



Allergen Matrix

South Molton United Spring 25



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Banana Split							✓							✓
Chocolate cake & Custard					✓ <i>Wheat</i>		✓						✓	?
Fruit Trifle							✓							
J - Apple Flapjack					✓ <i>Oats (Barley*, Rye*, Wheat*)</i>									
J - BBQ Chicken Pizza, Wedges & Salad Sticks					✓ <i>Wheat</i>		✓							?
J - Beef Bolognese, Pasta & Sweetcorn					✓ <i>Wheat</i>				✓				✓	?
J - Beef Burrito, Rice & Slaw			✓		✓ <i>Wheat</i>		✓		✓				✓	
J - Breaded Chicken, Wedges & Slaw			✓		✓ <i>Wheat</i>				✓					?
J - Breaded Fish, Chips & Beans				✓					✓					



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

J - Butternut Squash & Cauliflower Curry, Vegetable Rice & Naan															
J - Chicken Bites, Chips & Beans															
J - Chipolata Sausages, Mash, Sweetcorn, Peas & Gravy															
J - Fish Fingers, Chips And Salad Sticks															
J - Fruit Platter															
J - Halloumi Traybake, Roast Potatoes, Carrots & Cabbage															
J - Hunters Chicken, Mash & Seasonal Vegetables															
J - Ice Cream Pot															
J - Jacket Potato, Beans & Salad															
J - Jacket Potato, Cheese & Salad															
J - Jacket Potato, Cheese, Beans & Salad															



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

J - Jacket Potato, Tuna Mayo & Salad			✓	✓					✓					
J - Jelly & Fruit														
J - Lemon Drizzle Cake			✓		✓ Wheat								✓	?
J - Macaroni Cheese, Bacon, Focaccia & Peas					✓ Wheat		✓		✓				✓	✓
J - Meatballs & Tomato Sauce, Pasta & Peas					✓ Wheat				✓				✓	?
J - Oaty Cookie					✓ Oats, Wheat (Barley*, Rye*)									?
J - Pulled Roast Beef, Roast Potatoes, Seasonal Vegetables & Gravy													✓	
J - Roast Chicken, Roast Potatoes, Seasonal Vegetables And Gravy													✓	
J - Roast Pork, Roast Potatoes, Gravy, Carrots & Cabbage													✓	
J - Salmon Fingers, Chips & Beans				✓	✓ Wheat									



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Eggs



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Molluscs



Mustard



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Soya

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
J - Shortbread					✓ Wheat									?
J - Syrup Pudding & Custard					✓ Wheat		✓						✓	?
J - Thai Green Chicken Curry, Rice & Naan					✓ Wheat									
J - Tomato & Vegetable Pasta Bake, Focaccia & Carrots					✓ Wheat		✓		✓				✓	?
J - Tomato & Vegetable Pasta Bake, Focaccia & Salad Sticks					✓ Wheat		✓		✓				✓	?
J - Tomato & Vegetable Pasta Bake, Focaccia And Salad					✓ Wheat		✓		✓				✓	?
J - Vegetable Fajita, Rice & Peas					✓ Wheat		✓		?					
J - Vegetable Fajita, Rice & Sweetcorn					✓ Wheat		✓		?					
J - Vegetable Nuggets, Chips & Beans					✓ Wheat									
J - Vegetable Nuggets, Chips & Salad Sticks					✓ Wheat									
Jam Tart					✓ Wheat									



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

Rice Pudding & Strawberry Jam							✓							
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May contain Does contain

*Allergens in brackets are a May Contain.