



Allergen Matrix

South Molton Community

Autumn/Winter 2025

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

Pri Potato Wedges (Homemade)														
Pri Apple Cake			✓		✓ Wheat									?
Pri Baked Beans														
Pri Baked Half Jacket Potato														
Pri Banana Mousse Whip							✓							
Pri Baton Carrots													✓	
Pri Broccoli Fresh														
Pri Brunch													✓	
Pri Cajun Butternut & Bean Burger					✓ Wheat							?	✓	

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Caribbean Jambalaya														
PRI Cauliflower Fresh														
Pri Cheese & Bean Pasty					 <i>Wheat</i>									
Pri Cheese Ploughman					 <i>Wheat</i>									
Pri Cheesy Garlic Chicken Wrap					 <i>Wheat</i>									
Pri Chips														
Pri Chocolate Cookie					 <i>Oats, Wheat (Barley*, Rye*)</i>									
Pri Coleslaw (Prepped Veg)														
Pri Devon Beef Burger in a Bun					 <i>Wheat</i>									
Pri Devon Beef Burrito					 <i>Wheat</i>									
Pri Devon Beef Stew														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Fine Green Beans														
Pri Fish Finger Bap					 <i>Wheat</i>									
Pri Fresh Chopped Salad														
Pri Fruit Jelly Trifle														
Pri Fruit Platter														
Pri Fruity Couscous					 <i>Wheat</i>									
Pri Halloumi Burger					 <i>Wheat</i>									
Pri Halloumi Stuffed Pepper														
Pri Hash Brown Bites														
Pri Homemade Focaccia Bread					 <i>Wheat</i>									
Pri Homemade Garlic Focaccia Bread					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Homemade Tomato & Herb Bread					 <i>Wheat</i>									
Pri Homity Pie					 <i>Wheat</i>									
Pri Ice Cream & Fresh Fruit														
Pri Indian Kachumber Salad														
Pri Jacket Potato with Beans & Salad														
Pri Jacket Potato With Cheese & Salad														
Pri Jacket Potato With Cheese, Beans & Salad														
Pri Jacket Potato with Tuna Mayonnaise & Salad														
Pri Lemon Drizzle Cake					 <i>Wheat</i>									
Pri Lentil & Vegetable Curry ONLY					 <i>Wheat</i>									
Pri Macaroni Cheese					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Margherita Pizza					 Wheat									
Pri Mashed Potato														
Pri Meringue Topped Strawberry Mousse														
Pri Mild Chicken Curry ONLY														
Pri Mozzarella & Tomato Pin Wheel					 Wheat (Barley*, Oats*)									
Pri Mushroom Biryani					 Wheat									
Pri Naan Bread					 Wheat									
Pri Noodles					 Wheat									
PRI Pasta With Cheese Sauce					 Wheat									
Pri Pasta With Tomato & Vegetable Sauce					 Wheat									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Peach & Apple Crumble & Custard					 <i>Oats, Wheat (Barley*, Rye*)</i>									
Pri Pear & Chocolate Crumble with Chocolate Custard					 <i>Oats, Wheat (Barley*, Rye*)</i>									
Pri Peas														
Pri Plant Based Strawberry Jelly														
Pri Plant Based Strawberry Jelly & Fruit														
Pri Potato Balls					 <i>(Wheat*)</i>									
Pri Rainbow Coleslaw (Prepped Veg)														
Pri Raspberry Muffin					 <i>Wheat</i>									
Pri Raspberry Ripple Shortbread					 <i>Wheat</i>									
Pri Red Pepper Frittata														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Roast Chicken														
Pri Roast Gammon														
Pri Roast Pork Leg														
Pri Roast Potatoes														
PRI Roasted New Potatoes														
Pri Roasted Vegetable & Mozzarella Tartlet					 <i>Wheat (Barley*, Oats*)</i>									
Pri Salad (Sticks - Carrot & Cucumber)														
Pri Salad (Tomato, Cucumber & Iceberg)														
Pri Salmon Finger Bap					 <i>Wheat</i>									
PRI Sandwich - 50/50 - Cheese					 <i>Wheat</i>									
PRI Sandwich - 50/50 - Ham Sandwich					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Sandwich - 50/50 - Tuna Mayo					 <i>Wheat</i>									
Pri Shredded Savoy Cabbage														
Pri Sliced Carrots														
Pri Spaghetti					 <i>Wheat</i>									
PRI Steamed New Potatoes														
Pri Sweet & Sour Vegetables ONLY														
Pri Sweetcorn														
Pri Tomato & Mozzarella Pasta Bake					 <i>Wheat</i>									
Pri Tomato & Vegetable Pasta Bake					 <i>Wheat</i>									
Pri Tortilla Chips														
Pri Vegetable Nuggets					 <i>Wheat</i>									

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Pri Vegetable Quiche					 <i>Wheat</i>									
Pri Vegetarian BBQ Sausage					 <i>Wheat</i>									
Pri Vegetarian Brunch					 <i>Wheat</i>									
Pri Vegetarian Toad In The Hole					 <i>Wheat</i>									
Pri Wedges														
Pri White & Wholegrain Rice														
Pri White & Wholewheat Penne					 <i>Wheat</i>									
Pri Yorkshire Pudding Vegetable Cottage Pie					 <i>Wheat</i>									