
















# Allergen Matrix

## Dartmoor Mat - 2023 Chagford Primary



-  Celery
-  Crustaceans
-  Eggs
-  Fish
-  Gluten
-  Lupin
-  Milk
-  Molluscs
-  Mustard
-  Nuts
-  Peanuts
-  Sesame
-  SO<sub>2</sub>
-  Soya

Chocolate Cookie					 <i>Oats, Wheat (Barley*)</i>									
Jacket Potato with Beans														
Jacket Potato with Cheese														
Primary Leek and Potato Bake, Roast Potatoes, Vegetables & Gravy														
Apple Muffin					 <i>Wheat</i>									
Banana and Blueberry Sponge					 <i>Wheat</i>									
Butchers Sausage, Mash , Seasonal Vegetables and Onion Gravy														
Carrot Cake					 <i>Wheat</i>									
Chocolate Squash Brownie					 <i>Wheat</i>									

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	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Coconut Cookie					✓ <i>Oats, Wheat (Barley*)</i>								✓	
Flapjack					✓ <i>Oats (Barley*, Wheat*)</i>									
Fruit Platter														
Jacket Potato with Tuna Mayo	?		✓	✓	?		?		?				?	?
Jacqui's ABC Cake			✓		✓ <i>Wheat</i>									
Jam and Coconut Sponge			✓		✓ <i>Wheat</i>								✓	
Lemon Drizzle Cake			✓		✓ <i>Wheat</i>								✓	
Oaty Cookie					✓ <i>Oats, Wheat (Barley*)</i>									
Primary - Chicken Bites, Chips, Peas					✓ <i>Wheat</i>									
Primary - Fish Fingers, Chips & Peas				✓	✓ <i>Wheat</i>									
Primary Beef Burger, Chips and Peas					✓ <i>Wheat</i>							?		



Primary Beef Chilli, Rice, Sweetcorn & Nachos					 <i>(Barley*, Wheat*)</i>									
Primary Beef Hot Pot and Sauteed Cabbage														
Primary Beef Lasagne, Focaccia and Salad Sticks					 <i>Wheat</i>									
Primary- Broccoli and Cauliflower Bake, Roast Potatoes, Vegetables and Gravy														
Primary Brunch Bar					 <i>(Wheat*)</i>									
Primary Brunch Bar - Vegetarian					 <i>Wheat</i>									
Primary Butternut Squash and Sweet potato bake with Roast potatoes, seasonal veg and Gravy														
Primary Chicken Bites, Chips and Beans					 <i>Wheat</i>									
Primary Chicken Enchilada with Vegetable Rice					 <i>Wheat</i>									
Primary Courgette and Veggie balls with Tomato penne, Focaccia bread and Green salad					 <i>Wheat</i>									



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Primary Dartmoor Beef Meatballs in Tomato Sauce, Penne Pasta, Homemade Bread and Green Salad					✓ Wheat				✓				✓	?
Primary Dartmoor Sausage Yorkie Wrap With Mash Potatoes and Seasonal Veg			✓		✓ Wheat		✓						✓	
Primary Halloumi Burger, Chips, Baked Beans or Peas					✓ Wheat		✓					?		
Primary Hand Stretched Margharita Pizza, Wedges and Sweetcorn					✓ Wheat		✓							
Primary Hunters Chicken, Potato Wedges and Salad							✓						✓	
Primary Leek and Mushroom Crumble with Creamy Mash, Seasonal Veg and Onion Gravy					✓ Oats, Wheat (Barley*)								✓	
Primary Macaroni Cheese, Focaccia Bread & Salad					✓ Wheat		✓		✓					?
Primary Quorn Sausage, Chips and Peas					✓ Wheat									
Primary Quorn Toad in the Hole with Mashed Potato and Seasonal Vegetables			✓		✓ Wheat		✓						✓	
Primary Roast Chicken Dinner													✓	



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Primary Roast Gammon, Roast Potatoes, Vegetables , Gravy													✓	
Primary Roast Turkey, Potatoes, Seasonal Veg and Gravy													✓	
Primary Salmon Fingers, Chips and Peas				✓	✓ <i>Wheat</i>									
Primary Tomato and Cheese Pasta Bake, Focaccia Bread and Salad					✓ <i>Wheat</i>		✓		✓					?
Primary Vegetable Frittata with Wedges and Salad			✓				✓						✓	
Primary Veggie Nuggets, Chips and Peas					✓ <i>Wheat</i>									
Raspberry Ripple Shortbread					✓ <i>Wheat</i>									