

# Allergen Matrix

## Dartmoor Mat - 2023 Tavistock - Okehampton Secondary Menu



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts






























































Sesame















SO<sub>2</sub>









































Soya





























































Secondary Leek and Potato Bake, Roast Potatoes, Vegetables & Gravy							✓						✓	
1/2 Pizza Panini			?		✓ Wheat		✓					?		
B Secondary Apple & Cinnamon Cake			✓		✓ Wheat									
B Secondary Banana Cake			✓		✓ Wheat									
B Secondary Chocolate Brownie			✓		✓ Wheat									
B Secondary Chocolate Krispie					✓ Barley		✓							
B Secondary Flapjack					✓ Oats (Barley*, Wheat*)									
B Secondary Iced Sponge			✓		✓ Wheat									
B Secondary Marble Cake			✓		✓ Wheat									










































	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
B Secondary Rocky Road					 Wheat (Barley*)									
B Secondary Shortbread					 Wheat (Barley*)									
Beef Hot Pot and Sauteed Cabbage & Gravy														
Blueberry Muffin					 Wheat									
Butchers Sausage, Mash , Seasonal Vegetables and Onion Gravy														
Chargrilled Peppers and Sun dried Pasta Bake					 Wheat									
Cheese Topped Tuna Pasta Bake - 156g					 Wheat									
Chicken Katsu Curry - 160g					 (Wheat*)									
Chocolate Courgette Cake - 58g					 Wheat									
Double Chocolate Cookie Puck					 Wheat									
Grape Pot														
Hash Brown Bites with Sweet Chilli Sauce					 (Wheat*)									





























































	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten <i>Wheat</i>	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO <sub>2</sub>	 Soya
Lemon Drizzle Cake			✓		✓ <i>Wheat</i>								✓	
Lemon Muffins			✓		✓ <i>Wheat</i>								✓	
Melon Pot														
Milk Chocolate Cookie Puck			✓		✓ <i>Wheat</i>		✓							✓
Paninis - BBQ Chicken and Cheese			?		✓ <i>Wheat</i>		✓					?		
Paninis - Mozzarella and Pepperoni - 160g			?		✓ <i>Wheat</i>		✓					?		
Pasta Bar- Creamy Chicken and Pesto Pasta Bake					✓ <i>Wheat</i>		✓		✓				✓	?
Pizza Bar - Margharita Pizza - 140g					✓ <i>Wheat</i>		✓							
Primary Vegetarian Hot Pot with Sauteed Cabbage													✓	
Secondary - Vegetable Frittata with Wedges and Salad			✓				✓						✓	
Secondary - Baguette - BLT			?		✓ <i>Wheat</i>							?		
Secondary - Baguette - Cheese			?		✓ <i>Wheat</i>		✓					?		
Secondary - Baguette - Cheese Salad			?		✓ <i>Wheat</i>		✓					?		

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Secondary - Baguette - Chicken and Bacon			?		✓ Wheat							?		
Secondary - Baguette - Chicken Mayo	?		✓		✓ Wheat		?		?			?	?	?
Secondary - Baguette - Chicken Salad			?		✓ Wheat							?		
Secondary - Baguette - Coronation Chicken	?		✓		✓ Wheat		?		✓			?	?	?
Secondary - Baguette - Egg Mayonnaise and Rocket	?		✓		✓ Wheat		?		?			?	?	?
Secondary - Baguette - Ham			?		✓ Wheat							?		
Secondary - Baguette - Ham and Cheese			?		✓ Wheat		✓					?		
Secondary - Baguette - Ham and Tomato			?		✓ Wheat							?		
Secondary - Baguette - Ham Salad			?		✓ Wheat							?		
Secondary - Baguette - Tuna Mayonnaise	?		✓	✓	✓ Wheat		?		?			?	?	?
Secondary - Beef Tikka Masala with Rice													✓	
Secondary - Breaded Fish Chips and Beans				✓					✓					
Secondary - Breaded Fish Chips and Curry Sauce				✓	?				✓				✓	✓
















































	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO <sub>2</sub>	 Soya
Secondary - Breaded Fish Chips and Peas														
Secondary - Butternut Squash and Sweet potato bake with Roast potatoes, seasonal veg and Gravy														
Secondary - Cajun Butternut Squash & Bean Burger Chips and Peas														
Secondary - Chicken Enchilada with Vegetable Rice and Guacamole					 <i>Wheat</i>									
Secondary - Courgette and Veggie balls with Tomato penne and Green salad					 <i>Wheat</i>									
Secondary - Grab N Go - Curried Chicken Bites					 <i>Wheat</i>									
Secondary - Grab N Go - Hot Dog with Onions					 <i>Wheat</i>									
Secondary - Grab N Go - Sausage Roll					 <i>Wheat</i>									
Secondary - Leek and Mushroom Crumble with seasonal veg and Onion Gravy					 <i>Oats, Wheat (Barley*)</i>									
Secondary - Malayan Chicken Curry with Rice					 <i>(Wheat*)</i>									
















































	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO <sub>2</sub>	 Soya
Secondary - Margherita Pizza with Pomme Noisettes and salad					 Wheat									
Secondary - Paninis - 3 Cheeses					 Wheat									
Secondary - Paninis - Bacon and Cheese					 Wheat									
Secondary - Paninis - Cheese and Tomato					 Wheat									
Secondary - Paninis - Ham					 Wheat									
Secondary - Paninis - Ham And Cheese					 Wheat									
Secondary - Paninis - Ham and Tomato					 Wheat									
Secondary - Paninis - Spicy Chicken					 Wheat									
Secondary - Pasta Bar - Beef Bolognaise					 Wheat									
Secondary - Pasta Bar - Herby Tomato and Mozzarella					 Wheat									
Secondary - Pasta Bar - Quorn Bolognaise					 Wheat									
Secondary - Pasta Bar - Smokey Bacon Carbonara					 Wheat									














































