | ? | | | | ✓ | |
| J - Breaded Chicken Burger, Wedges And Peas | | | ✓ | | ✓ <i>Wheat</i> | | | | | | | ? | | |
| J - Breaded Fish, Crushed Potatoes And Peas | | | ✓ | ✓ | | | | | ✓ | | | | | |
| J - Breaded Fish, Diced Potatoes And Beans | | | ✓ | ✓ | | | | | ✓ | | | | | |

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

J - Broccoli & Cauliflower Gratin, Roast Potatoes, Gravy, Carrots & Cabbage



Wheat



J - Broccoli & Sweet Potato Bake, Carrots, Cabbage, Roast Potatoes & Gravy



J - Brunch



J - Carrot & Courgette Chocolate Brownie



Wheat

J - Carrot Cake



Wheat

J - Chicken Biryani, Mint Yoghurt And Greek Salad



Wheat



J - Chicken Bites, Roasted New Potatoes And Peas



Wheat

J - Chicken Pizza, Wedges And Salad



Wheat

J - Chipolata Sausages, Mash, Gravy, Carrots & Cabbage



Oats, Wheat (Barley*, Rye*)

J - Chocolate Cookie

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

J - Dartmoor Beef Stew,
Seasonal Veg And Crusty Roll

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J - Falafel & Minted Yoghurt
Wrap, Wedges And Salad

| | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | | | | | |
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J - Flapjack

*Oats
(Barley*),
Rye*,
Wheat*)*

J - Fruit Platter

J - Ice Cream Pot



J - Jacket Potato & Beans

J - Jacket Potato & Cheese



J - Jacket Potato, Cheese &
Beans



J - Jacket Potato, Tuna Mayo






J - Jam & Coconut Sponge

Wheat



J - Jelly & Fruit



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

J - Leek & Potato Bake, Roast Potatoes, Gravy, Carrots & Cabbage



J - Lemon Drizzle Cake



J - Macaroni Cheese, Focaccia And Salad



J - Margherita Pizza, Nachos & Sweetcorn



J - Meatballs & Tomato Sauce, Pasta & Sweetcorn



J - Oaty Cookie



J - Roast Chicken, Roast Potatoes, Seasonal Vegetables And Gravy



J - Roast Gammon, Roast Potatoes, Gravy, Carrots & Cabbage



J - Roast Pork, Roast Potatoes, Gravy, Carrots & Cabbage



J - Salmon Fingers, Diced Potatoes And Beans



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

J - Sweet Potato & Chickpea
Cake, Diced Potato And Beans



J - Vegetable Chilli Loaded
Roasted New Potatoes And
Peas



J - Vegetable Fajita, Crushed
New Potatoes And Peas



Wheat



J - Vegetable Katsu Curry, Rice
And Naan



Wheat



J - Vegetable Soft Shell Taco
with Sweetcorn



J - Vegetarian Brunch



Wheat

J - Vegetarian Hot Pot And
Seasonal Vegetables, Crusty
Roll



Wheat



J - Vegetarian Sausage, Mash,
Carrots, Peas And Gravy



 May contain  Does contain

*Allergens in brackets are a May Contain.