	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten <i>Wheat</i>	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO <sub>2</sub>	 Soya
Secondary - Pizza Bar - BBQ Chicken Pizza														
Secondary - Pizza Bar - Double Pepperoni Pizza														
Secondary - Pizza Bar - Ham & Pineapple Pizza														
Secondary - Pizza Bar - Margharita Pizza														
Secondary - Pizza Bar - Pepperoni, Diced Potatoes, Salad Bar														
Secondary - Roast Turkey, Potatoes, Seasonal Veg and Gravy														
Secondary - Roasted Vegetable Tikka Masala with Rice														
Secondary - Salmon Fingers, Chips, Peas														
Secondary - Sandwich - BLT														
Secondary - Sandwich - Brown - BLT														
Secondary - Sandwich - Brown - Cheese														
Secondary - Sandwich - Brown - Cheese Salad														





























	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO <sub>2</sub>	 Soya
Secondary - Sandwich - Brown - Chicken Mayo					 <i>Wheat</i>									
Secondary - Sandwich - Brown - Chicken Salad					 <i>Wheat</i>									
Secondary - Sandwich - Brown - Coronation Chicken					 <i>Wheat</i>									
Secondary - Sandwich - Brown - Egg Mayonnaise and Rocket					 <i>Wheat</i>									
Secondary - Sandwich - Brown - Ham					 <i>Wheat</i>									
Secondary - Sandwich - Brown - Ham and Cheese					 <i>Wheat</i>									
Secondary - Sandwich - Ham					 <i>Wheat</i>									
Secondary - Sandwich - Ham and Cheese					 <i>Wheat</i>									
Secondary - Sandwich - Ham and Tomato					 <i>Wheat</i>									
Secondary - Sandwich - Tuna Mayonnaise					 <i>Wheat</i>									
Secondary - Vegetable Katsu Curry, Rice					 <i>(Wheat*)</i>									
Secondary - Vegetable Medley Pizza with Pomme Noisettes and salad					 <i>Wheat</i>									



	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO <sub>2</sub>	 Soya
Secondary - Vegetable Spring Roll, Rice and sweet Chilli Sauce					 Wheat									
Secondary - Wedges In Box - Bolognaise														
Secondary - Wrap - BLT					 Wheat									
Secondary - Wrap - Cheese					 Wheat									
Secondary - Wrap - Cheese Salad					 Wheat									
Secondary - Wrap - Chicken Salad					 Wheat									
Secondary - Wrap - Ham					 Wheat									
Secondary - Wrap - Ham and Cheese					 Wheat									
Secondary - Wrap - Ham and Tomato					 Wheat									
Secondary - Wrap - Tuna Mayonnaise					 Wheat									
Secondary Apple & Raspberry Cake					 Wheat									
Secondary- Bacon Bap with Tomato Ketchup					 Wheat									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Secondary Beef Burger, Chips and Beans					 Wheat									
Secondary Beef Burger, Chips and Curry Sauce					 Wheat									
Secondary Beef Burger, Chips and Peas					 Wheat									
Secondary Beef Lasagne, Pommes Noisettes, Salad					 Wheat									
Secondary- Broccoli and Cauliflower Bake, Roast Potatoes, Vegetables and Gravy														
Secondary Brunch Bar					 (Wheat*)									
Secondary Brunch Bar - Vegetarian					 Wheat									
Secondary Chicken Bites Chips and Crushed Peas					 Wheat									
Secondary Chicken Bites Chips and Curry Sauce					 Wheat									
Secondary Chicken Bites, Chips and Beans					 Wheat									
Secondary- Chilli Beef Nachos					 (Barley*, Wheat*)									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO <sub>2</sub>	 Soya
Secondary Chilli Con Carne with Rice, Sweetcorn and Tortilla Chips Guacamole and Soured Cream					 (Barley*, Wheat*)									
Secondary Dartmoor Beef Meatballs in Tomato Sauce, Penne Pasta, Homemade Bread and Green Salad					 Wheat									
Secondary Dartmoor Sausage Yorkie Wrap With Mash Potatoes and Seasonal Veg					 Wheat									
Secondary Halloumi Burger, Chips, Baked Beans or Peas					 Wheat									
Secondary Hunters Chicken, Potato Wedges and Salad														
Secondary- Pasta Bar- Macaroni Cheese					 Wheat									
Secondary Pasta Bar - Meatballs					 Wheat									
Secondary Quorn Toad in the Hole with Mashed Potato and Seasonal Vegetables					 Wheat									
Secondary Roast Gammon, Roast Potatoes, Vegetables , Gravy														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Secondary Roast Pork Loin, Roast Potatoes, Vegetables, Gravy														
Secondary Roasted Cauliflower , Chickpea and Butternut Squash Curry with Rice					 (Wheat*)									
Secondary- Roasted Root Veg Pesto Pasta					 Wheat									
Secondary Thai Green Chicken Curry and Rice														
Secondary Thai Green Vegetable Curry and Rice														
Three Bean Chilli with Rice, Guacamole and Soured Cream					 (Barley*, Wheat*)									
Triple Chocolate Muffin					 Wheat		